

One-Minute Resilience Building Interventions

FOR TRAUMATIZED CHILDREN AND ADOLESCENTS

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WORRY

Late at Night when Everyone is Sleeping, I'm Awake Thinking About...

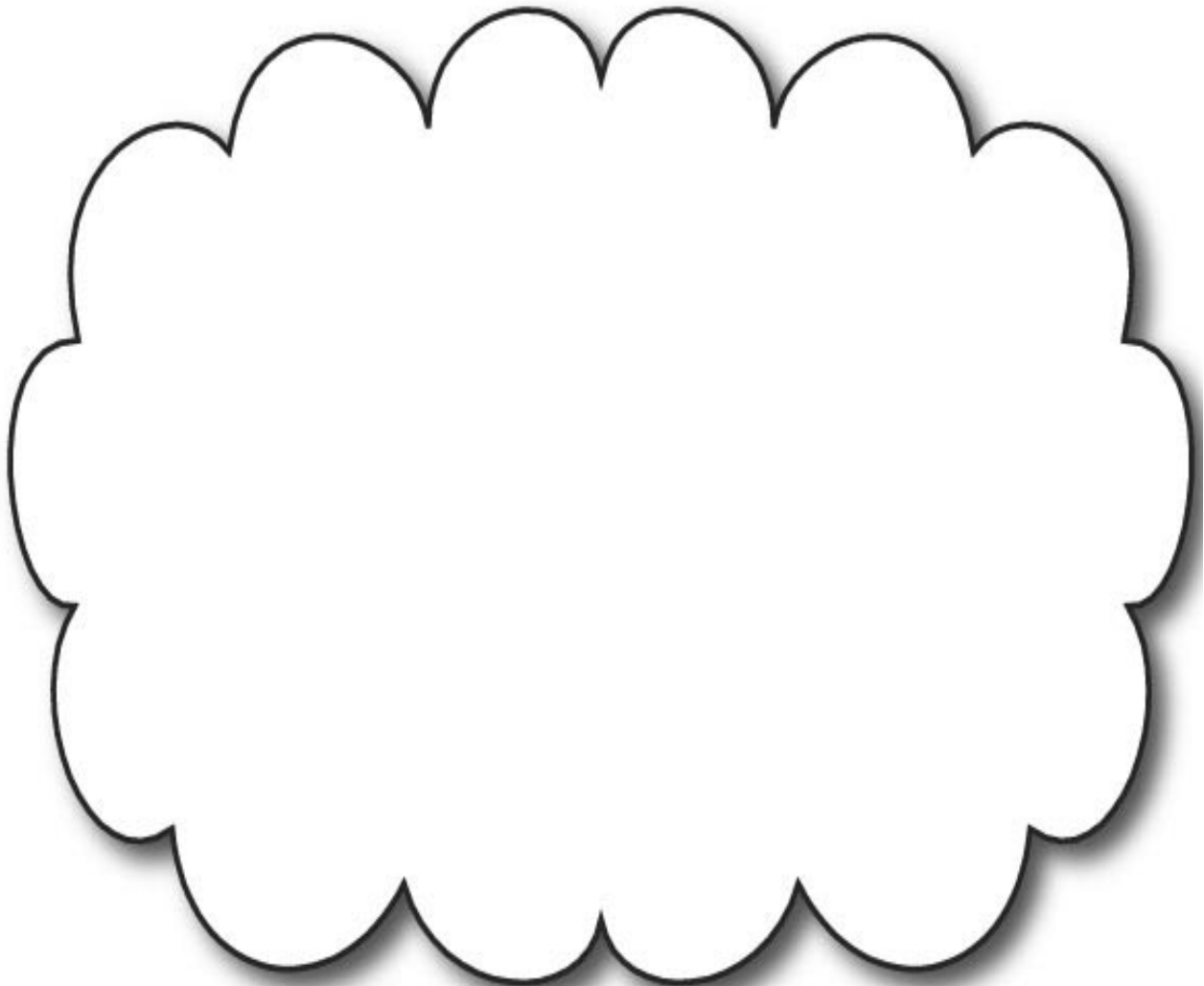
Directions:

Ask the child what they worry about the most. If the child needs help, ask questions about family, friends, school, etc. Then have them write their worries in the thought bubble and color in the drawing.

Reframing:

When it rains it doesn't rain forever, does it? NO. Worries don't last forever either. Some worries seem like there is nothing we can do to change them or stop them. But we can't do anything to stop the rain either, but it stops doesn't it? YES. When it rains don't we usually find something to do until it stops? Sure we do.

