



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



FAMILY

OLDER ADULTS

Our Family Can Do This! Sharing a Positive Outlook

It's difficult to be distant from those we love, even when it is for our own protection and the protection of others. Sharing memories can help our families feel connected by enabling us to express our gratitude about overcoming challenges. Reflecting on memories can also give rise to feelings of happiness and offer us a respite from our hectic world. It can be helpful to pause, take a deep breath and reflect on memories of times in our past we are grateful for.

Sharing Memories

Sharing memories is a good way to connect with others and share what we are grateful for and why. Discussing past family milestones, such as the birth of a child or a wedding, can bring back fond memories and remind us of our many blessings. Memories of small moments in time are also important to share. Small moments we choose to share might include something as simple as the time a dragonfly landed on our hand or the night we sat outside collecting fireflies that lit up the evening sky. Sharing memories, while taking a moment to pause and take a deep breath, can provide us space to reset and reflect on why we are grateful.

Making a Family Memory Book Activity

Making a family memory book can be done face-to-face or virtually. Consider including pictures of children, grandchildren, parents or grandparents at different times in their lives. Take time to look at the photos and think about the people and places pictured, and ask yourself why you are grateful for that moment in time. Think about the good in the moment, big or small. As you think about the photo, you may remember something you are grateful for that you hadn't thought of before. Consider sharing thoughts with your family or practice this on your own.

Internal Action

Settle into a quiet and relaxing place and take a few deep breaths in and out through your nose as you think about the special person or place in one of the photos. Take a few minutes to picture the person, place or moment and think about why you are grateful. Repeat this with three different photos. To learn more about mindfulness activities, you may wish to read [Mindful Minutes](#).

External Action

Reach out to family and friends and invite them to share three special pictures with you. Ask them to share why they chose the photos what they are grateful for.

Photos can bring up memories and feelings of closeness to those we love. These memories may also help family members to build a sense of hope, pride, gratitude and confidence.

To learn more about the science behind the importance of gratitude, you may wish to read the below research:

- [Using a Gratitude Intervention to Enhance Wellbeing in Older Adults](#)



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College of Health and Human Sciences

Welcome to Families Tackling Tough Times Together!

We hope you find the enclosed ideas and suggestions helpful as you care for your family during the pandemic. We know the pandemic is a very big challenge. How families cope can affect both parents and children for a long time.

We are scientists, educators, and students from Purdue University, and we are here to help! For nine weeks this fall, we will provide weekly collections of ideas for families to use to build on their strengths.

These tools are free, flexible, and informed by science. They are designed for families of all types, with tailored suggestions for children, youth, young adults and older adults, and suitable for both civilian and military families. We hope that your family will try one activity each week!

Would you like to earn financial rewards?

We especially welcome families living in the continental US who are interested in trying out project materials and telling us about their experiences. These families can earn financial rewards by sharing about one hour of their time over the next two months. Sign up now at the link below!

https://purdue.ca1.qualtrics.com/jfe/form/SV_3vK1BJq2EiUksAJ

For more information

- Join the Families Together Facebook group: <https://www.facebook.com/groups/HHSFamiliesTogether/>
- Or visit the project website: <https://www.hhs.purdue.edu/families-together/>