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**A2.002: Building Emotional Flexibility in the Family**

Core Concept (From Susie's Story)	Keywords	Related Network Resource	Linked Action
<p><b>A2.002: Building Emotional Flexibility in the Family</b></p>	<p>1. <b>Emotional flexibility</b>            2. <b>Coping with emotional changes</b>            3. <b>Supporting each other emotionally</b>            4. <b>Family emotional resilience</b>            5. <b>Adapting to emotional stress</b></p>	<p>1. <b>"Building Emotional Flexibility in Families"</b> – A guide from PositivePsychology.com focused on nurturing emotional flexibility in children and adults.            2. <b>Coping with Emotional Changes as a Family</b> – Insights from PsychologyToday on helping families adapt to emotional transitions and challenges.            3. <b>Emotional Resilience for Families</b> – Resources from VeryWellMind on fostering emotional resilience within the family unit.            4. <b>Tippecanoe Emotional Flexibility Workshops</b> – Local workshops supporting emotional development and flexibility in families, hosted by Tippecanoe Family Services.            5. <b>Tippecanoe Family Emotional Support Programs</b> – Community-based programs focused on emotional support and resilience, hosted by Tippecanoe County.</p>	<p><b>Key keywords: Emotional flexibility, Coping with emotional changes, Supporting each other, Emotional resilience, Stress adaptation.</b> These resources help families build emotional flexibility to navigate emotional stress and changes effectively.</p> <p>1. <b>Join Emotional Flexibility Workshops:</b> Build emotional flexibility through programs at Tippecanoe Family Services.            2. <b>Learn about Coping with Emotional Changes:</b> Access coping strategies at PsychologyToday.            3. <b>Explore Emotional Resilience:</b> Foster resilience with resources at VeryWellMind.            4. <b>Join Emotional Support Programs:</b> Access emotional support resources at <a href="#">Tippecanoe County</a>.</p>