What I worry about:



WORRY

Worry Beads

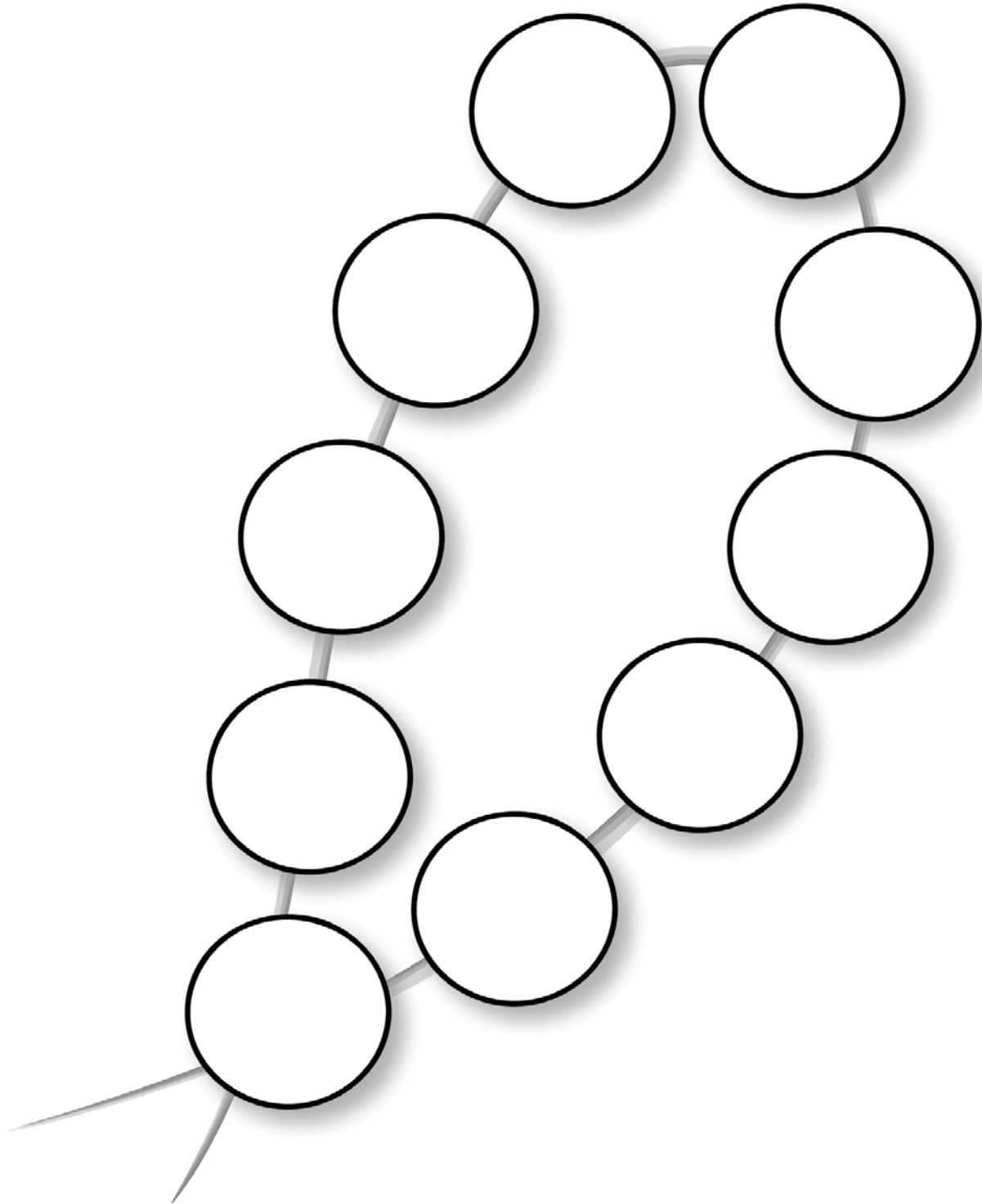
Directions:

Ask the child to list one of their worries on each bead. Then ask them to color in the beads that represent their biggest worries.

Reframing:

Now that your worries are listed on each bead, you can keep this paper in a private place in your bedroom. Instead of keeping all of those worries in your mind, they are right here on this paper. If one of your worries goes away you can cut that worry out of your picture. Or, if you want me to keep your paper here I can keep it safe and we can cut out the beads together as your worries go away.

