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Learning Objectives:

1. Develop an awareness of the challenges and difficulties contributing to the increased mental health issues for today's generations.
2. Examine the growing research on resilience and its impact on helping our youth and adolescents cope and bounce back from adversity.
3. Examine evidence-based theory and practice to help facilitate resilience including attachment-based strategies and cognitive-behavioral techniques to enhance meaningful connection and therapeutic outcomes when working with the next generation.

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Generation Communication:

Each generation has a unique communication style. Here are some tips for communicating with each one:



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Gen Z (born after 2000)

Also known as "Post 90s generation" and the "iGeneration," kids 15 and younger have grown up in the digital age. The most important thing to remember is that they didn't choose to use technology, they were born using it. They think bigger, faster and with far more distractions.

Communication Tip: When you communicate with a Gen Z, you want to get right to the point. You might even want to use their preferred mode of communication. Shoot them a text? Update their iCal? Send them a Gchat or Facebook message? Beware of lectures—they will tune out faster than you can say '140 characters.'

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Millennials (1980-2000)

Here's a big surprise: Millennials get along better with their parents than any previous generation. About one-in-eight older Millennials (ages 22 and older) say they've "boomeranged" back to living at home.

What They Value: Self-expression. Over 75% have a profile on a social networking site and nearly 40% have tattoos. Millennials love to express themselves, add their own mark and have their opinion represented.

Communication Tip: Ask their opinion, value their ideas and let them help construct the solution with you. Approach a millennial in the brainstorming stage before you have an idea formed. This will help them feel buy-in and that they are on the same team as you.

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Gen Xers (born 1965 to 1979)

Gen Xers are nicknamed the Sandwich Generation because they have the most pressure on them from both Boomers and Millennials. 47% of Gen Xers have a Boomer parent and are also raising a Gen Z or Millennial kid. 15% of Xers are providing financial support to both an aging parent and a child. Gen Xers have had tremendous pressure on them from a young age. They often had both parents working and entered the professional stage through tough economic times.

What They Value: Shared responsibility. They want partners, helpers and support from the people around them. Typically they are the ones providing emotional and financial support to everyone else. 84% of Xers report that their parents rely on them for emotional support.

Communication Tip: Anytime you want to reach out to an Xer, you will get a better response if you try to address their needs and take pressure away from them. Think: "how can I offer help, not ask for help?" and you will get a great reply and lots of gratitude.

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Boomers (born 1946 to 1964)


Baby Boomers are an interesting generation because currently they are split. Some boomers are in cushy happy retirement and enjoying grandkids, while the other half are struggling financially because they didn't save enough to get them through the 2008 recession.

What They Value: Respect and tradition. Both groups of Boomers have reached an age where they want respect from their younger counterparts, and they fear losing the traditions they hold dear. Some even lament the loss of in-person communication in a digital age.

Communication Tip: Respect should be paramount. Whether you are discussing a new idea or working through conflict, respecting a boomer's life experience and opinion is key to effective communication.

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WHAT IS MENTAL HEALTH




"a state of well-being in which the individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

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Since the Pandemic

- Increased Rates of:
 - Depression
 - Anxiety
 - Addiction
 - Suicidality
- (Especially among our youth and adolescents)



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- 20% of adolescents may experience a mental health problem in any given year.
- 10% of children and young people (aged 5-16) have a clinically diagnosable mental health challenge, yet 70% of children and adolescents who experience these mental health challenges haven't had appropriate interventions at a sufficiently early age.
- 85% of kids want to improve something about themselves
- 75% of girls wish they could surgically change something about their body
- 1 in 4 girls and 1 in 6 boys are sexually abused by the age of 18 by someone they should have been able to love or trust
- 3-4 million youth/adolescents will contract an STD each year
- 1 million 12-17 year olds will have an abortion each year

- Over 10 million youth and adolescents regularly view pornography online
- Nearly 40% will wake up at some point in a home where their biological father does not live
- Millions watch their parents fight and scream at each other day in and day out
- More than 2/3 of all kids report at least 1 traumatic event by the age of 16
- Bullying is rampant within our school systems
- Technology addiction only adds another dimension that this next generation is trying to understand and deal with
- Cutting, Substance abuse, Depression, Anxiety, Suicidality, Grief and Loss numbers are all on the RISE

Youth & Adolescent Statistics

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Several Unique Pressures to Perform:

- School
- Sports
- Peer Pressure

(Cho & Lee, 2021; Geisz & Nakashian, 2018; Luther & Kumar, 2020; Haggerty & Felizzi, 2023;)

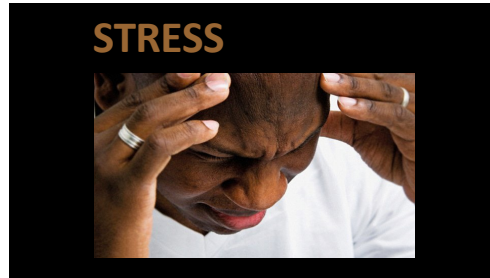
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FAMILY...

