



What Every Parent Should Know

*Raising Emotionally Resilient
Children in a
STRESS-riddled World*

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Childhood is
the season
when the
temple
where God
will live
is
constructed







“The smartphone is the modern-day hypodermic needle, delivering **digital dopamine** 24-7 for a wired generation.”

Lembke, *Wired Generation*, 2021

Anxiety problems,
behavior disorders,
and depression are
most commonly
diagnosed mental
disorders in children

Based on CDC.gov from 2021–2022





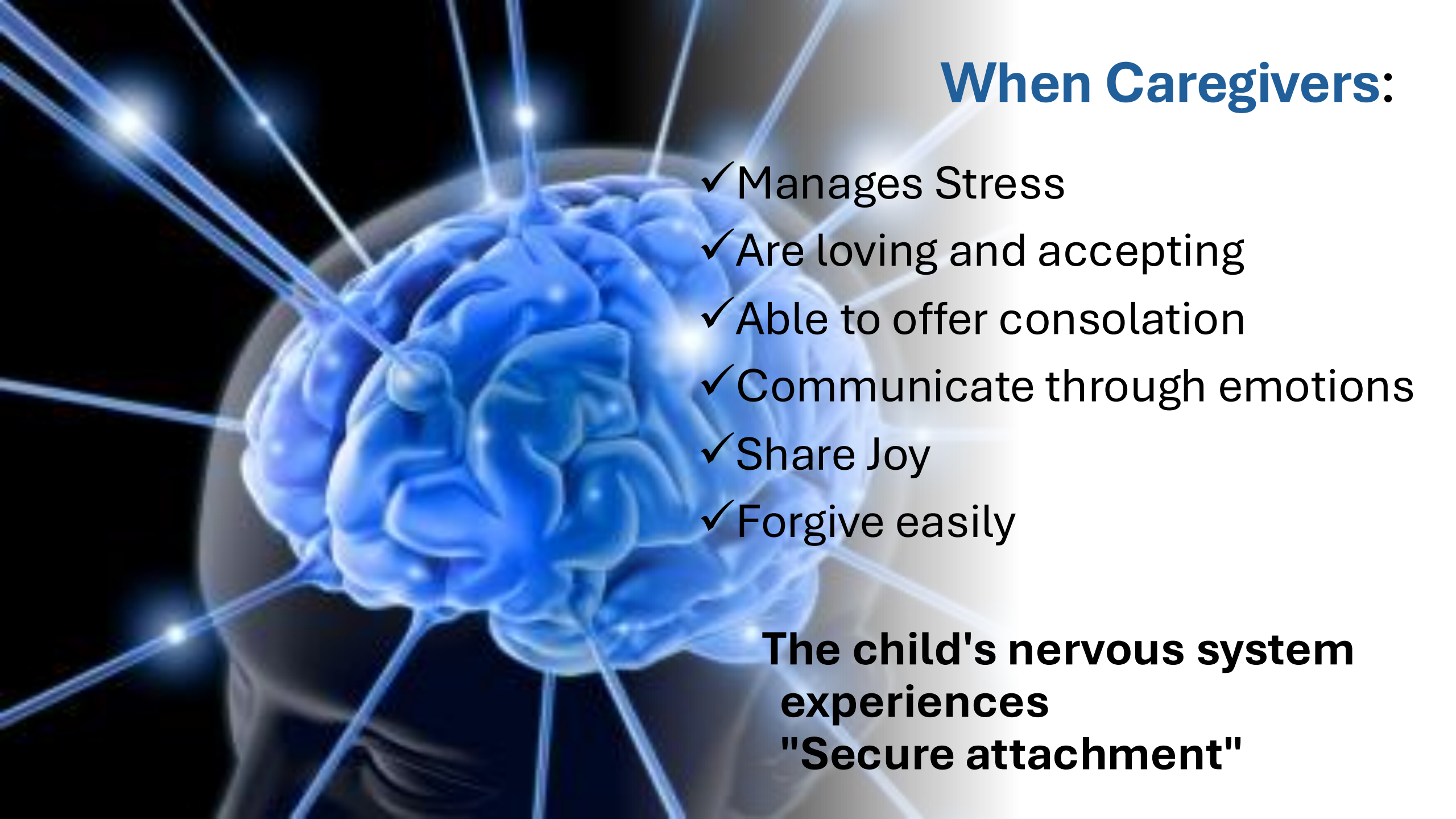
Quality of your Marital WiFi



Emotional Oxygen

Parental Stress affects the architecture and chemistry of the infant brain.





When Caregivers:

- ✓ Manages Stress
- ✓ Are loving and accepting
- ✓ Able to offer consolation
- ✓ Communicate through emotions
- ✓ Share Joy
- ✓ Forgive easily

**The child's nervous system
experiences
"Secure attachment"**

Challenges this generation faces:

Loneliness: Young people ages 15–24 are spending less than half as much time in person with friends as they were two decades ago.

The COVID-19 pandemic: Global rates of childhood depression and anxiety symptoms doubled during the pandemic.

Access to firearms: Researchers estimate that 4.6 million children live in households with at least one loaded, unlocked firearm.

https://jedfoundation.org/wp-content/uploads/2024/06/JED-Suicide-Trends-Report_June-2024.pdf

Challenges this generation faces:

- **Fears about the future:** Nearly 60% of youth ages 16–25 say they are either very or extremely worried about the climate.
- **Constant digital connection:** 46% of teens ages 13–17 say they use the internet “almost constantly.”
- **Financial insecurity:** 3 in 5 college students face some type of essential needs insecurity, including housing insecurity, food insecurity, or lack of access to affordable health care.
- **Lack of access to care:** Among youth with major depression, 60.3% do not receive any form of treatment

- **10% of children ages 3-17** had current, diagnosed **anxiety** (9% of males and 11% of females).
- **7%** had current, diagnosed **behavior disorders** (10% of males and 5% of females)
- **4%** had current, diagnosed **depression** (3% of males and 6% of females).

<https://www.cdc.gov/nchs/nvss/index.htm>

Data were accessed on CDC WONDER on June 17, 2024 and represent data received as of June 11, 2024.



Groups Facing Additional Challenges:

- **American Indian/Alaska Native (AI/AN) youth (ages 10–24)** suicide rates are almost **twice as high** as the overall national average.
- **Youth in rural areas (ages 10–24)** are nearly **twice as likely to die by suicide** as those in large metro areas.
- **Black youth (ages 10–24)** are experiencing **the fastest increasing suicide rates**.
- **Youth involved with the criminal legal system (ages 10–24)** die by suicide **two to three times more often** than the general youth population.
- **LGBTQIA+ youth (ages 13–24)** are at increased risk of suicide: **41% seriously considered attempting suicide in the past year**, and 14% attempted suicide.
- **Young women (ages 15–24)** have suicide rates that **have been increasing faster than boys', doubling in the last two decades**.

