



FAMILIES

TACKLING TOUGH TIMES

TOGETHER



FAMILY

Our Family Will Get Through This! Making Meaning of Adversity

Changes to our daily lives may get in the way of personal goals and expectations. It's important to reflect and capture the meaning of these experiences so they can be shared with others.

When families pause to think about the events occurring around them, big or small, this can be used as a chance to see things differently. Resilience is strengthened when our family views a crisis as a shared challenge to be tackled together. Family experiences give us a collective

history and can help us to feel connected. We are better able to handle adversity when family members have faith in each other and reflect on challenges together.

Creating a Time Capsule

This is a very important time for many families. The loss of so many experiences can cause a sense of grief. Help each other to make sense of the pandemic by saving important things in a time capsule. A time capsule can comfort each of us on our journey to emotional healing. It can also help us to connect to each other as meaning is made of losses and we reflect on our experiences together. A time capsule also serves as a way to document current hardships or difficulties for future generations. It can also capture good times.

Time Capsule Activity

A time capsule provides an opportunity for your family to address the collective need to belong. It also offers space to tell a story of the present. Future family members can go back and revisit this history together or individually. Encourage your family to discuss the important things chosen and why they were included. Below are some suggestions for a time capsule:

- Pictures of family members as they live life during the pandemic.
- Items from events missed or events that were changed during the pandemic. For example, an invitation to a virtual birthday party, prom dress not worn, or certificate from a virtual awards event.
- Special projects or activities done during the pandemic such as a book read, recipe tried, or picture of a virtual chat with friends.
- Notes from friends that may mention life during the pandemic.
- Lists of favorite shows watched or social media activities enjoyed during the pandemic.
- Significant reminders of social distancing such as a mask or gloves.
- A letter written to yourself about how you felt and what you went through during the pandemic.
- A list of the things you miss and what you would like to do when the pandemic is over.
- A short story or note about "A day in the life..." during the pandemic.

To learn more about the science behind the importance of reflecting on experiences and sharing those reflections with others, you may wish to read the below research:

- [Collective Trauma and the Social Construction of Meaning.](#)



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College of Health and Human Sciences

Welcome to Families Tackling Tough Times Together!

We hope you find the enclosed ideas and suggestions helpful as you care for your family during the pandemic. We know the pandemic is a very big challenge. How families cope can affect both parents and children for a long time.

We are scientists, educators, and students from Purdue University, and we are here to help! For nine weeks this fall, we will provide weekly collections of ideas for families to use to build on their strengths.

These tools are free, flexible, and informed by science. They are designed for families of all types, with tailored suggestions for children, youth, young adults and older adults, and suitable for both civilian and military families. We hope that your family will try one activity each week!

Would you like to earn financial rewards?

We especially welcome families living in the continental US who are interested in trying out project materials and telling us about their experiences. These families can earn financial rewards by sharing about one hour of their time over the next two months. Sign up now at the link below!

https://purdue.ca1.qualtrics.com/jfe/form/SV_3vK1BJq2EiUksAJ

For more information

- Join the Families Together Facebook group: <https://www.facebook.com/groups/HHSFamiliesTogether/>
- Visit the project website: <https://www.hhs.purdue.edu/families-together/>