

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 young people in managing their emotional wellbeing

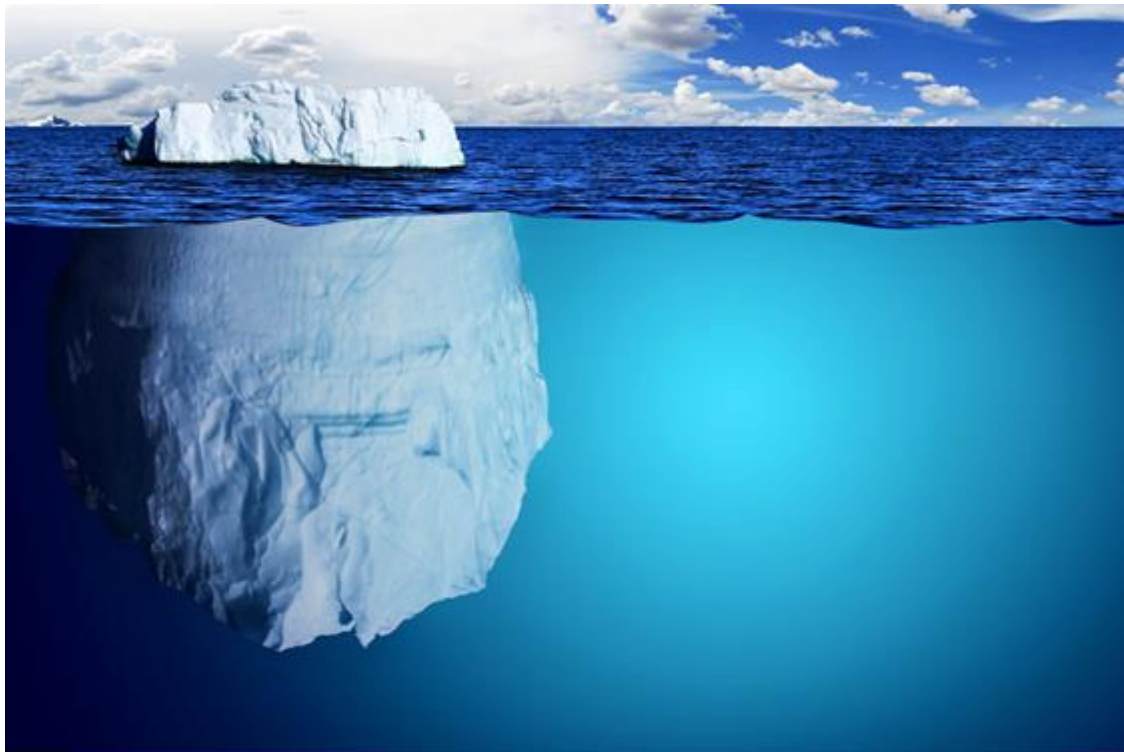


Session 1

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

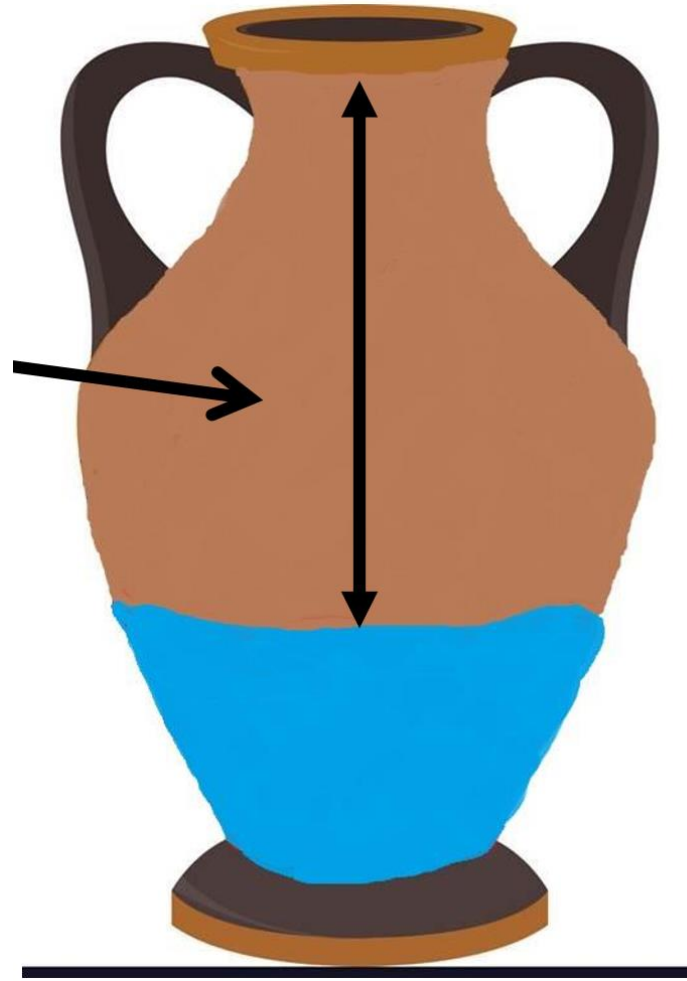


