

Psychological Flexibility
is the ability to adapt to various
situations with openness,
awareness, and focused action.

Resilience is the ability to
bounce back from adversity.
Being psychologically flexible is
a part of resilience.

Open Up = Acknowledging and accepting
difficult emotions.

Philippians 4:6-7 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Be Present = Focusing on the here and now.

Matthew 6:34 "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

Do what matters = Aligning our actions to our
values.

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Developing Character: Where parents make a difference in helping our children develop resilience



"Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

Romans 5:3-5.