



RESILIENCE

Hello I am Dr Tracey Farber. I am a King David school graduate and I am a clinical psychologist from Johannesburg I have worked in private practice for over twenty years where I have specialised in working with children, adolescents and adults who have experienced trauma. Last year I completed my Ph.D. part time through the University of the Witwatersrand. I interviewed 9 elderly child Holocaust survivors regarding their experiences in the concentration camps. Themes of trauma, resilience and grief emerged from my research. I am deeply grateful that they shared their stories with me and this gave me the opportunity to understand trauma on a deeper level.



I have developed a model of resilience based on my clinical knowledge and my Ph.D. research findings. I have applied these steps to the crisis that we are all facing: COVID – 19. I decided to write this PowerPoint to help students now and I hope to offer a more comprehensive program in time to come. I invite you to flip through these slides and see what “clicks” for you....



# Building Resilience:

Driving through  
COVID-19 - Go Where  
the **Love** is.....



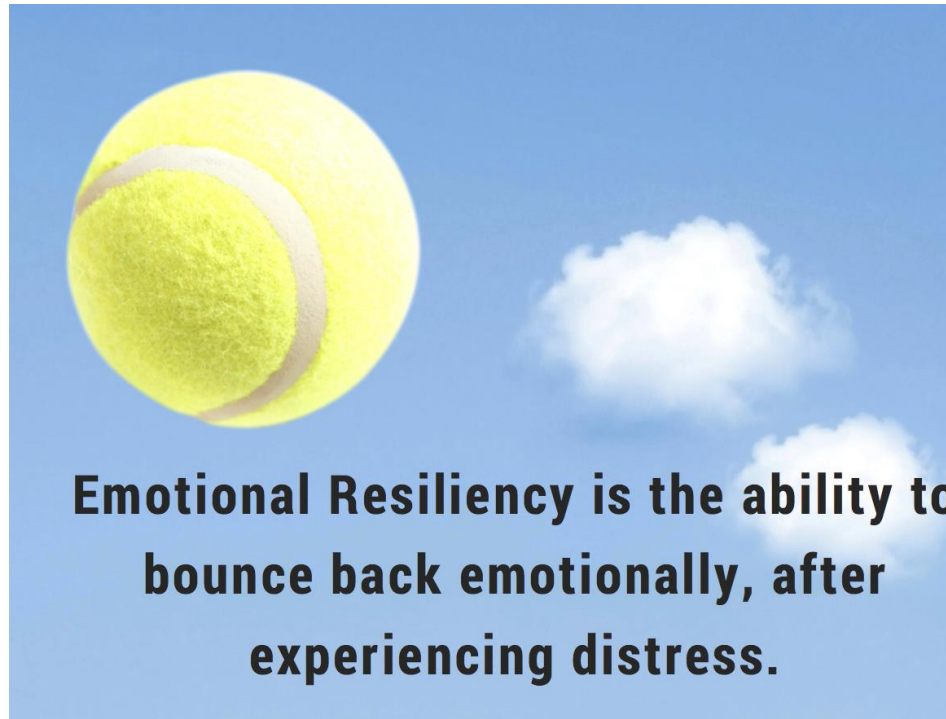


# COVID-19

## Feelings about COVID – 19

- High anxiety we are in “survival mode”
- Fear of getting infected
- Fear and dread of infecting others
- Fear of losing loved ones
- Fear of education being interrupted
- Fear of loss of money/work
- Fear of an uncertain future “ how long will this last?”
- Social isolation from friends
- Anger at having one’s life and plans “interrupted”
- Boredom from being stuck at home
- Social isolation causes family conflict
- Sadness and a sense of loss - our lives have suddenly changed
- Loneliness
- Hopelessness

# Building Resilience



## Building Resilience in Covid – 19:

Go where the **love** is.....

- Step 1: Build a sense of Self-Worth
- Step 2: Emotional Self-Regulation
- Step 3: Self Soothing
- Step 4: Building Nourishing Relationships to combat isolation
- Step 5: Finding Hope

# Building a sense of self worth

- Being socially isolated is traumatic. We all need support and reassurance from others
- Being isolated can lead to self-doubt
- Negative “ self talk” leads to anxiety and depression
- Self compassion/ self empathy helps to comfort ourselves
- Being kind and patient with ourselves builds resilience



Beating one's self up leads to shame, anxiety and depression



Building an inner sense of self-worth is an ongoing life skill.

“Shame is highly correlated with addiction, depression, violence, bullying suicide, eating disorders”. Brene Brown



Self - Compassion:  
Self empathy, self kindness, self  
acceptance.

“With self-compassion we give ourselves  
the same kindness and care we’d give to a  
good friend” *Dr Kristin Neff*



We are all human and at the moment we are all struggling with COVID -19:

Its normal to feel afraid, sad and angry







Remember the love from a parent, sibling, friend, teacher, aunty, granny, nanny or favourite pet. Remembering the love that we have received strengthens our self worth and builds resilience



## 2. Emotional Self Regulation



When people are in crisis and in survival mode, they often struggle to control their anxiety and/or irritability.

Like a kettle that has a broken switch

# Self-Regulation Meters



Created by Heather Ogier, Fun for Learning





KEEP  
CALM  
AND

SELF-REGULATE

Distraction helps us to self regulate. When we are overwhelmed with anxiety and sadness distraction helps us to cope.

Distraction is helpful when we need to  
focus on learning.

We can put our feelings in a  
compartment and focus on our work

Like when we are driving we focus on the road and put our feelings in the cubby hole for a while.



Distraction helps when our feelings are overwhelming. Like switching on the music





Compartmentalisation means putting our feelings into a compartment for a short time so that we can focus on work and learning.





**3. Self Soothing** – We all feel a sense of sadness and loss about how our lives have suddenly changed. There is also sadness and loss around us. We need to find creative ways to self-comfort. We can pray and sing and dance. Walking, drawing cooking reading a book, are other options.

How do you self- soothe?



4. Finding nurturing relationships:  
Go where the love is .....

Social isolation and no physical contact cause loneliness. We need to find creative ways to show love to our family and friends ( pictures, video calls, text messages)



Being in “survival mode” brings out the best and the worst in people.

Some people are very selfish and aggressive  
Others are kind and compassionate.

**WE CAN CHOOSE WHO WE WANT TO BE**

WE CAN CHOOSE – How we behave towards others.....

We need to CHOOSE loving people as our friends. Kind, dependable friends build our resilience.

Friends who “blow hot and cold” bring us down and are not good for our mental health

Because of social isolation we need to find creative ways to reach out to others.....

This is an opportunity to deepen our relationships

## 5. Finding Hope.

Hope is the most important tool for survival during a crisis

Hope helps us to look forward to better times.

When we feel hopeless we can need to reach for a hopeful thought to help us to feel better. This takes effort and training

Everyday we can hope for this  
crisis to end and look forward to  
what lies ahead.

We can help others to hope.

And we can Pray

And we can go where the love is.





*WITH THANKS :*

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