



FAMILIES

TACKLING TOUGH TIMES

TOGETHER

ORIENTATION FOR ENGAGEMENT AND DISSEMINATION PARTNERS

Our Family Will Get Through This! Making Meaning of Adversity

Theme 4: “*Our Family Will Get Through This! Making Meaning of Adversity*” 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, every family is writing a story that will become the memories they talk about in the future. Families can choose what goes into that story – opportunity, perseverance and triumph, or vulnerability and defeat. As Froma explains, families that develop a shared sense of **meaning** about stressful events during the pandemic build their resilience.

Reflection is an essential part of **making meaning** of adversity. Talking about experiences and acknowledging fears and concerns are important to the health and well-being of family members. Adversity is best dealt with when approached as a shared challenge to be tackled together. This collection includes ideas to help parents/caregivers, children, youth, young adults, older adults, and the larger community build skills to help **make meaning** of adversity together.

In order to practice skills related to **making meaning** of adversity, this week’s activities encourage family members to:

1. Learn and grow stronger from challenges
2. Celebrate successes and learn from mistakes

For example, in this week’s collection there is an activity for families titled, “Creating a Time Capsule.” You can engage in discussion about the activity with families and ask them to share their plans for the week. This can include how they plan to approach the time capsule activity, what they plan on including in the time capsule, or to speculate about what it will be like to open the time capsule in the future. You might choose to “seed” the conversation by linking example time capsule for families to consult. You can share items that you might put in your time capsule or share a short story about “A day in the life...” during the pandemic and encourage others to write their stories as well.

There are also activities in the kit this week that promote **making meaning** for older adults through reflective journaling. You might encourage those you work with to write about their experience and share their thoughts with others. For examples, you can ask how it feels to be in this current situation, what they have learned, and what they want to share with others.

For Additional Information on this Week’s Theme

[Watch the interview with Froma Walsh on ways families can make meaning of adversity](#)