



FAMILIES TACKLING TOUGH TIMES TOGETHER

ORIENTATION FOR ENGAGEMENT AND DISSEMINATION PARTNERS

Our Family is Adaptable! Flexibility to Change

There are a variety of activities this week, and we recommend encouraging your participants to engage in the one that seems to be the best fit. In order to practice skills of **growth, flexibility and strength**, this week's activities encourage family members to:

1. Be flexible to change and adapt;
2. Be inspired by creativity, new priorities, and stronger bonds;
3. Provide leadership, structure and reliability to buffer stresses.

Theme 6: “*Our Family is Adaptable: Flexibility to Change*” 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 that focus on **growth, flexibility and strength** while adapting to challenges build their resilience. She points out that resilient families are able to “bounce forward,” while reorganizing creatively to meet new challenges.

Through a “**growth** mindset” families are strengthened as they look at challenges as opportunities to grow. Family members are encouraged to remain **flexible** as they look at changes as positive opportunities to establish new routines and rely on the **strength** of each other as they overcome adversity. All of these activities were chosen to easily fit into everyday routines—sometimes even to make them easier—and all are backed by good science. We hope you find the ideas to be useful, and maybe make life a little easier.

The activities associated with this theme work best when families re-frame negative experiences as potentially positive experiences. Examples are especially helpful for this week! Ask your participants to share one way they have thought differently about solving problems during the pandemic, or one way they have sought the silver lining of a problem they face as a family. If you, personally, have been able to reframe a problem that you have encountered in your life during the pandemic, this would be a great week to share that with your participants!

The activities in the kit this week promote adopting new strategies, even for families who are not necessarily living together, such as sharing recipes in creative ways that build and strengthen connections across distance.

For Additional Information on this Week's Theme

[Watch the interview with Froma Walsh on ways families adapt](#)