Our 'Emotional Pot'

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'



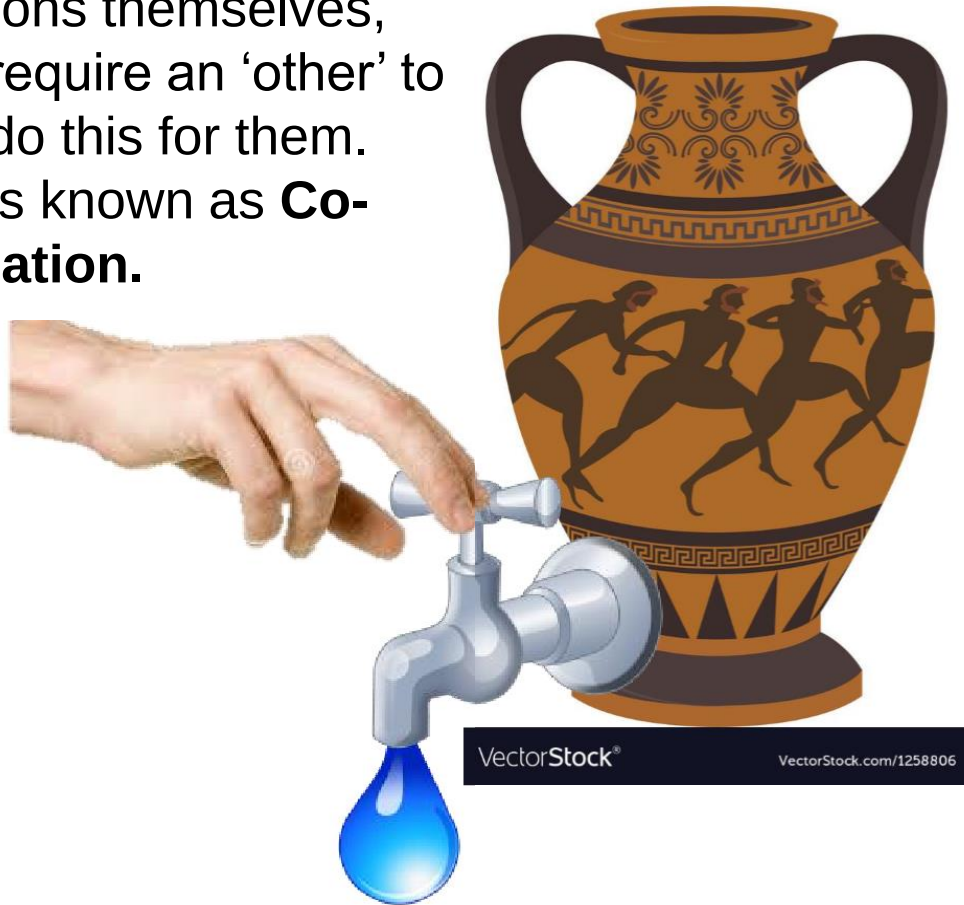
If the emotions in our pot reach the top we are on the edge of shifting into our **survival mode**.

