



FAMILIES TACKLING TOUGH TIMES TOGETHER



FAMILY

YOUNG ADULTS

Our Family is Creative! Collaborative Problem Solving

Things might be a little (or a lot) tense at home or among the people we're living with. After months of sleeping, eating, working and (hopefully) relaxing all in the same place and with the same people, problems are going to arise. We have control over how we respond to those problems or how we may fix them after they happen. We can work better together when we feel safe in discussing and solving our problems together.

A recent study by Google, entitled [Project Aristotle](#), showed that the way individuals within groups act toward each other is more important to how the group functioned than who is in the group. They found that the most important part of successful group work and successful problem solving was *psychological safety*. Psychological safety is the belief that we can take risks in a group and that others will not embarrass us or put us down when we make mistakes. Building trust and psychological safety provides opportunities to respect each other's differences while working towards shared goals and solving problems. Psychological safety is also important when working with family and/or friends to solve problems.

Working Together Effectively

Ways that you can take actions that foster psychological safety include being supportive, recognizing other's efforts, asking for help, respecting people's boundaries and limits and being open to feedback are all ways you can help make others feel safe. This helps family members or group members function more effectively while overcoming conflict and adversity. Solving problems together in a safe space is the most effective way to get things done!

Video resource for building trust and accepting the thoughts of others:

- [How to Build \(and Rebuild\) Trust](#)

Internal Actions

- Nurture self-awareness and humility, means being open to admitting that you are not always right and being open to how others feel. Think about the perspective of others and where they are coming from.

External Actions

- Start a roommate, family, or group conversation where each person shares five things they need in order to feel more in control and relaxed. Practice group conversations while thinking about the feelings of others.

To learn more about the science behind psychological safety and how it enhances group effectiveness and problem solving, you may wish to read the below research:

- [Psychological Safety: A Meta-Analytic Review and Extension](#)
- [Psychological Safety, Trust, and Learning in Organizations: A Group-Level Lens](#)



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/>