

Silver Linings

The Staples Resilience Project grew out of our heartfelt desire to help Westport parents and Staples faculty support the increasing emotional needs of our students. In particular, we have focused on ways to foster the development of *resilience* as an asset for our students' lifelong happiness and success. We have long noted that optimism, gratitude, and the ability to find the silver lining in even the most challenging of situations are each crucial in developing this asset.

As it turns out, 2020 has provided plenty of opportunity for ALL of us to flex our coping mechanisms! Despite what this year has brought us, we know that there are still silver linings (think: flexible work schedules, learning new technologies, quality time with our families, and getting outdoors more often).

Today, we are grateful to share with you two NY Times articles by psychologist Lisa Damour. The [first](#) contains practical advice for parents on meeting their teenager's emotional needs through this often chaotic time: encouraging teens to socialize with their peers safely and responsibly, finding other caring adults to help guide them, and encouraging teens to shape their own daily routines. The [second article](#), Dr. Damour's companion piece for teenagers, might be one to share with your own child. Here is our favorite take-away:

"Teenagers experience feelings more intensely than adults do, both negative and positive ones. While this amplifies the psychological discomfort you're certainly experiencing right now, it also means that you get more out of pleasures and delights. These days the only bright spots many of us are finding are small ones, and for a lot of adults, these don't feel very satisfying. But for you, small comforts and joys are more comforting and joyful than they are for adults. So, when your mood needs a lift, make the most of this emotional superpower."

We wish you and your children a safe, happy, healthy, and productive remainder of the school year!

The Staples Resilience Project is an ongoing endeavor by the Staples Guidance Department aimed to promote the well-being of our students and foster a positive, inclusive school community.

shs.westportps.org/departments/guidance/staples-resilience-project