

Use collaborative problem solving

Scott Peck, psychiatrist and best-selling author, writes: "Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit." This idea applies to problems faced by families.

Resilient families identify problems and the options available to deal with them and then make decisions as a team. Family members engage in creative thinking as a way to discover new possibilities for overcoming diversity, with ideas of all members respected and valued. Resilient families focus on achievable goals and concrete steps that can be taken to achieve those goals.

Resilient families build on their success as they pursue their goals and learn from things that don't work. Through this process, families learn skills that can help them become proactive in preparing for future challenges. As Franklin D. Roosevelt said: "We have to do the best we know how at the moment...If it doesn't turn out right, we can modify it as we go along."



"Be resilient: stretch, bounce back and roll forward."

Resiliency Reminders are brought to you by the "Families in Stress and Transition Team", Family Living Programs. For more ways to strengthen family resiliency, visit <http://www.uwex.edu/ces/flp/> or contact Patrick DuCharme, Employee Assistance Consultant, 800-385-8511, patrick.ducharme@uwex.uwc.edu