



De-stressing Family Life

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Our Task as Parents and Educators

To prepare our children/students to be:

- ✓ Ready for the post secondary and employment world
- ✓ Positive contributors to society
- ✓ ***Healthy and Thriving***

Resiliency

A Core Feature of Mental Health



It
is
better
to
bend
than
to
break.

How can we together promote
mental health for all?

Neurobiological Approach: The Power of the Brain

- Designed to keep our body in balance
- Our body craves homeostasis
- The brain supports *adaptive functioning*
- It is hardwired to protect us

Why is this important?

Flight,

Fight,

or

Freeze

A Helpful Brain Model

[Dr. Daniel Siegel](#)



Flipping Your Lid

Changing the Brain

We need our brain to have the alarm system, we wouldn't want to turn it off BUT higher level cortical functions help us moderate it

- ***Plasticity*** allows us to strengthen how the brain regulates
- ***Pruning*** gets rid of circuits we don't use

Creating Safety

*Sending the brain a
message of safety*

The Power of Relationships

YOU MAKE A DIFFERENCE!

Cultivating relationships which
promote mental health

The Marshmallow Test Revisited



We all have a primal need to



Connectedness and Belonging

The energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

Brene Brown

Family Mealtimes

1. Schedule them if you have to
2. No technology, including answering the phone
3. Structure the conversation, must be positive
4. Devote one meal month to each family member (choice of meal, pick the positive conversation starter, and 1 affirmation)**identity development