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**.



Another person needs to '**notice and process**' to enable 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.

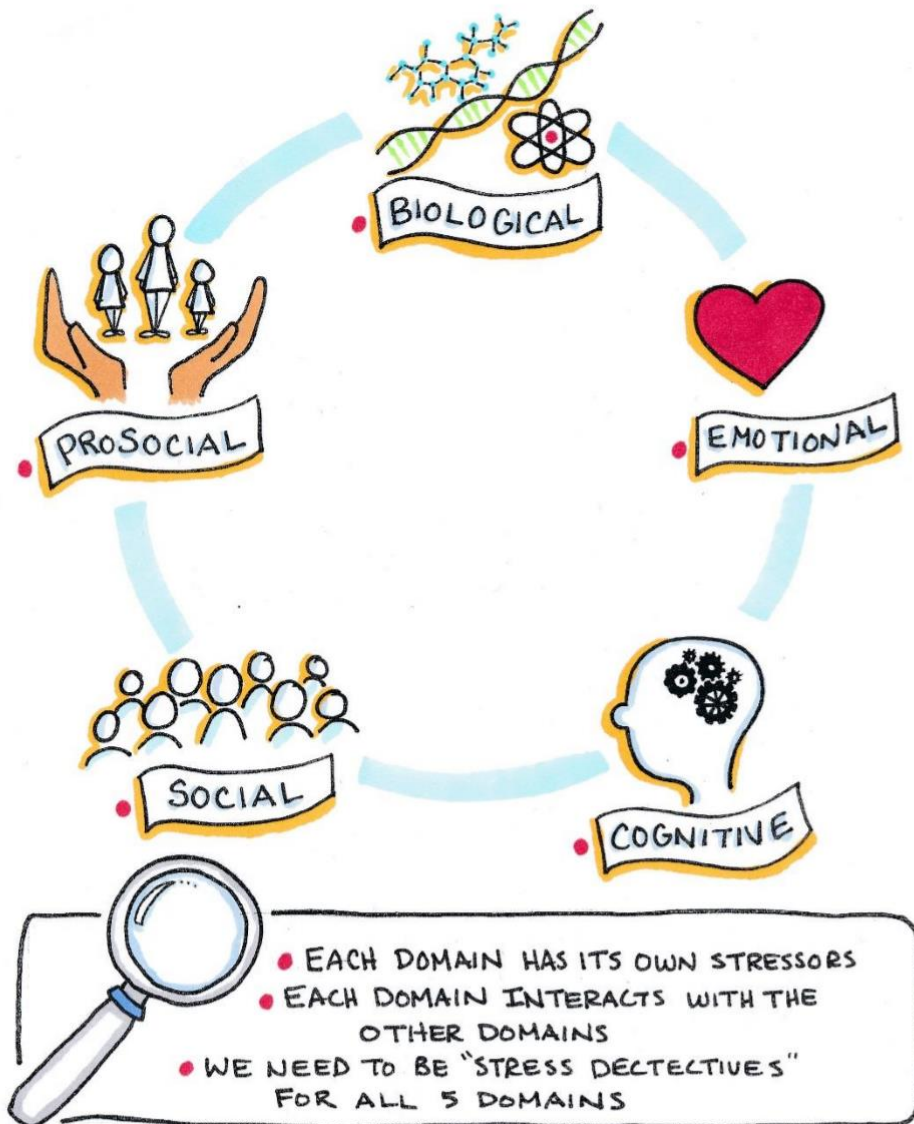
Supporting Regulation

- 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



5 DOMAINS OF SELF-REG

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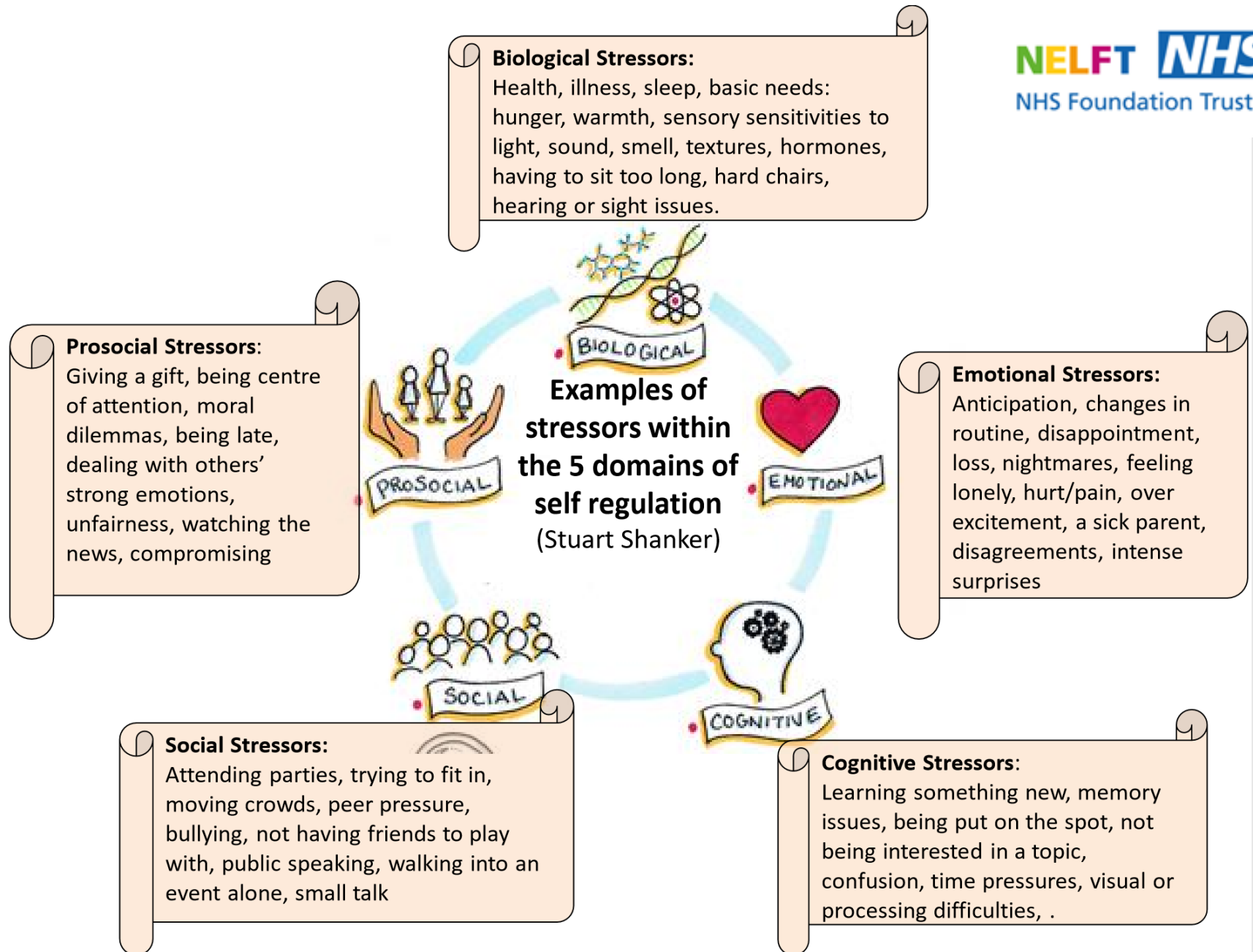


We can work with the young person to **explore what stressors are filling up their emotional pot.**

Important to also be aware of our own domains.







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
 - Doing something with others or on your own
- Notice what has gone well that day



Parent workshop 1 - Tudor Court



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