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M1: Resilience and Growth (From Susie's Family Story)

| Core Concept (From Susie's Story) | Keywords | Related Network Resource | Linked Action |
|---|---|---|--|
| M1.004: Stress Management for Families | 1. Stress management 2. Coping mechanisms 3. Emotional regulation 4. Family well-being 5. Reducing family tension | 1. "Managing Stress as a Family" : A comprehensive guide offering tools for managing family stress effectively, with strategies for both adults and children. 2. Mayo Clinic : A resource for understanding stress management techniques and learning how to apply them in family settings. 3. Emotional Regulation in Families : Practical advice for managing emotions within the family, focusing on reducing stress and improving communication. 4. Tippecanoe Family Wellness Programs : Local programs that help families learn stress management techniques and promote emotional well-being. | Key keywords: stress management, coping mechanisms, emotional regulation, family well-being. These resources focus on developing coping mechanisms and strategies for managing stress within the family environment. 1. Learn about family stress management https://www.psychologytoday.com/us/basics/stress-management 2. Explore stress management resources at Mayo Clinic https://www.mayoclinic.org/healthy-lifestyle/stress-management 3. Tippecanoe Family Wellness Programs https://www.tippecanoe.org/wellness-programs 4. Develop emotional regulation in families https://www.verywellmind.com/emotion-regulation-4175421 |