Mental Health Stats

- 12.6 million people between the ages of 18 and 25 experienced a mental, behavioral, or emotional health issue in the past year. This amounts to 1 in 3 (36.2%) young adults, a percentage that is higher than any other adult age range. This rate has increased significantly over the past several years (from 22.1% in 2016). ([SAMHSA, 2023](#))
- 19.5% of teens aged 12 to 17 had a major depressive episode in the past year. ([SAMHSA, 2023](#))
- 42% of high school students reported feelings of sadness or hopelessness in the past year. This percentage is higher for females (57%), Hispanic students (46%), multiracial students (49%), and lesbian, gay or bisexual students (69%) ([CDC, 2023](#))
- Among college students, 36% have been diagnosed with anxiety and 30% have been diagnosed with depression ([Healthy Minds Study, 2023](#))



Some of these mental health conditions commonly occur together. In 2018–2019, among children with a current mental health condition, more than 1 in 3 (37%) had two or more conditions.

<https://www.cdc.gov/nchs/nvss/index.htm>

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Mental health issues by age:

	Ages 3-5	Ages 6-8	Ages 12-17
ANXIETY	2.2%	8.0%	15.3%
DEPRESSION	0.1%	1.8%	8.9%
BEHAVIOR DISORDERS	4.6%	8.4%	7.5%

https://www.cdc.gov/children-mental-health/data-research/?CDC_AAref_Val=https://www.cdc.gov/childrensmentalhealth/data.html

Mental Health of Gen Z

Compared with other generations, Gen Z is least likely to report very good or excellent mental health

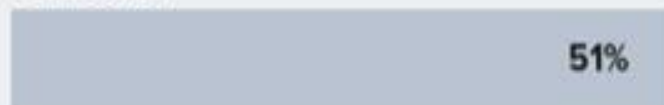
Gen Z



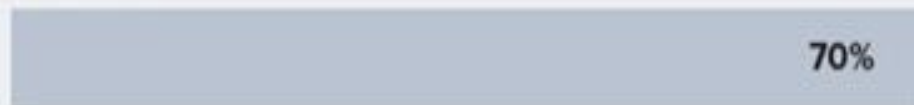
Millennials



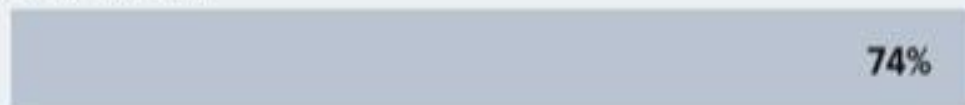
Gen Xers



Boomers



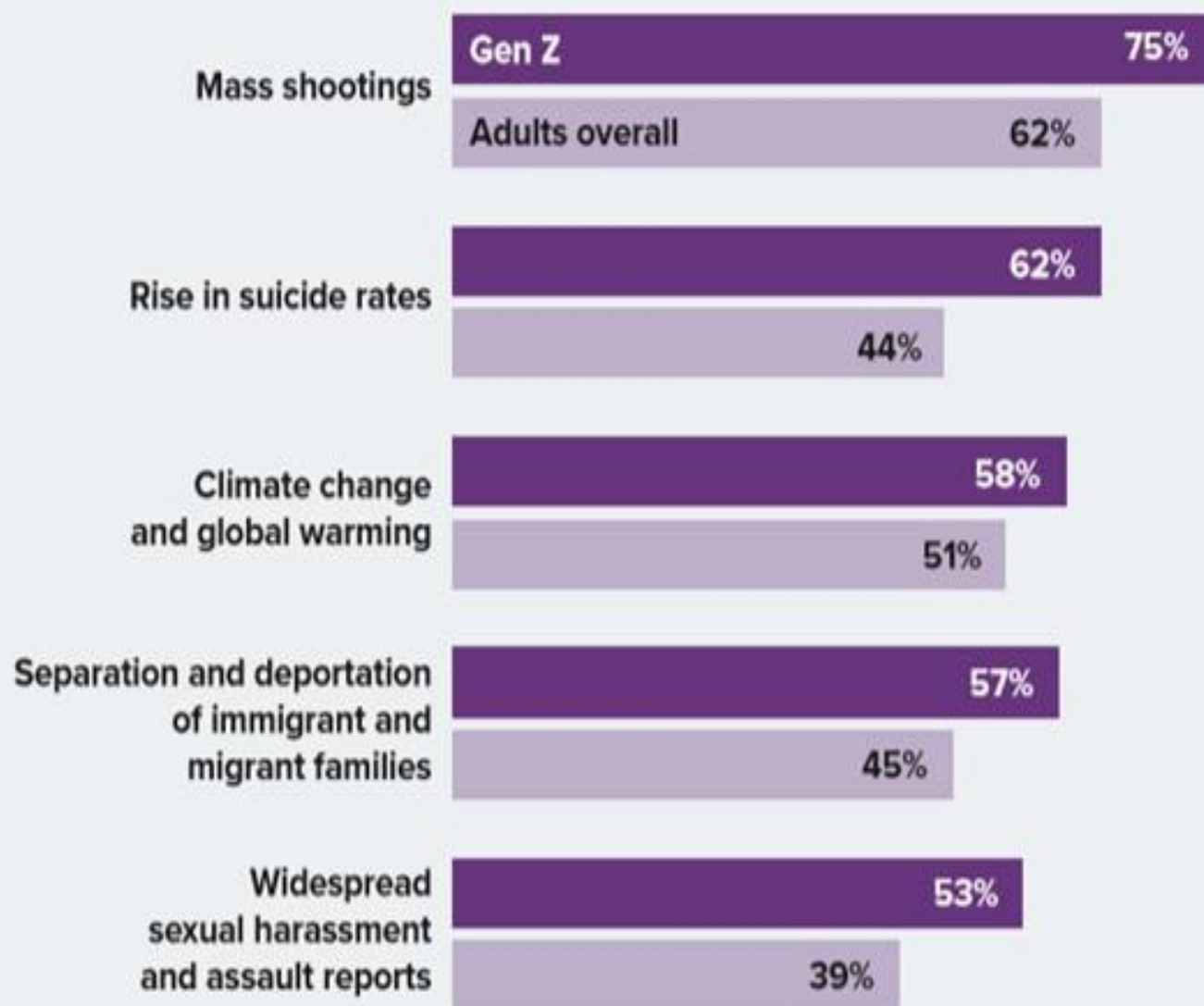
Older adults



Source: APA. (2018). *Stress in America: Generation Z*

News Events Stressing Gen Z

Compared with other generations, Gen Z is more likely to report stress related to these national news topics





9 in 10 Gen Z adults **(91%)** said they have experienced at least one physical or emotional symptom *because of stress*, such as feeling depressed or sad **(58%)** or lacking interest, motivation or energy **(55%)**.

