

Gabriella John, B.A.
Rutgers, The State
University of New
Jersey

BUILDING HEALTHY COPING STRATEGIES: FOR PARENTS

GOALS

▶ **Goals of This Workshop:**

- ▶ To understand how stress impacts our bodies and minds
 - ▶ To build emotion regulation skills to manage stress and anxiety
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WHAT IS STRESS?

STRESS

- ▶ Stress is our mind and bodies' natural responses to situations our brain perceives as being threatening or dangerous
- ▶ Life Stressors:
 - ▶ Friendships/Family
 - ▶ Occupation
 - ▶ Natural Disaster
 - ▶ Finances
 - ▶ Future
 - ▶ Health
 - ▶ Pandemic

SYMPTOM	PURPOSE
Racing/Pounding heart	Speed up oxygen delivery
Pale & Cold Fingers / Toes	Prepare for fight/flight response
Rapid Breathing	More oxygen for muscles to prepare for fight/flight
Sweating	Cool body to prevent overheating
Increased eye sensitivity to light	Better vision, so we can look for danger
Dry mouth, nausea, gastrointestinal distress	Direct all energy towards fight/flight response
Muscle tension/cramps, trembling, shaking	Prepare for fight/flight response
Decreased sensitivity to pain	Allows continued fight/flight if injured

HOW DOES STRESS FEEL?

WHY IS THIS IMPORTANT?

Mind:

- Irritability
- Anger
- Anxiety
- Depression
- Lack of
Motivation
- Rumination
- Insomnia
- Loneliness
- Exhaustion

Body:

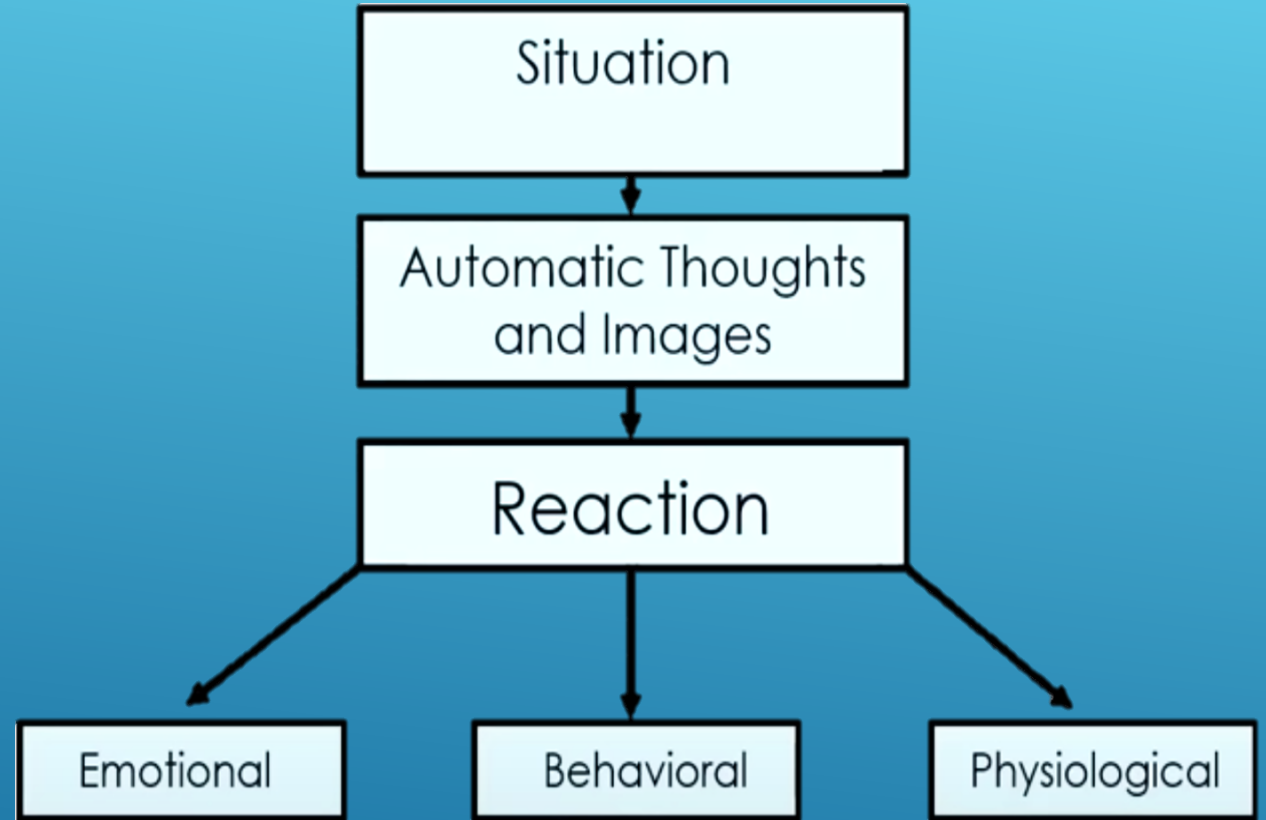
- Restlessness
- Headaches
- Cardiac Problems
- High Blood
Pressure
- High Blood Sugar
- Weakened
Immune System

BRAIN IMPLICATIONS

- ▶ Frontal Lobe Functions
- ▶ Amygdala Functions
- ▶ Hippocampus Functions



HOW DOES STRESS WORK?



