



# FAMILIES TACKLING TOUGH TIMES TOGETHER

## ORIENTATION FOR ENGAGEMENT AND DISSEMINATION PARTNERS

### Our Family Can Do This! Sharing a Positive Outlook

Theme 1: “Our Family Can Do This! Sharing a Positive Outlook” is the **Families Tackling Tough Times Together** resilience theme for this week. According to Froma Walsh, one of the world’s leading scientific experts on family resilience, families whose members share a positive outlook boost their ability to deal with tough times. Although a pandemic might seem like the worst possible time to build this skill, exercising the skills of **gratitude**, is something that we can control. And even with small amounts of effort, it is possible to increase positivity and reduce the power of pessimism, stress, and negativity. **Gratitude** helps us to feel better and be healthier, and makes it easier to find ways to tackle the problems we can control and endure those we cannot.

**Gratitude** or a positive outlook is one of the three key shared beliefs crucial to family resilience, and includes **hope** (envisioning a better future), **encouragement** (a shared confidence in overcoming challenges), **active initiative and perseverance** (determination and rebounding from setbacks) and **mastering the art of the possible** (finding meaningful ways to actively participate in the processes of dealing with challenging events).

In order to practice skills of gratitude this week’s activities encourage family members to:

1. Look to positive role models and mentors who inspire them
2. Keep hopeful and focus on possibilities
3. Try at least one resilience-building activity this week

For example, in this week’s collection there is an activity for children titled, “Filling Someone’s Bucket.” You can encourage families with children to engage in this activity by meaningfully connecting their experiences with those of other families. One approach is to encourage families to share updates about how they are engaging with this activity in their own family. Families can post pictures of their buckets and/or share stories about ways they are encouraging their children to spread gratitude and encouragement. Another approach is to “seed” the conversation of the families you work with by sharing your own attempts at engaging with this activity.

Another activity this week is the “Gratitude Challenge.” You can encourage families to engage in this activity by modeling your own resilience building skills through listing and/or sharing three things you are grateful for and why, or ways you’ve encouraged your own friends, family and or relatives to engage with other activities associated with the gratitude challenge during the week. We even have some great examples in our Families Together Facebook group. For example, one participant posted a yummy pie that a loved one sent her family with the hashtags [#sharingapositiveoutlook](#) [#grateful](#) [#grandparentsupportfromafar](#) [#family](#)

#### For Additional Information on this Week’s Theme

[Watch the interview with Froma Walsh on ways families can share a positive outlook.](#)