Only half (50%) of all Gen Zs feel like they do *enough* to manage their stress . . .



Excessive social comparison and communication on these platforms can cause serious implications on:

body image, mental health, self-worth, and overall identity—especially in young girls



Over

49,000

people died by
suicide in 2022



1 death every

11 minutes

Many adults think about
suicide or attempt suicide

13.2 million

Seriously thought about suicide

3.8 million

Made a plan for suicide

1.6 million

Attempted suicide

Data were accessed on CDC WONDER on June 17, 2024 and represent data received as of June 11, 2024.

- Firearms were used in 55% of suicides in 2022.
- Suffocation in 25%
- Poisoning in 12%
- Other in 8%



- 
- A high-contrast, black and white silhouette of a person's head and shoulders. The person is facing left, with their head bowed and their hand resting against their face in a gesture of distress or contemplation. The background is a light, textured surface.
- The suicide rate among males in 2022 was approximately four times higher than the rate among females.
 - Males make up 50% of the population but nearly 80% of suicides.

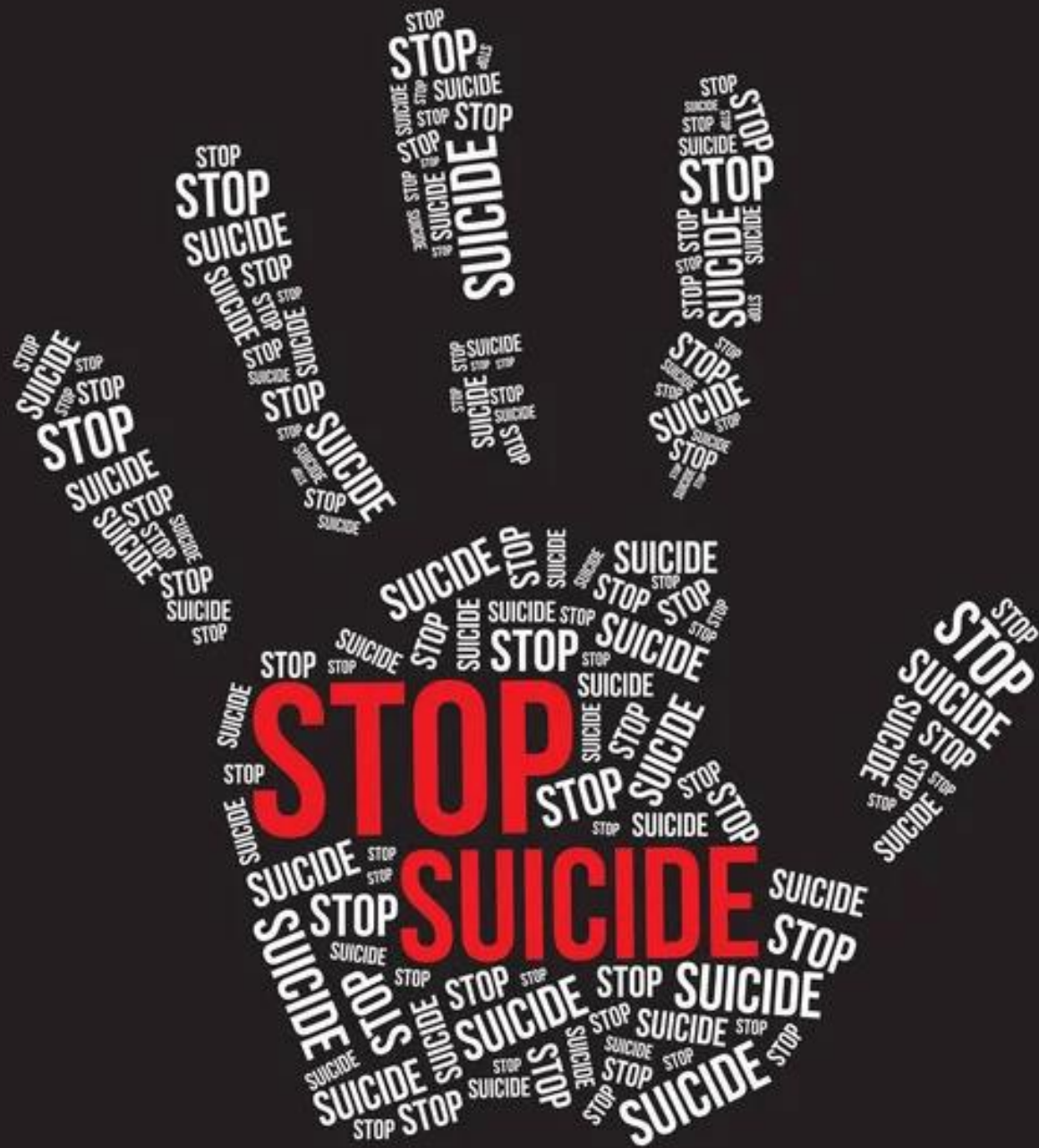
<https://www.cdc.gov/nchs/nvss/index.htm>

Data were accessed on CDC WONDER on June 17, 2024 and represent data received as of June 11, 2024.

In 2022, people
ages 85 and
older

had the highest
rates (23%) of
suicide.





According to a Trevor Project 2023 survey, 18% of LGBT youth have attempted suicide, a rate **2 times higher** than teenaged general population.

<https://www.thetrevorproject.org/resources/article/facts-about-lgbtq-youth-suicide/>