HOW DOES STRESS WORK?



WHAT IS EMOTION REGULATION/ COPING SKILLS

- ▶ The ability to respond to ongoing demands of experiences with the range of emotions in a manner that is flexible to promote adaptive, goal-oriented behaviors



IDENTIFICATION OF
INTERNAL EMOTIONS



UNDERSTANDING
DIFFERENT FEELING
STATES



APPLYING
APPROPRIATE LABELS
("HAPPY" OR "SAD")

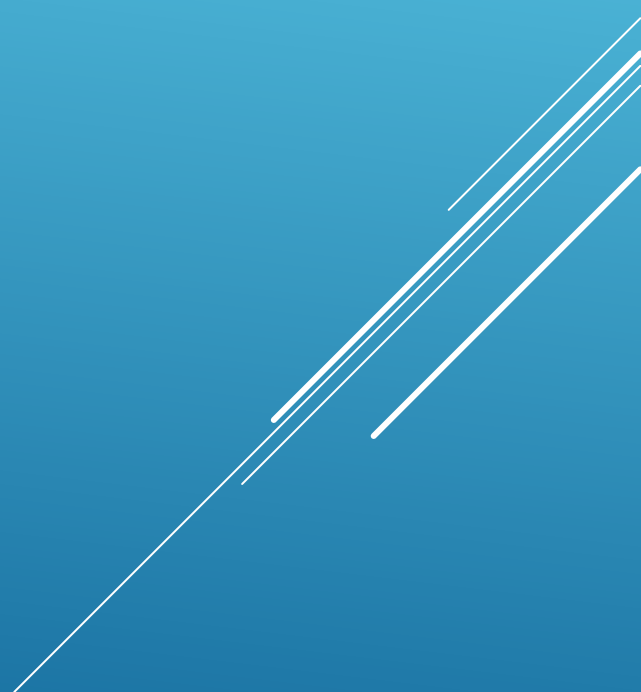


EXPRESS EMOTIONS
SAFELY AND REGULATE
INTERNAL EXPERIENCE

PROCESS OF REGULATING EMOTIONS

- Reduced rumination
- Reduced in stress
- Improved working memory
- Increased focus and attention
- Less emotional reactivity
- Stronger cognitive flexibility
- Improved relationships
- Enhanced self insight

BENEFITS OF COPING



- ▶ Listen and encourage your children to express their emotions
- ▶ Develop a list of coping skills for different stressors
- ▶ Establish consistent and predictable routines (meals, bedtime, afterschool, etc...)
- ▶ Model expressing your emotions (in a developmentally appropriate and respectful manner)
- ▶ Model healthy coping skills in stressful times
- ▶ Empower your children to build their autonomy and self esteem

