

Stronger Together Newsletter



Dear Caregivers

This week we have talking about how the only thing in life we can be 'certain' of is in fact 'uncertainty' our lives are full of unknowns that unfold before us as we go. The only way to thrive in life is to put ourselves in new situations that may make us feel vulnerable, this can feel uncomfortable. By becoming okay with uncomfortable feel and exploring it rather than avoiding it is key to us unlocking our inner confidence.

Workshop Eleven.

Embracing Change. Being Comfortable With the Uncomfortable.



Brain Box

When things are new or are changing the brain has no idea whether we will win or lose, get accepted or rejected, feel embarrassed or heroic. We have to embrace the new and different as our strong best self. To know that regardless of the outcome we will come out of the new situation stronger, either having learnt something or grown in some way. Thinking in this way can help us take control of the brain.

ALL experiences are learning experiences, regardless as to whether they are good or bad. If we want to grow, we must be prepared 'risk it,' knowing that we are strong enough to always become a better person, no matter the outcome.

Nelson Mandela said, "I either win, or I learn".



Try it, Teach it

We ALL have moments in our lives when we feel vulnerable and we find ourselves at a crossroads. Your child has been asked to find out if any member of their family has ever used a time in their life when they failed at something or got rejected and used this as an excuse to not go any further.

Maybe the sense of fear and vulnerability made you totally give up on something you once loved? Maybe you failed to be picked for the team or didn't get the job. Did the experience make you stronger and work harder, or did you give up?

It would be great if you could give some personal accounts to add to the Goals for Growth this week. Don't be afraid to be totally honest. You could give one success story, e.g. "I failed my driving test 3 times but didn't give up." And also, an occasion in life you have some regrets about. "I really should never have quit playing piano, I was really good but never felt I was good enough to pass the next grade."



You Do It Too

Continue to talk to your child about what it feels like to be vulnerable and feel like you want to give up. You talking about your own vulnerability and how it has shaped you is very empowering.

Talk about how we are ALL, no matter how old, are working on developing and growing ourselves, in order to live a happy fulfilled life. We all have it in us to dig deep and be our own hero and this often means we feel both UNCOMFORTABLE and BRAVE at the same time!

It is this continued self-care, working on ourselves and personal growth that keeps us feeling truly alive and gives us the energy to be there for others.