ACE

**Adverse Childhood
Experiences
affect
mental health**

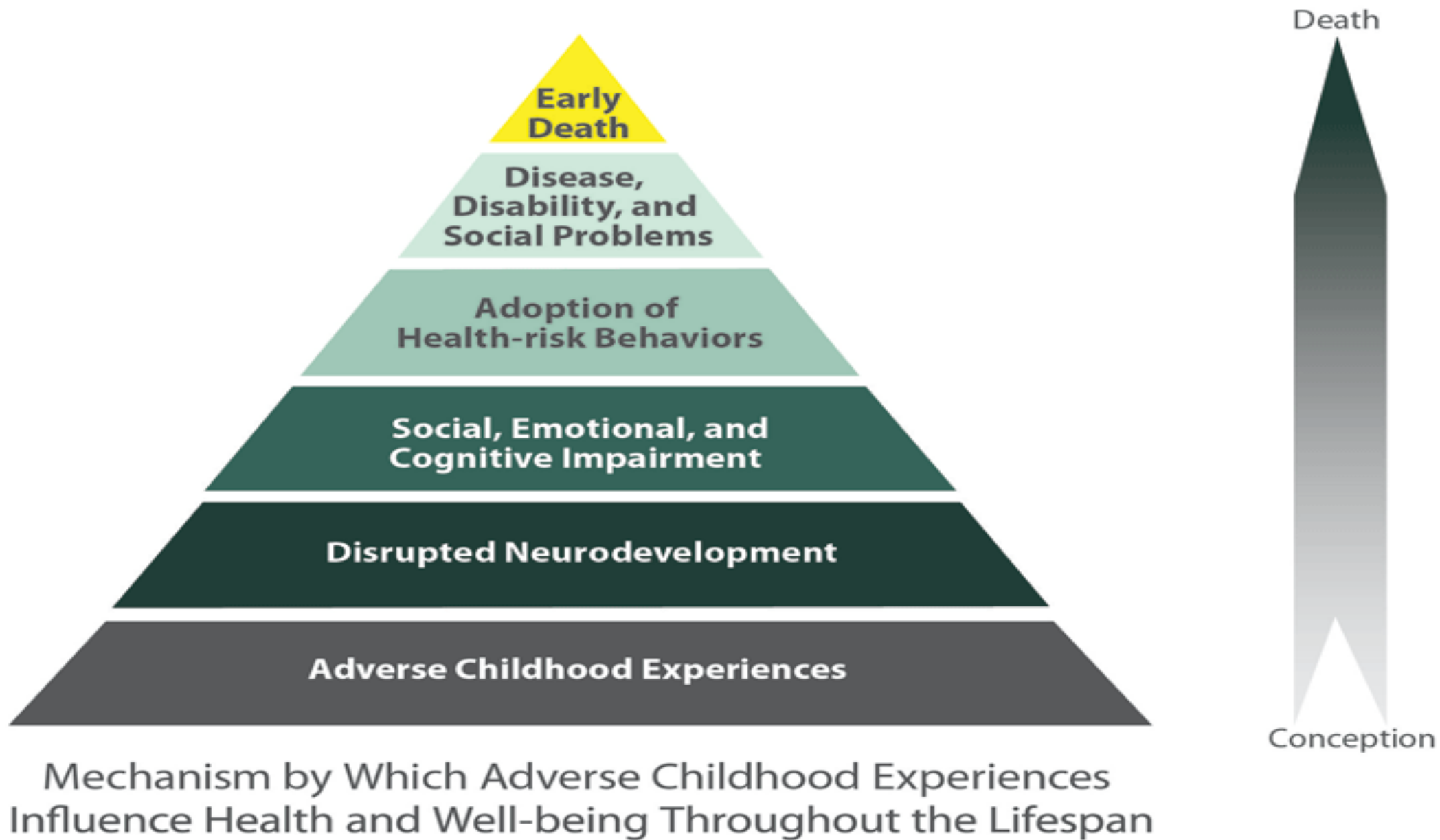
“ACE Study”
(Kaiser & CDC)
Adverse Childhood Experiences

- 1995-1997 San Diego, CA
 - 17,421 Kaiser Perm patients
Weight control Clinic
 - 300-600 lbs.
 - Subjects followed for 15 years
-



ACE Exam: Before the age of 18

- 1. Did you experience physical abuse?
- 2. Did you experience sexual abuse?
- 3. Did you experience emotional abuse?
- 4. Did you experience physical negligence?
- 5. Did you experience emotional negligence?
- 6. Did your mother or step-mother experience violence?
- 7. Was there substance abuse (alcohol or drugs) in the home?
- 8. Was there mental illness in the home?
- 9. Did you experience parental separation or divorce?
- 10. Was there a family member incarcerated?



On May 3, 2023, United States Surgeon General Dr. Vivek Murthy released a new Surgeon General Advisory calling attention to the public health crisis of

loneliness, isolation, and lack of connection

in our country.





The physical health consequences of poor or insufficient social connection include a:

- 29% increased risk of heart disease
- 32% increased risk of stroke
- 50% increased risk of developing
- 60% increased risk of premature death

<https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>



In addition to our physical health, loneliness and isolation contribute substantially to *mental health challenges*.

In adults, the risk of developing **depression** among people who report feeling lonely **often is *more than double*** that of people who rarely or never feel lonely.