List one worry on each worry bead. Color in your biggest worries.



WORRY

Iceberg

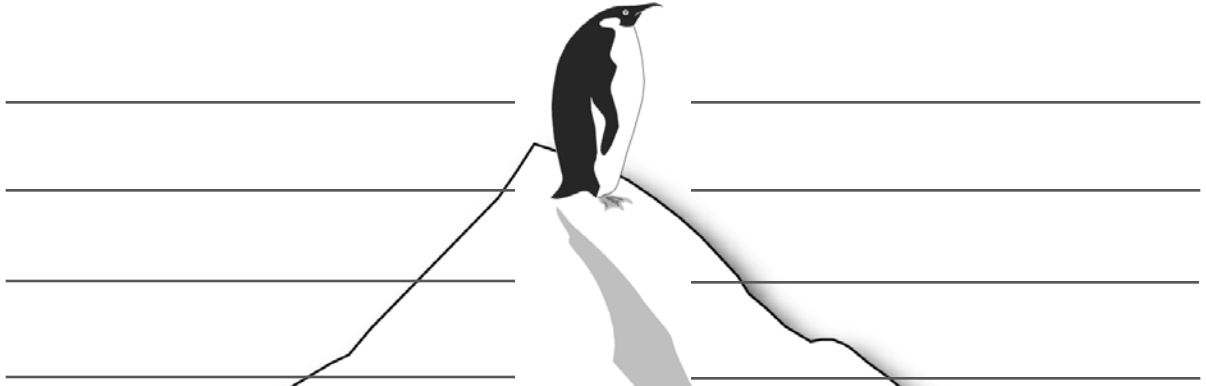
Directions:

Ask the adolescent to fill in the lines next to the iceberg.

Reframing:

Everyone has things about them that many people know, and then there are the things that only our best friends know, and even some things that no one knows! That is okay. Some things are meant to remain private. But, if those things begin to bother you, it often helps to talk to someone you can trust. Instead of keeping a secret inside that is bothering you, getting it out, even to one person can give you a sense of relief. Many times you'll find that you aren't the only one who has that secret.

This is what everyone knows about me:



This is what not many people know about me:



This is what no one knows about me:



WORRY

My Worry Plan

Framing:

I was wondering, what is your biggest worry since all of this has happened? I know that when anyone experiences a trauma, it usually creates worries that they never had before all of it happened.

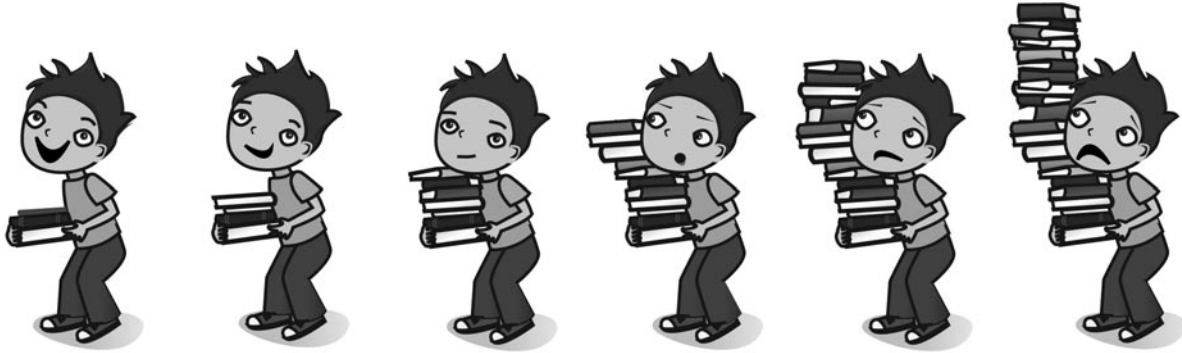
Directions:

Ask the adolescent, *“How heavy is your worry? Circle or color in the picture that represents how heavy this worry is for you now. Now, take your worry. Think of yourself as a survivor with choices. Let’s assume your worry might happen. What do you think you could begin to do right now to be ready should this worry happen, so it would not control or ruin your life?”* Help the adolescent create a worry plan.

Reframing:

Worries don’t stay, but if your worry should happen, it is helpful to know and think through what you would do if it does happen. This way you have a plan and you’ll be ready for it

This is how heavy my worry feels now:



My worry plan: