

"Sustainability is about survival. Resilience is all about being able to **overcome** the unexpected. The **goal** of resilience is to **thrive**." – Jamais Cascio

# Families Emerging Stronger

Families experience life transition cycles. These transitions can result in positive or negative experiences for the family. Learn how to COPE and thrive during these transition stages.



## C - Calm Down before connecting



Do deep breathing exercises to prevent the amygdala from hijacking our pre-frontal cortex which allows us to show empathy, think rationally, and respond appropriately.



## O - Observe Your Reactions

- Behavior – instinctive reactions
  - Affect – feelings
  - Sensation – physical sensation
  - Images – mental pictures
  - Cognition – thinking
- (Kerns, 2013)



## P - Personal Responsibilities

- Create margins - schedule 15 mins buffer
- Adjust our expectations.
- Schedule daily "me" time to reflect or meditate.
- Take leadership
- Focus on what you can change.

## E - Explore Options

*Adaptive flexibility or rigid chaos*



- Create a schedule
- Coordinate with significant others and family
- Commit to some boundaries.

## S - Seek Support

- Family
- Community/ Friends
- Professionals



**HR DIGEST** HOW TO BE MORE PRODUCTIVE USING THE EISENHOWER BOX

	MANAGE	PRIORITIZE
IMPORTANT	<b>DO</b> Deadline-drive projects Catastrophes Create proposal for potential client Prepping for TV interview	<b>DECIDE</b> Create budget & forecast for next year Plan new marketing initiative Plan training & development for team
NOT IMPORTANT	<b>DELEGATE</b> Answer emails and other messages Book flights Plan staff picnic	<b>DELETE</b> Endless social media scrolling Procrastination Gossip and speculation Perfectionism Over-analysis

www.thehrdigest.com



# RESOURCE PAGE

1. Adari, S. (2020, September 30). Human Behavior - The Amygdala Hijack. Retrieved from <https://www.saratcadari.com/post/human-behavior-the-amygdala-hijack>
2. Bown, M., & Kerr, M. (1988). Family Evaluation. New York: W.W.Norton & Company, Inc.
3. Friedman, W. J. (n.d.). Types of Stress and their symptoms. Retrieved from Mental Health: <https://www.mentalhelp.net/blogs/types-of-stress-and-their-symptoms/>
4. Holland, K. (2021, September 2021). Amygdala Hijack: When Emotion Takes Over. Retrieved from Healthline: <https://www.healthline.com/health/stress/amygdala-hijack>
5. Kerns, C. D. (2013). Self Control at Work - Manging Hot Buttons. Graziadio Business Review, Vol Issue 3.
6. Siebert, A. (2005). The resilience advantage: master change, thrive under pressure, and bounce back from setbacks. San Francisco : Berrett-Koehler Publishers.
7. Sundar, D. (2021, May 6 ). The Straits Times. Retrieved from <https://www.straitstimes.com/singapore/community/household-and-care-responsibilities-a-source-of-stress-for-more-than-half-of>

## FOR INFORMATION

**FAM@FSC Webpage**

[www.msf.gov.sg/FAMatFSC](http://www.msf.gov.sg/FAMatFSC)



**FAM@FSC Referral Protocol**

[www.go.gov.sg/famatfsc-referral](http://www.go.gov.sg/famatfsc-referral)



**Evidence-Based Parenting Programmes by PSPs**

[www.go.gov.sg/fflc-parenting-programmes](http://www.go.gov.sg/fflc-parenting-programmes)



**Online Counselling by Community Psychology Hub**

[www.go.gov.sg/cphoc](http://www.go.gov.sg/cphoc)