<https://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html>

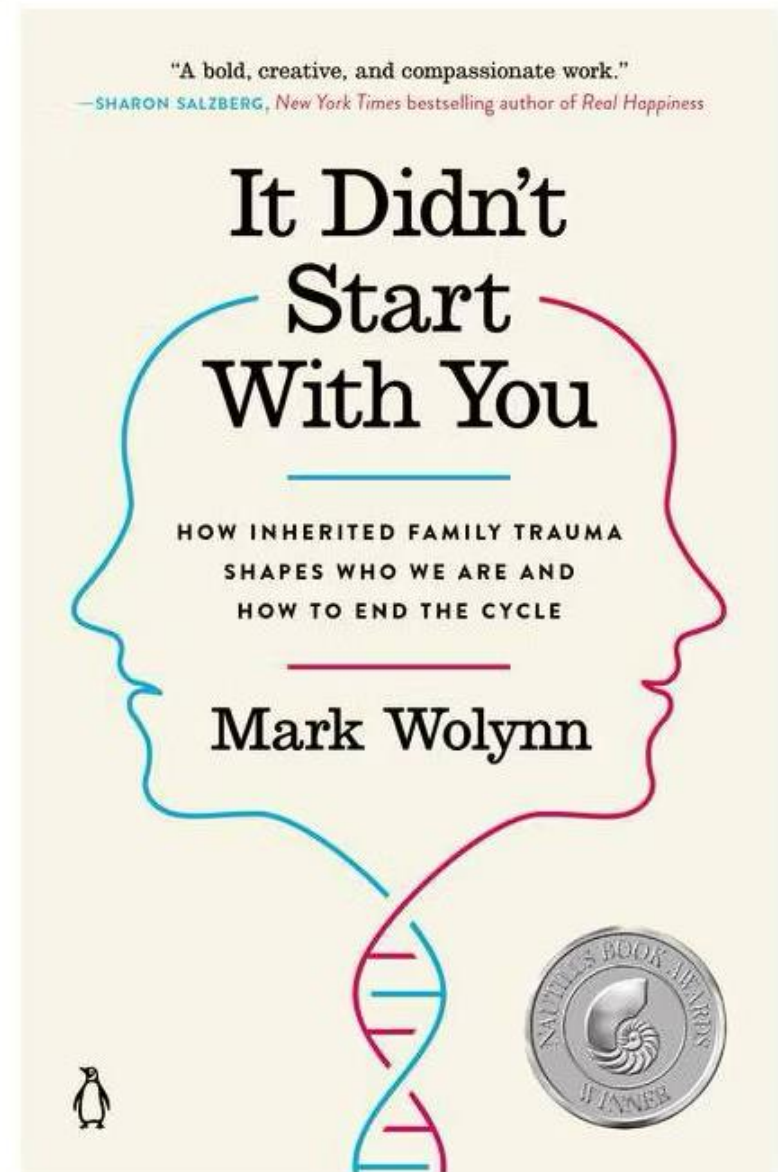


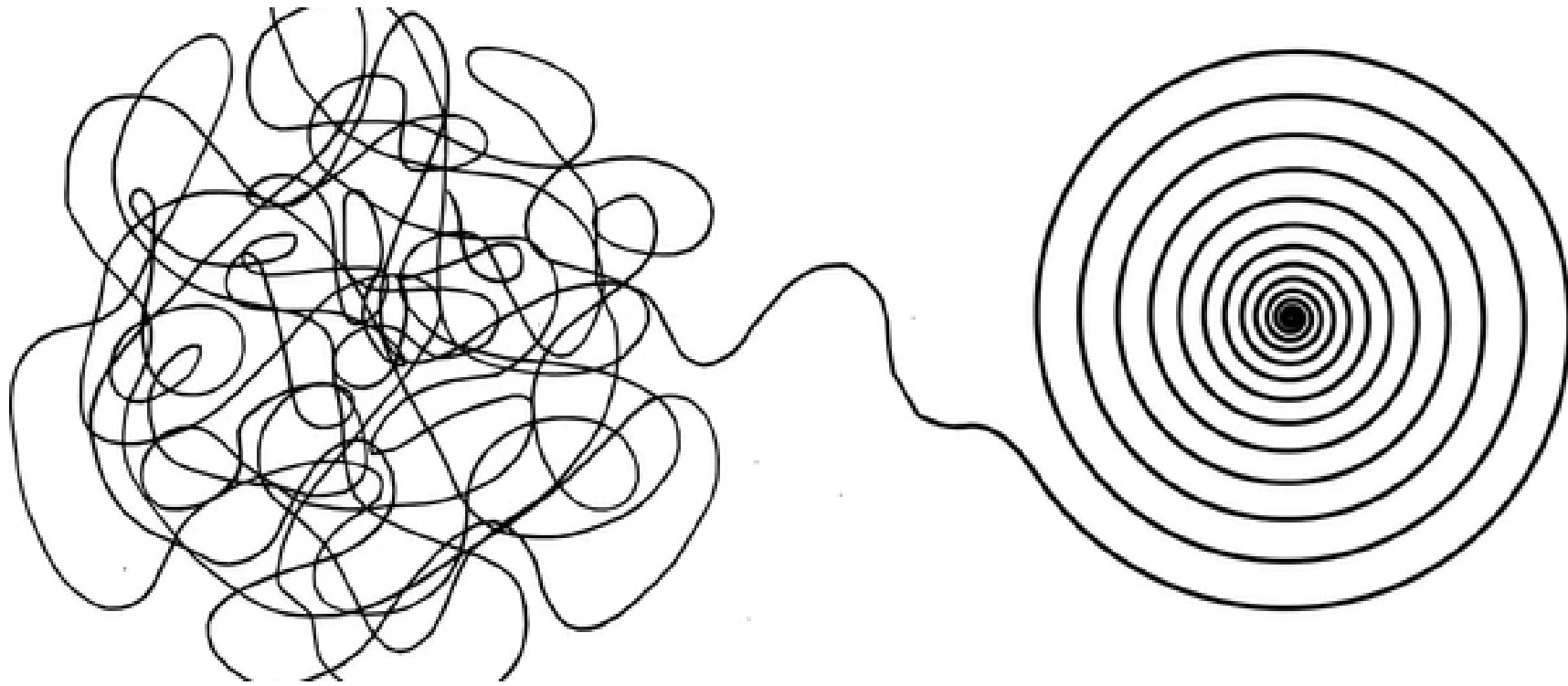


“To put it simply, we receive aspects of our grandmother’s mothering through our own mother. The traumas our grandmother endured, her pains and sorrows, her difficulties in her childhood, the losses of those she loved who died early—these filter, to some degree, into the mothering she gave to our mother. . .”

Wolynn, *It Didn’t Start With You*

“It’s not only what we inherit from our parents but also **how they were parented** that influences how we relate to a partner, how we relate to ourselves, and how we nurture our children.”





How did we get here?



Satan attacked the
MINDS
of 1/3 of the angels by
Distorting
their perception of
God
themselves
others
through vicious LIES



The
**Ultimate
TRAUMA**
of sin

assaulted our
relationships
with
God
others
self



The Ultimate TRAUMA of SIN resulted in:



