

Mental health struggles are rising as resilience declines.

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SUMMARY

The discussion focuses on the rising anxiety levels among children today compared to previous generations, attributing some of this increase to social media and the internet. The speakers emphasize the importance of fostering resilience in children through various strategies, including faith, family connections, and setting boundaries.

- *Anxiety levels in children have increased, potentially linked to social media and the internet.*
- *The importance of navigating the challenges posed by modern technology is highlighted.*
- *Raising resilient children is seen as a significant struggle for parents today.*
- *Faith is identified as a key pillar in developing resilience.*
- *Spending time with extended family helps children maintain a sense of normalcy and connection.*
- *The speakers emphasize the importance of saying "no" to children to teach boundaries and resilience.*

you know we're the same age I didn't have any friends that were suffering from anxiety well we didn't know it I mean I'm sure we I'm sure they were there but but they weren't like the numbers we have today no no they weren't I mean granted I would contend that a lot of that has to do with the proliferation of social media um the internet but but that notwithstanding I mean that's not going anywhere so we've

got to figure out how to navigate that and in rearing resilient children is the greatest struggle for us right now we we're trying a number of different things going back to what we were talking about a few minutes ago Faith that's going to be one of the one of the pillars that we're creating uh we also spend a lot of time making sure that our kids are around our extended family who you know are of modest means

and you know live like regular people drive regular cars or regular houses leave regular lives um they spend a lot of time around cousins and um great and we also don't start with yes with them we tell our kids no a lot