

Building Resilience to
Stress Less
with Gill Tree
Founder of
Adoption Academy





What is resilience?





Causes of Stress



- 1) Work
- 2) Life Events
- 3) Ourselves
- 4) Fostered Children

What is it about your child(ren) that causes you/your carers stress and worry?

- Behaviours
- Violence
- Your parenting
- Performance at school or teachers not getting it
- Inadequate Social skills
- Poor friendships
- Family and friends not understanding
- Health
- Lifestyle
- Other

How does the child make you or your carers feel?

Angry

Persecuted

Inadequate

Helpless

Hopeless

Fearful

Disappointment

Hateful

Anxious

Rejected

Depressed

Resentful

Overwhelmed

Rejected

Manipulated

Bullied

Foster Carer Stress –The triple Whammy



- 1) The kids
- 2) The community
- 3) The Fostering Service

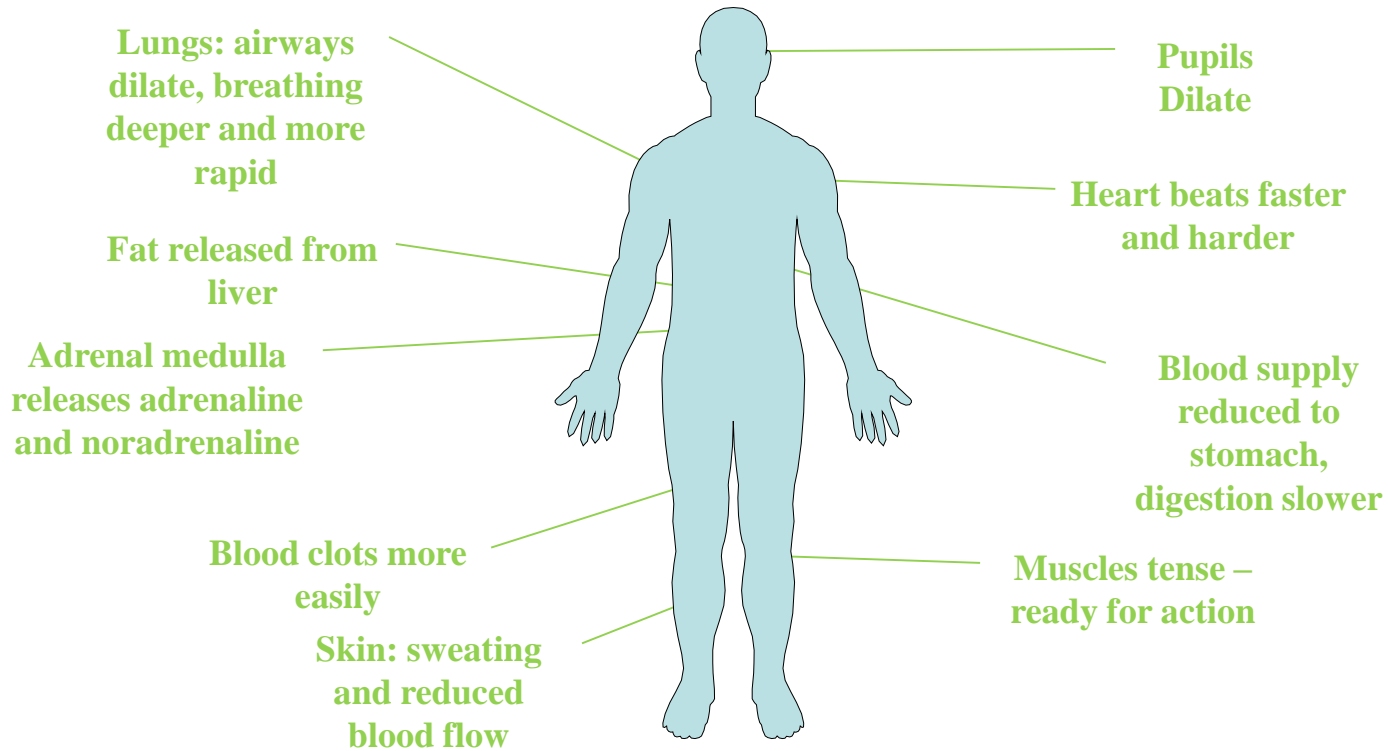
The wider community

- Judgements from parents of children at school
- Lack of offers of help from parents because they are perceived differently
- Issues with schooling and lack of understanding by teachers and staff
- The effect of the child on foster carers' children and family
- Working with Birth parents

The fostering service

- Feeling under Scrutiny
- Insufficient consultation
- Reviews
- Having to write logs late at night when there has been an issue
- Change of social worker
- Constraints from work
- Different values/rules and ways of doing things to social worker
- Lack of support
- Allegations or standards of concern issues
- Being valued as a member of the team

How the body responds to stress



How to rebalance the vagus nerve

Take a nature bath
and release
neurotransmitters

Splash cold water or
even place ice on
your face

Sing or chant

Go upside down-
yoga sun salutations
or downward dog (
encourage kids
hang upside down)

Meditate

Exchange love and
compassion with
family and friends

Breathe in for 4
hold for 7 breathe
out for 8

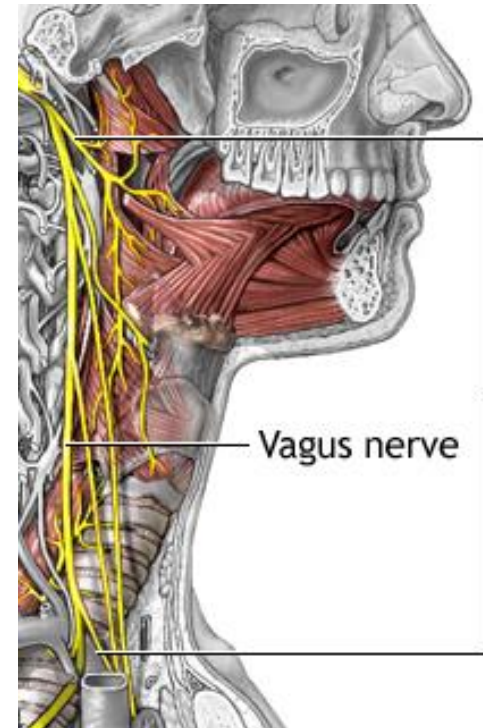
Laugh

Exercise

Have a massage

Go out in sunlight

Perform acts of
kindness



The Healing Power of Nature



What do you do in your leisure time?



One golden rule



Connection before Correction

Quick Fixes

- Talk it out with someone
- Accept it
- Write it down
- Attend to them for just 10 minutes a day
- Have some me time, a small amount goes a long way
- Choose your battles
- This too shall pass
- Forgive yourself and be happy you get it wrong!
- Smile to your child more often
- Be playful
- Keep a sense of humour and laugh-it's the best medicine

Quick Fixes 2

- Be realistic about your achievements
- Stop being a perfectionist
- Delegate
- Say No! You have the right to say no without feeling guilty
- Eat the elephant 1 mouthful at a time
- Adopt an attitude of gratitude
- Focus on the positive
- Act as if