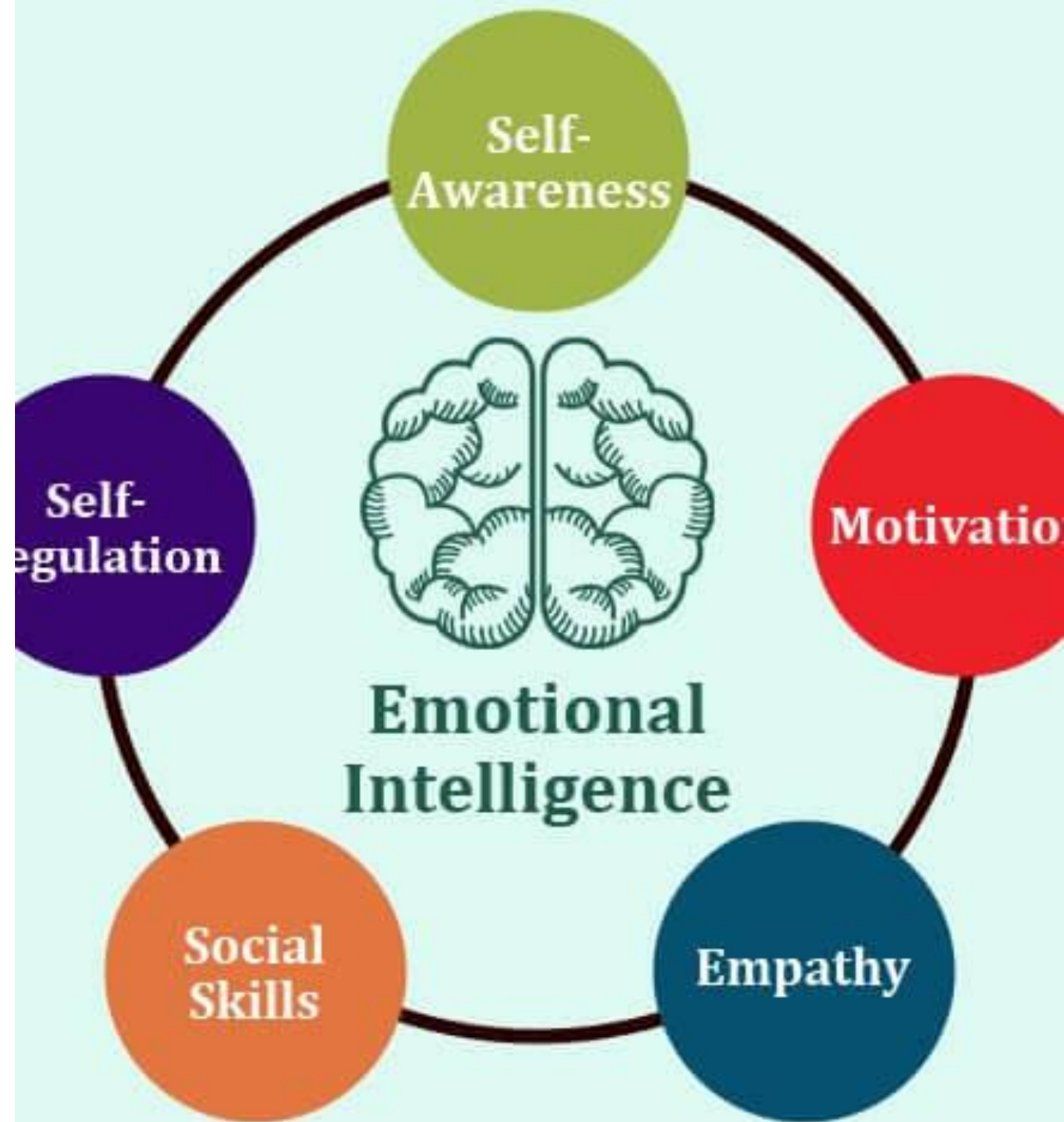
- * Disconnection from **God, others & self**
- * Generational toxic parenting
- * Dysregulated emotional responses
- * Destructive relationships
- * Dehumanizing abuse & neglect
- * Mental, emotional, spiritual arrest
- * Family, cultural, global breakdown



Strategies

Millennials place more of an emphasis on helping their children develop *emotional intelligence*.

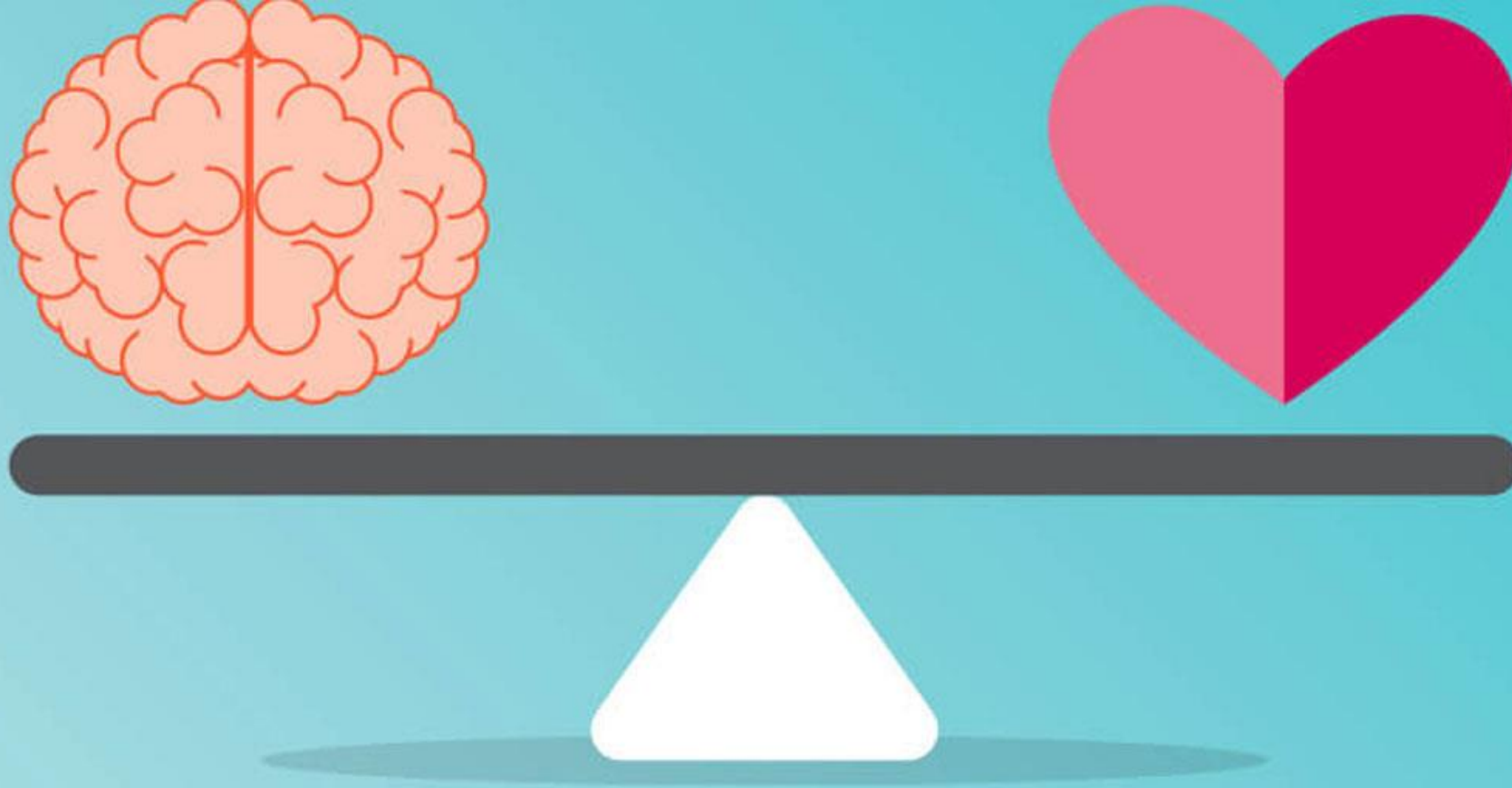
<https://www.parents.com/millennials-the-best-parents-8613248#text=Millennial%20parents%20are%20placing%20more,survey%20from%20Lurie%20Children's%20Hospital.&text=Every%20generation%20of%20parents%20typically,t%20enjoy%20being%20raised%20with.>





