

# THE ISSUES

FROM THE DESK OF MU EXTENSION  
HOME & FAMILY FIELD FACULTY



## TAKING CARE OF YOU VIRTUAL CLASSES SOAR

The coronavirus pandemic has brought change in almost every aspect of life. For many of us, dealing with that change also comes with a good amount of stress. *Taking Care of You: Body, Mind, Spirit* is a research-based program that focuses on positive psychology and mindfulness to provide practical strategies for dealing with life's challenges with practices and tips that you can incorporate into your everyday life.

Sign up for virtual or in-person class at:  
<https://extension.missouri.edu/programs/taking-care-of-you>

## WHAT'S NEW?

**Modeling resiliency**

**Living life in  
between adolescence  
and adulthood**

**The quiet crowd**

**Awards and Accolades**

## MODELING RESILIENCY

BY AMBER ALLEN

Learning to deal with stress and change creates opportunities for families to become stronger and more resilient. Researchers have concluded that how parents respond to stressors is much more important than the stressor itself in determining the outcomes for themselves and their children. If one member of a family is stressed it causes a ripple effect to the rest of the family. Resilience is the process of managing stress and functioning well even when faced with challenges, adversity and trauma. Parents and other adults' model what resilience looks like for the children in their lives. Modeling resilience can help children learn critical self-regulation and problem-solving skills.



Some tips to help families build resilience:

- *Make connections by joining local groups related to your interest such as a sports league.*
- *Embrace change by trusting the process and looking at how outcomes will affect you positively.*
- *Establish goals like setting a monthly budget.*
- *Develop your problem-solving skills for example by learning about a new subject.*
- *Have positive beliefs in your abilities.*
- *Look for opportunities of self-discovery.*

Families will experience difficult times. However, learning new healthy ways to cope with stress can help make families stronger. No one should try to do it alone and should find support in family, friends, schools, and other local organizations.

**"Remember that  
your family IS  
resilient."**

## LIVING LIFE IN BETWEEN ADOLESCENCE AND ADULTHOOD

BY KYLEIGH SULLIVAN

*Even after a person's 18th birthday comes and goes; many don't quickly identify as adults. In fact, research indicates that it takes some until about 25 to feel like an adult. And when it happens, it's not due to an accomplishment or life transition. It's more of an internal understanding of being responsible and making decisions for oneself. We call this emerging adulthood and it can be a difficult time.*

*There can be a lot of pressure to take on the characteristics of an adult before feeling ready to do so. It can feel isolating to be in a different stage than married friends or disheartening to have a dream career path not work out. Often there's a sense of feeling*



*lost with no true direction and it seems like everyone else has it all figured out.*

*But that's not true! No one has life all figured out. It's important to remember that despite how it may look on social media everyone experiences setbacks and disappointments. This life is not a race with a set finish line and a prize for the one who gets there fastest. It's a journey, often filled with winding turns, some possible debris, a few forks, and lots and lots of valleys and hills! So, take some deep breaths. Focus on what's right in front of you. And, have hope that everything will all work out in the end. After all, you've made it this far!*

Arnett, J. J. (2000, May). Emerging Adulthood A Theory of Development From the Late Teens Through the Twenties. *American Psychologist*, 55(5), 469-480. doi:10.1037//0003-066X.55.5.469

## THE QUIET CROWD

BY JOHN FULLER

This is not where I planned on being at in my life. Grandchildren are supposed to come visit. Now, they rely on me to be that stable and support. I do it out of love and the right thing to do. These were to be the days of enjoyment with my friends, traveling the country side.

I was supposed to be the one that the kids look forward to seeing, not being the parent. My income is thin and assistance is few. At times, I feel isolated because I feel that I am alone. This only leaves time for me to think in those quiet moments. Where did I go wrong with my own children that no longer can or want to tend to their children? I don't want to say much out of fear they will come get the children. I know that is not a life I want for them. I am willing to sacrifice for their own safety. Everyday we wake to new challenges. Wondering how I make the dollar stretch to ensure there is enough food on the table.



*Doing homework, I longer recognize or the technology that is available to them. The other parents are much younger at the soccer fields than I. I don't have the energy to play to the level they need to expend. By the end of the day I am tired. I crack open the door to catch a quick peak. I find comfort in seeing them secure and resting soundly. They may not be perfect and life may have placed trauma that no child should endure. There is a sense of contentment knowing their bellies are full and have clothes on their back. It may not be much, but for some it is more than they have ever had. Time has taught me to be patient when woke in the middle of the night by a little one rubbing their eyes because they had a bad dream or a tummy ache. It might be they just want to be close to someone they can trust and will be there for them.*

*Tears have followed the creases of my face; some have been joy and some have been pain. I miss those moments with my friends that do not have to parent a second time around. I just wish I had someone to talk to that will understand. Maybe then, I will not feel alone in my struggles. I don't have those opportunities to show my vulnerable side for the sake of the children. It is not their fault, and I would never want to think so. I move forward everyday to provide for those whom cannot provide for themselves. They may not always appreciate what I do for them. I quietly appreciate that I have the ability to step in. I cannot stand the idea of them being separated or placed in a stranger home. I do my best, and quietly blend into the crowd for the sake of others.*

## Awards, Accomplishments & Recognition

*Jessica Trussell*

*NEAFCS-DSA National, UMEA 2020 Connection and Engagement Award, ESP 2020 Mid-Career Service Award*

*Kyleigh Sullivan*

*Certified Family Life Educator (CFLE) credential; 3rd place Central Region Past Presidents' New Professional Award; Chair- Elect NEAFCS Mentor and Leadership Subcommittee; Presented during a concurrent session Jump in and be a Leader in NEAFCS at annual session and moderated a panel concurrent session Early Childhood Systems Partnerships: Success Stories from Multiple States. MEAFCS secretary (2020)*

*HDFS Field Faculty, Kathy Dothage*

*NEAFCS Team award for the Central Region, School Wellness;*

*Amber Allen*

*Selected as a mentee for the National Council of Family Relationship Mentoring Academy; Apprentice on the MEAFCS Professional Development-Program Development Subcommittee; Team award for the Central Region School Wellness*

*Mary Engram*

*2020 ESP Outstanding Regional Faculty Woman*

*Amy Bartels*

*2020 UMEA Meritorious Award; Chair-Elect NEAFCS Professional Development Subcommittee; MEAFCS Affiliate President; 2020 MO Farm Bureau Outstanding Human Environmental Sciences Specialist Award*

## MU EXTENSION: FAMILY AND HOME

For more research-based programs and tips on housing, parenting, relationships, divorce, senior living, and personal finance visit <https://extension2.missouri.edu/find-your-interest/youth-and-family/family-and-home-education>

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