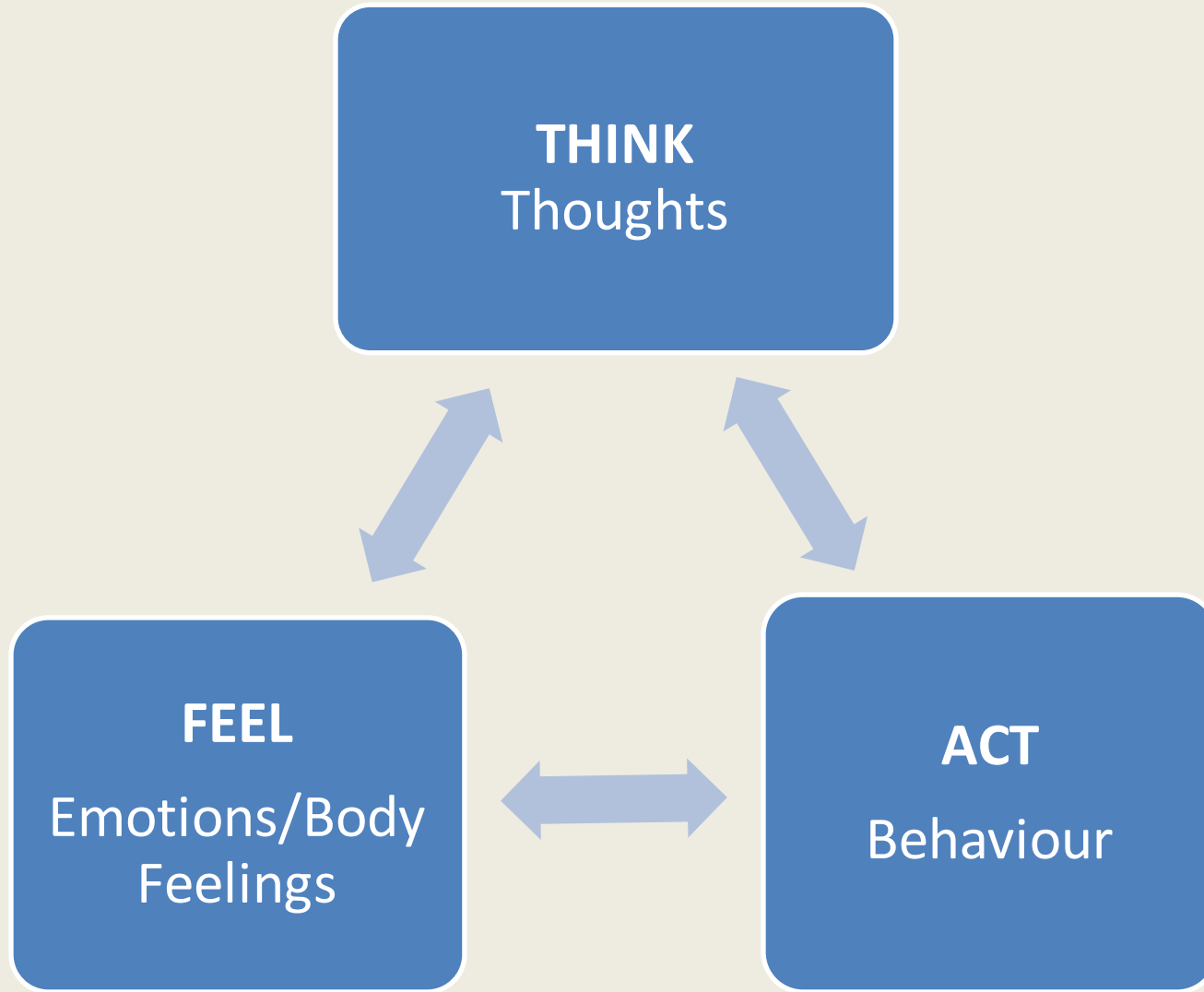
Family Dinner

*....teach me HOW to
calm down
don't just TELL
me to...*

Understanding the Triad

S.O.S

STOP....OBSERVE....SHIFT



Shifting the Triad: *Modifying thoughts*

THINK

Optimism

A True Optimist

The Power of Optimism

- Aim for *Realistic Optimism*
- Explanatory style:

Questions to change your “explanation”

- *Was this out of my control, or did I cause it?*
- *What parts of the situation can I change?*
- *Is this something that affects all aspects of my life or just a part?*
- *How long will this really be a problem for?*

Cognitive Reframing

Adapted from: D. Bilsker, M. Gilbert, D. Worling & E. J. Garland

Situation	Thoughts Thinking Error	Realistic Thoughts
	All or Nothing Thinking Overgeneralization Disqualifying the positive Jumping to conclusions	What proof do I have? Would most people agree with this thought? If not, what would be a more realistic thought? What would I say to a friend in a similar situation?

Self Compassion

Not about judging ourselves positively, but a way of relating to ourselves kindly, embracing ourselves lovingly flaws and all



Gratitude and Joy

- Gratitude Lists
- Gratitude Journal
- Joy List/Joy Calendar

Practice of Gratitude Affirmations

*Changing our Response:
Modifying Physiology*

FEEL

Strategies: Take up Smoking

Just kidding!

Why this works:



- Taking a break physically from place/environment which generates stress
- Deep breathing

Let's practice...

4, 7, 8 Breathing

Mindfulness

- A seated meditation may be easiest OR a body scan

Seated Body Scan

- MARC.ucla (Mindfulness Awareness Resource Centre) meditation recordings iTunes U

Guided Mindfulness

(free audio guided meditations)

Shifting the Triad: *Modifying Behaviour*

ACT

Importance of Sleep

2 types of sleep:

Restorative sleep

Non-restorative sleep

Large increase in children, youth and adults getting primarily non restorative sleep...

3 primary factors:

Lack of physical activity

Blue Light

Stress/Anxiety

Get the body moving

(full range of motion activities, tension and release)

Get outside ~

Nature

Take Care of You and You will take care of your family

- Make time for yourself
- Build a support network
- Practice stress reduction
- Get help if you feel your stress level is impacting you in ways you cannot manage

Who we are and how we engage in the world are much stronger predictors of how our children will do than what we know about parenting.

The question isn't are you parenting in the right way?

The question is:

Are you the adult you want your child to grow up to be?

Brene Brown

Are you ready to change the lens?

[The Power of Positive Psychology](#)

The 21 day Challenge

Daily:

1. Write down 3 new things you were grateful for that day
2. Journal one positive experience
3. Exercise
4. Meditation
5. One random act of kindness

WEB Resources

Websites:

[Parents for Children's Mental Health](#)

[Anxiety BC](#)

[Anxiety BC Parent Toolkit](#)

[Mind Your Mind](#)

[Physical Activity](#)

[Sleep Benefits](#)

[Better Sleep for Children](#)

[Better Sleep for Teens](#)

[Screen Time Overview](#)

[Healthy Screen Time Limits](#)

[Healthy Eating and Mental Health](#)

[Understanding Anxiety](#)

[Parenting for Life Tip Sheet](#)

[Parenting for Life Booklets.](#)