SIGNS OF LOW EMOTIONAL INTELLIGENCE

1. Getting in Lots of Arguments
2. Not Understanding How Others Feel
3. Thinking That Other People Are Overly Sensitive
4. Refusing to Listen to Other Points of View
5. Blaming Others for Mistakes
6. Inability to Cope With Emotionally-Charged Situations
7. Sudden Emotional Outbursts
8. Difficulty Maintaining Friendships
9. Lack of Empathy



EMOTIONAL INTELLIGENCE

We Can Do It

Parents can best teach EQ—through **modeling**

FOUR Pillars of Emotional Intelligence

1. Self Awareness

2. Self-Management

3. Social Awareness

4. Relationship Management

1. Self Awareness

- . **Emotional Self-Awareness:** the ability to know yourself and understand our feelings
- . **Accurate Self-Assessment:** understanding our strengths and weaknesses and their effects on others
- . **Self-Confidence:** having faith in yourself and being willing to put yourself forward

2. Self-Management

- . **Emotional Self-Control:** controlling our feelings and/or expressing them in the appropriate settings is a key sign of emotional maturity
- . **Achievement:** being goal-oriented and being able to work toward our goals
- . **Initiative:** being self-motivated, and having the ability to keep working despite setbacks
- . **Transparency:** being honest and open, interacting with integrity and being trustworthy
- . **Adaptability:** showing resilience and the ability to change course when and if necessary
- . **Optimism:** having a positive outlook, hoping for the best and preparing for success

3. Social Awareness

- . **Empathy:** foundational in forming connections with others, understanding and acknowledging others' emotions
- . **Service Orientation:** being helpful, contributing to the group effort, and displaying good listening skills
- . **Organizational Awareness:** the ability to explain yourself well and be aware of how you are being understood, as well as sensing the level of comprehension of your audience

4. Relationship Management

- . **Inspirational Leadership:** being a good mentor, role model, and authority figure
- . **Influence:** articulating points in persuasive, clear ways that effectively motivate others
- . **Conflict Management:** having the skills to improve relationships, negotiate, and lead. The ability to settle disputes, differences of opinion, and misunderstandings
- . **Change Catalyst:** recognizing and supporting the need for change, and making it happen
- . **Developing others:** helping others build their skills and knowledge
- . **Teamwork and Collaboration:** working with others in an effective manner

Why is working on increasing EQ,
something a disciple of Christ
should pursue?

Self-knowledge will save many from falling into grievous temptations and prevent many an inglorious defeat. In order to become acquainted with ourselves, it is essential that we faithfully investigate the ***motives and principles*** of our conduct, comparing our actions with the standard of duty revealed in God's word. GW 276.2

**“To know oneself is great knowledge.
True self-knowledge leads to *a humility*
that will *open the way* for the Lord to
develop the mind and mold and
discipline the character.”**

Counsels to Parents, Teachers, and Students, 419 (1913). 2MCP 727.2



“Christian spirituality, without an integration of *emotional health*, can be **DEADLY**—to yourself, your relationship with God, and the people around you.”

Scazzero, *Emotionally Healthy Spirituality*



Remedies

“Teacher, which is the GREAT commandment in the Law? Jesus said to him, ‘You shall love the Lord your God with ALL your heart, with all your soul, and with all your mind. THIS is the first and GREAT commandment. And the second is LIKE IT: You shall love your neighbor as yourself. ON THESE TWO COMMANDMENTS HANG ALL THE LAW AND THE PROPHETS.” Matt. 22:36-40



“The **LOVE** which Christ diffuses through the whole being is a vitalizing power. Every vital part—the **brain**, the **heart**, the **nerves**— **it** touches with **healing**. By **it** the highest energies of the being are aroused to activity... Ministry of Healing, 115

“It frees the soul from the **guilt** and **sorrow**, the **anxiety** and **care**, that crush the life-forces. With it come **serenity** and **composure**. It implants in the soul, JOY that NOTHING earthly can destroy—JOY in the Holy Spirit—health-giving, life-giving **JOY**.

White, Ministry of Healing p. 115

When what we KNOW
(our theology)
CONNECTS with our
renewed by the Spirit
heart, we are able to
display CHRIST
through loving
relationships.





Establishing and maintaining **positive bonding** through **loving relationships** with our kids will result in more emotionally & relationally healthy & resilient children, teens & adults



The **degree of connection**—or “limbic bonding” that occurs in the emotional centers of the brain—that teenagers feel with parents and teachers **is the most important factor** in whether they will engage in risky sexual activity, substance abuse, violence, or suicidal behavior. Amen & Fay, *Raising Mentally Strong Kids*

A secure attachment ensures a child will feel secure, calm, understood, and comforted enough to experience optimal development of his or her nervous system.





Our kids are watching & learning...

When they see us adapt, cope and bounce back from the stresses, crises and up and downs of life, they learn they can *also* learn to thrive within this stress-filled world



Parents have the privilege of **MODELING** their practical **FAITH & TRUST** in God who supplies their **strength, hope healing and serenity** amid life's storms.

When parents develop and practice relationship skills that incorporate **optimism**, **flexibility** and **positive thinking**—through training or experience—we will become role models worthy of imitation.





Our kids don't
need more
sermons

They need to see the
the JOY of the Lord
in us and through us
reflected through
**PLAYFUL LOVING
RELATIONSHIPS**

EQ IS **Caught** not Taught

1. **Model positive relationship behaviors:** EQ is caught not taught
2. **Model healthy self-awareness:** identify, name, process and express emotions constructively
3. **Model respect** in the family circle: respect for self & others
4. **Listen Empathically** and validate their experiences
5. **Praise Effort AND Progress:** “Wow, you are doing better...”
6. **Model healthy self-expression:** Be patient and gentle
7. **Model Healthy Problem-solving Skills:** kids learn by watching, be quick to apologize as often as necessary

Five Pillars of Resilience

- **Self-awareness** is having conscious knowledge of your own personality, including strengths, weaknesses, emotions and motivations. It also allows us to understand how those around us perceive us.
- **Mindfulness** is our ability to be fully present, aware of where we are, what we are doing, and not overly reactive or overwhelmed by what is going on around us. Every time you bring awareness to what you are experiencing through your senses you are practicing mindfulness.
- **Self-care** looks different for everyone. It is the practice of taking action to maintain or improve our health. It is up to us to make an intentional effort to practice self-care.
- **Positive relationships** are exactly as it sounds. Healthy, positive relationships are those people in our lives who support and care for us and we care for them.
- **Purpose** helps us to shape our mindset and attitude towards others and towards our experiences. It allows us to recognize that we belong or serve something bigger than ourselves. We can find purpose in our faith, family, a political party or being a part of a community organization.

