

Turning Grief Into Strength: The Mindset Kids Need to See

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SUMMARY

The discussion emphasizes the importance of cultivating resilience in both oneself and children, particularly in the face of loss. It highlights the inevitability of grief and the choice between adopting a victim mindset or a hero's mindset when dealing with tragedy.

- *Resilience is crucial for navigating life's inevitable losses.*
- *Death is a natural part of life, and everyone will experience grief.*
- *Individuals can choose how to respond to tragedy: as a victim or a hero.*
- *A victim mindset can lead to prolonged sorrow and hinder personal growth.*
- *A hero mindset allows for the appreciation of positive memories and inspiration from the deceased.*
- *It's possible to hold grief while continuing to live a fulfilling life.*
- *Sharing stories of resilience can help others cope with their own losses.*

Please instill a mindset of resilience both in yourself and in your children. Right? Death is part of life. None of us get out of life without facing loss. Um and they can come away you know months down the line from this experience with a heart full of warm memories and the sense that you know tragedies strike and they can overcome. It can be a story of resilience, right? Of how how mommy remembered her mother or was by her side throughout an illness or that kind of thing. Okay? And and rather than it being a victim mindset. So I just want to remind you that you can go through the same tragedy and feel the same feelings of sorrow, pain, and loss and grief and come out with a victim mindset or come out with a hero's mindset.

Right? And the facts don't change. In both situations, say I lose my mother. But in one situation, it breaks me and I feel sorry for myself and I I can't get up and I stay depressed and I stay down and it it breaks my whole life moving forward. And in the other scenario, it you know I I I can I can hold the grief and continue uh on with my life and manage and even feel like wow you know I'm so lucky I had my mother in my life for the time that I did or I'm so inspired by the way she fought the cancer or whatever story hero heroic story uh is there is available