BOOKS

- *Building Emotional Intelligence* (Linda Lantieri)
- *Flourish* (Dr. Seligman)
- *The Mindful Child* (Susan Kaiser Greenland)
- *Brainstorm: The Power and Purpose of the Teenage Brain* (Daniel Siegal)
- *The Highly Sensitive Child: Helping Our Children Thrive When the World Overwhelms Them* (Elaine Aron)
- *Keys to Parenting Your Anxious Child*, (Dr. Katharina Manassis)
- *Worried No More, Second Edition: Help and Hope for Anxious Children* (Aureen Wagner)
- *Freeing Your Child From Anxiety*, (Tamar Chansky)
- *Helping Your Anxious Child* (Ronald M. Rapee)

the anxiety workbook for teens

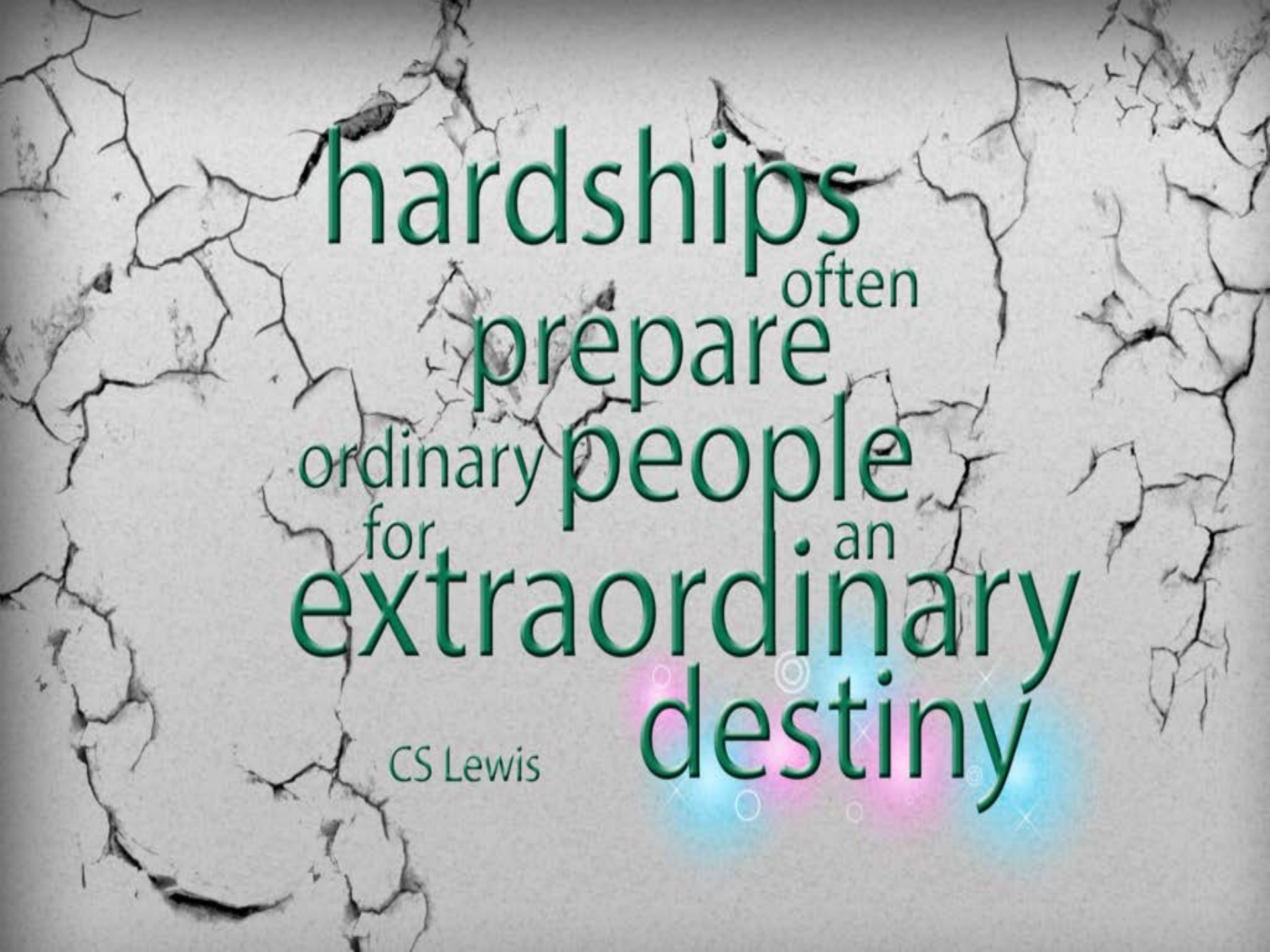
activities to help you deal
with **anxiety & worry**

* **control** anxiety &
feel calm in the
face of everyday
problems

* develop a
**positive
self-image**

* seek **help**
when you
need it

LISA M. SCHAB, LCSW



hardships
often
prepare
ordinary people
for an
extraordinary
destiny

CS Lewis

Applaud yourself

- Your job is HARD
- All parents are doing the best job they can with the skills they have
- Celebrate yourself

Questions?

