

# Supporting children and Young peoples overall wellbeing

Parent Support Workshop
MHST Essex
2023





## **Workshop Series**

Session 1: Emotional tolerance levels

 Session 2: Understanding anxiety and anger

 Session 3: How to support our younger people in managing their emotional wellbeing







# Session 1 Emotional tolerance levels







# **Iceberg Exercise**







### **Our 'Emotional Pot'**

Our every day experiences fill our pot with emotions and feelings

The level of our pot is fluid

We cannot see what is in someone else's pot just by looking at it





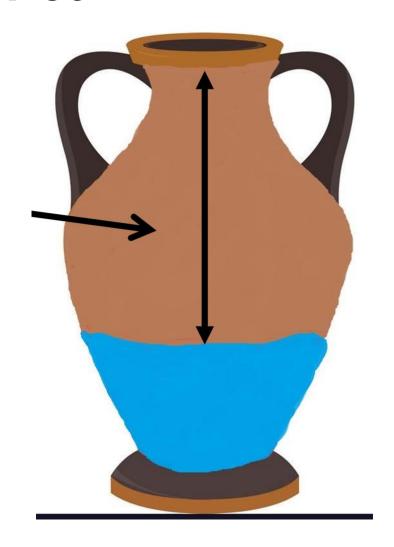


## **Our 'Emotional Pot'**

This space is called our 'Window of Tolerance'

It is our patience, ability to wait and bear frustrations or disappointment

It impacts our ability to think and make considered choices







## **Distress: Our 'Emotional Pot'**



If the emotions in our pot reach the top we are on the edge of shifting into our survival mode.

It could take just a very small thing to make our pot overflow.

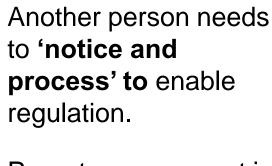
This is why we sometimes see really big reactions to very small (insignificant) things.



## **Managing distress**



When children and young people struggle to digest emotions themselves, they require an 'other' to help do this for them. This is known as **Co-regulation.** 



Parents can support in teaching and exploring emotions including healthy ways to express them; ways the child or young person can **self-regulate** with the adult helping them practice these.







## **Supporting Regulation**

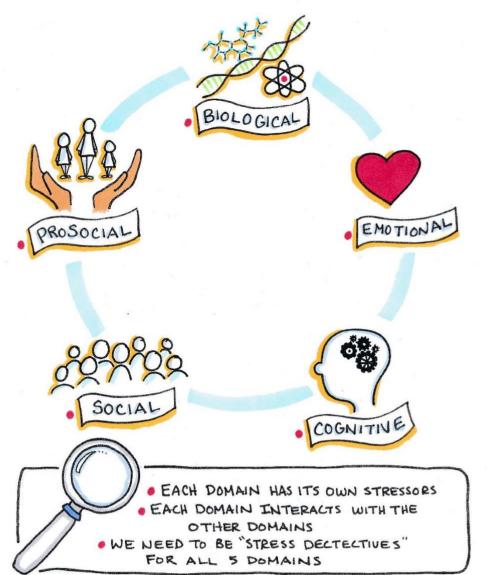
- Behaviours give us clues into what our children may be feeling.
- Take time to think wider than the current behaviours; consider what may be in their pot?
- You can work with your child to identify these if appropriate











We can work with the young person to explore what stressors are filling up their emotional pot.

Important to also be aware of our own domains.











#### **Biological Stressors:**

Health, illness, sleep, basic needs: hunger, warmth, sensory sensitivities to light, sound, smell, textures, hormones, having to sit too long, hard chairs, hearing or sight issues.



#### **Prosocial Stressors:**

Giving a gift, being centre of attention, moral dilemmas, being late, dealing with others' strong emotions, unfairness, watching the news, compromising



Examples of stressors within the 5 domains of self regulation (Stuart Shanker)

BIOLOGICAL



#### **Emotional Stressors:**

Anticipation, changes in routine, disappointment, loss, nightmares, feeling lonely, hurt/pain, over excitement, a sick parent, disagreements, intense surprises



#### **Social Stressors:**

Attending parties, trying to fit in, moving crowds, peer pressure, bullying, not having friends to play with, public speaking, walking into an event alone, small talk



#### Cognitive Stressors:

Learning something new, memory issues, being put on the spot, not being interested in a topic, confusion, time pressures, visual or processing difficulties, .





## Looking after yourself

- Being a parent is hard work!
- Parents are often so busy focusing on their children's wellbeing that they forget about their own.
- Your children's emotional wellbeing IS important but so is yours!





## How to be kind to yourself

- Book in self-care time:
  - Doing something you enjoy
  - Doing something to relax

















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