Conclusion

Mental health is not simply the *absence* of diagnosable mental health problems, it is characterized by a person's ability to fulfill *key life functions and activities*, including:

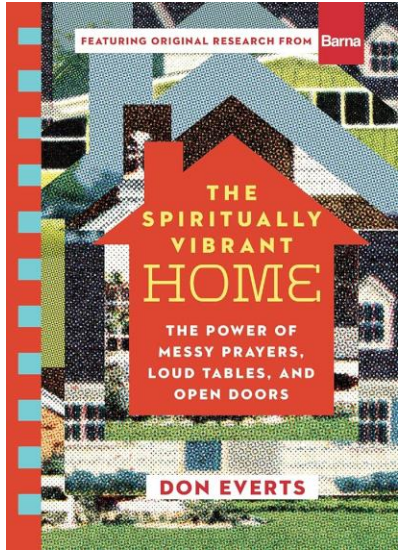
- the ability to learn
- the ability to feel, express and regulate emotions
- the ability to form and maintain good relationships
- the ability to cope with and manage change and uncertainty



Being honest and transparent about our own struggles with any mental health challenge CAN facilitate an honest open conversation with our children, teens and young adults

KIDS DON'T NEED PERFECT PARENTS

- **Actively build connection.** Connection doesn't just happen; we have to work on it. It can be broken but it can be mended. Connection is the most important factor in parenting
- **Say sorry.** We are all going to lose it with our kids sometimes. I don't care who you are, we are human. When we do we need to own it and apologize as often as necessary
- **Stay curious about behavior.** Remember ALL behavior communicates! Children are doing their best. Try and look underneath the behavior and meet that root need
- **Problem solve together.** Instead of telling children what to do or giving consequences, work with them and work things out together. This helps them practice problem solving, plan and helps them recognize their own consequences
- **Generously offer unconditional love.** Children need to know that nothing will change our love for them
- **Say thank you.** Children have a need to be appreciated just like everyone else. When we say thank you they feel valued and develop gratitude



These 3 HOUSEHOLD BEHAVIORS were defined for this study as follows:

Spiritual practices were defined as praying every day or two and reading the Bible weekly all together.

Spiritual conversations—were defined as talking about God and faith at least weekly all together.

Hospitality—was defined as welcoming non-family guests regularly, or at least several times a month.

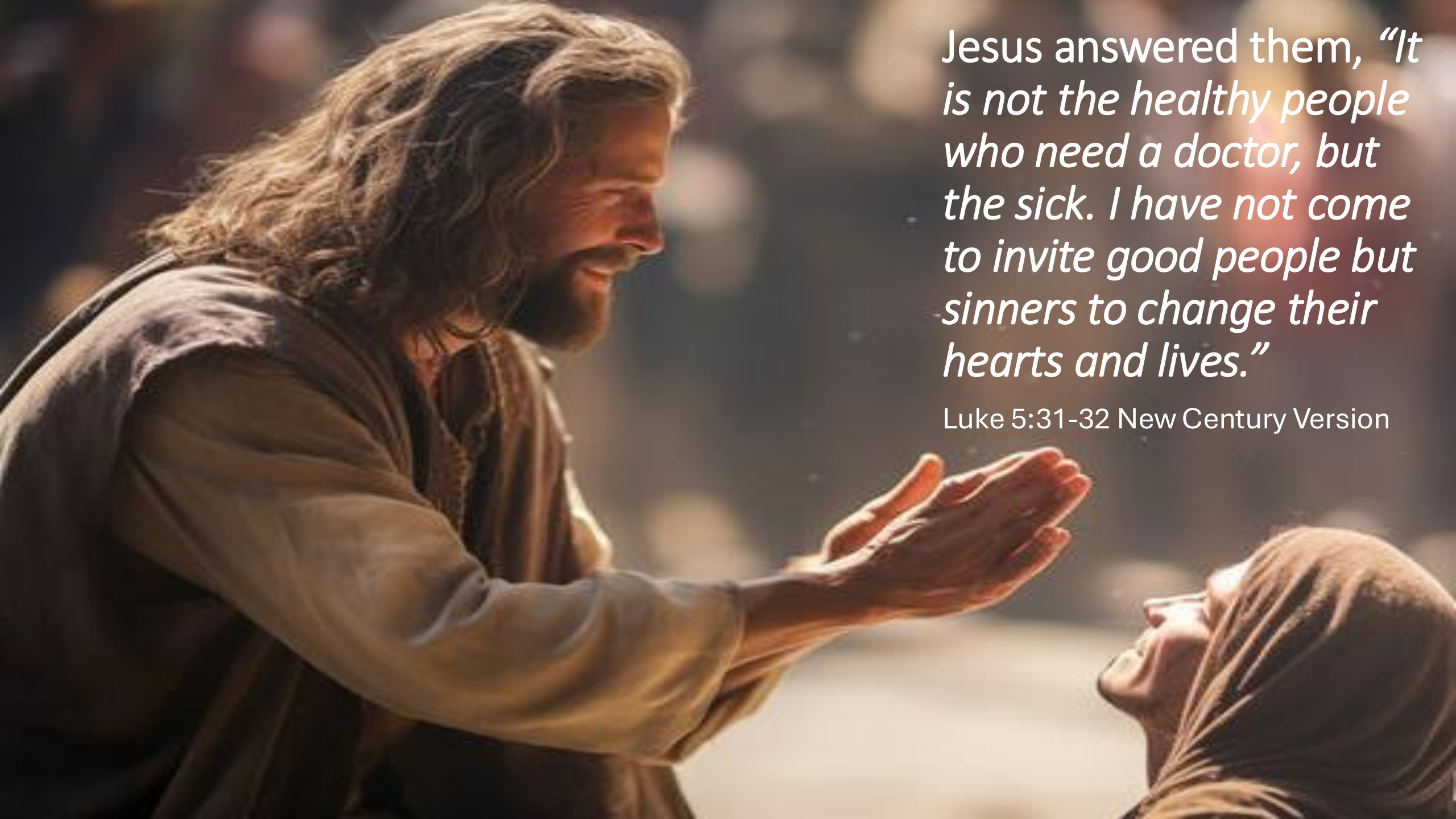


- Good News: God designed the human brain with the ability to heal and regenerate throughout the life span:
“neuroplasticity”

“For THIS purpose
the Son of God was
manifested, that He
might destroy the
works of the devil.”

1 John 3:8





Jesus answered them, *“It is not the healthy people who need a doctor, but the sick. I have not come to invite good people but sinners to change their hearts and lives.”*

Luke 5:31-32 New Century Version