Lunch and Learn

From Manager to Mentor, Parenting Through the Long Game

CLIP: Discomfort Equals Growth |Don't Rescue Every Hard Moment

TRANSCRIPT

[Clip Video Link]

[Full Video Link]

Watch Time: 1:08 minutes

Read Time: 1 minute

[00:00:00] **Dr. Leigh Weisz:** Discomfort equals growth. Many of our kids are taught the growth mindset concept in schools from a really young age, and it's important for us parents to understand also that from discomfort comes growth. So in therapy, I often talk to the kids I work with about the difference between feeling uncomfortable and true danger signals.

We are wired to survive, so when we feel a rush of anxiety in our bodies, we have to check in with ourselves, and we have to teach our kids the same skill, to ask, "Are we in true danger? Are we just uncomfortable?" Right? Is there a saber-tooth lion actually chasing us, like true danger? Makes sense that my anxiety is up.

Or are we just uncomfortable because we got a bad grade on a test? And if the answer is I'm just out of my comfort zone, I'm not feeling particularly comfortable, then I want you to reframe it for yourself as a parent and for your child [00:01:00] as an opportunity for growth.

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