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LIFE...

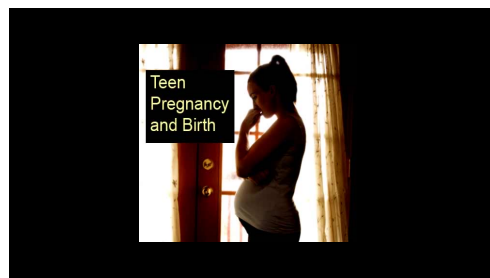
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Resilience & Mental Toughness

- What is Resilience?
 - Positive Adaptation in the Presence of Adversity
- What is Mental Toughness?
 - “A quality of mind or intellect characterized by, among other things, a refusal to be intimidated, a determination to finish a contest even when things are going badly, and an ability to control emotions and remain highly focused when under the pressure of intense competition” (The Oxford Dictionary of Sports Science & Medicine, 2023)

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RESILIENCE




... the ability to recover from or adjust easily to misfortune or change
— to bounce back — after being subjected to adversity or stress.

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BREAKING DOWN RESILIENCE:

- It's both INTERNAL & EXTERNAL.
- Connected to higher levels of positive affect, self-efficacy, optimism, social support, self-esteem, and life satisfaction (Martinez-Marti & Ruch, 2017)



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Internal:

- It's a MINDSET
- It's a RECOVERY PROCESS
- It's a LEARNED ABILITY

•(Koch, 2022)


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EXTERNAL:

- Rooted in RELATIONSHIP
- Relationships form BELIEFS
- Requires Repetition

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Clinical Strategies and Interventions to Overcome:


- Cognitive Behavioral Therapy
- Attachment Based Therapy

(Bernstein, 2019; Siegel & Bryson, 2020; Turner, 2022)

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Cognitive Behavioral Techniques

- Imagery
- Relaxation
- Mindfulness
- Goal Setting
- Self-Talk



(MacIntyre et al., 2016; Turner, 2019; Bernstein, 2019; Mayo Clinic, 2020)

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Attachment Based Approaches:

- Invest in Relationship
 - Safe
 - Seen
 - Soothe
 - Secure
- Communicate Effectively
 - Verbal
 - Nonverbal
 - Listening




(Siegel & Bryson, 2020; Rookie Mentor, 2020)

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Matthew 25:14-30

BE GOOD STEWARDS OF WHAT YOU HAVE - YOUR MIND IS THE GREATEST RESOURCE TO STEWARD!



BE KIND TO YOUR MIND

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Philippians 4:13

- I can't dunk on a 10' hoop. I can't turn back time. I can't bring anyone back from the dead.
- So, what does this really mean?

For I can do everything through Christ, who gives me strength.

Philippians 4:13

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**YOU WILL KEEP IN PERFECT PEACE
THOSE WHOSE MINDS ARE STEADFAST,
BECAUSE THEY TRUST IN YOU.**

ISAIAH 26:3

- Peace from fixing mind on God - Perspective
- Roundabout
- Merry-go-round of life
- SPEARS can help a person fix their mind on God, and when not fixed nor at peace, how to recognize, pivot, and take actionable steps by replacing illogical/unconscious data with truth.

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Thoughts to End On...

"Growth comes at the point of resistance. Skills come from struggle."
- Steve Magness & Brad Stulberg

If you have just one person believe in you, you'll always find your way.

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RECAP...
FIND... GET... & STAY IN THE ZONE

- Know what's important to you – define your personal vision and your core values.
- Reframe your mental model (self-perception)
- Identify what you can change and identify what you can influence.
- Take care of YOU – Mentally & Physically.
- Create a healthy balance & borders.
- Create/build a discipline (the 4P's) that gives you the structure/stability/order you need to find ... get and stay "In The Zone."
- Love yourself... and don't be afraid ... to show it... you deserve it!!!

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LET'S STAY CONNECTED

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