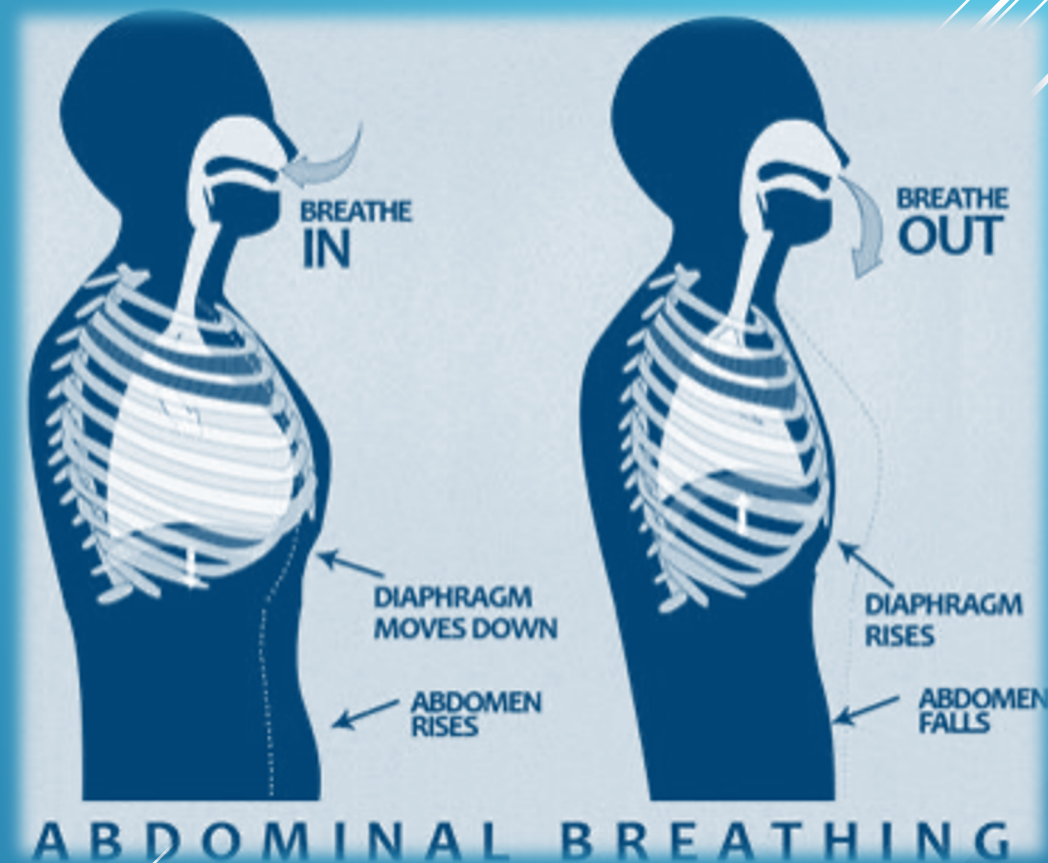
HOW PARENTS CAN HELP WITH KIDS' COPING SKILLS

COPING OPTION: LIFESTYLE CHANGES

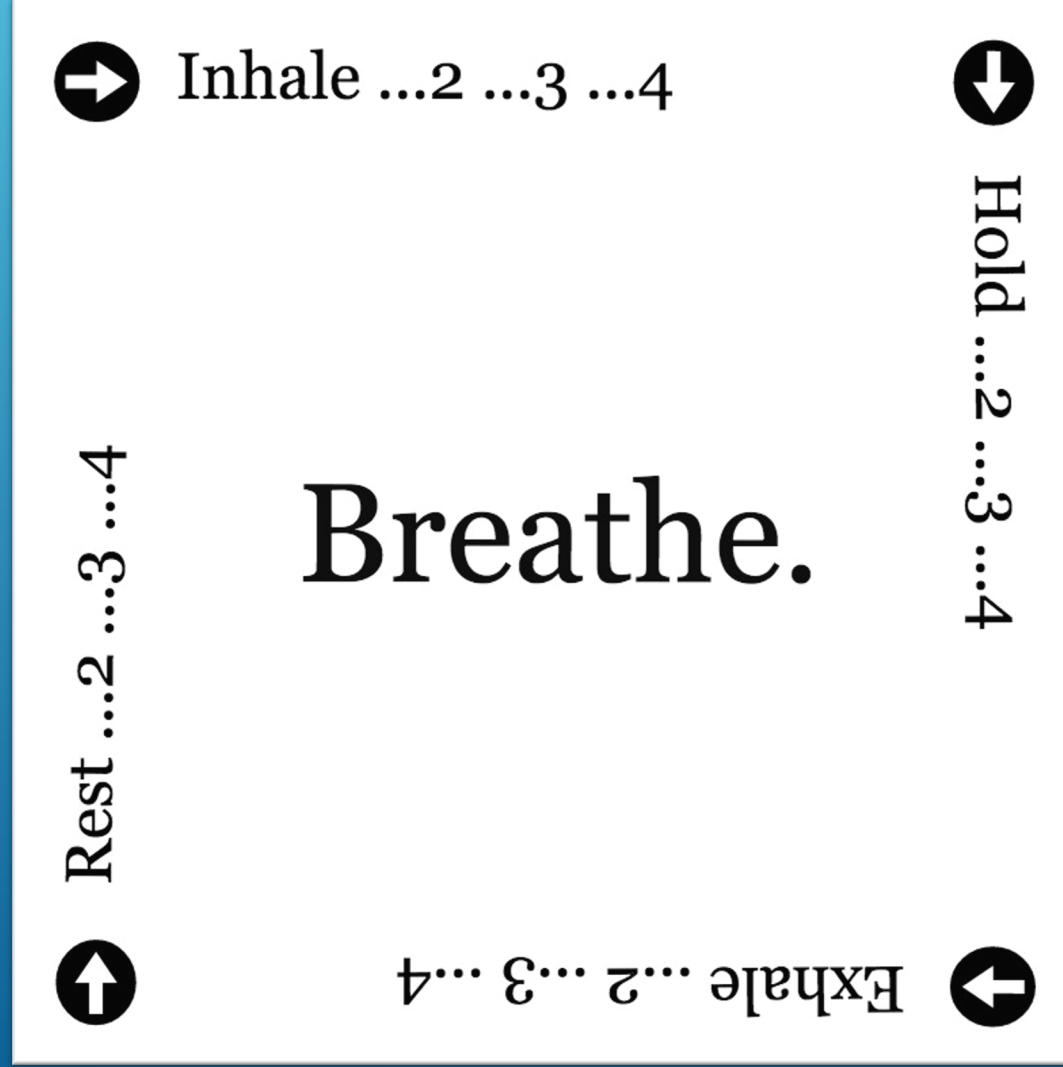


LET'S PRACTICE!

BREATHING AWARENESS



SQUARE BREATHING



FIVE SENSES



VISION



HEARING



SMELL



TASTE



TOUCH



MINDFULNESS: LEAVES ON A STREAM



PROGRESSIVE MUSCLE RELAXATION (PMR)

1. SIT ON A CHAIR.

2. SCRUNCH UP YOUR FACE... THEN RELAX IT.

3. TENSE YOUR ARMS... THEN RELAX THEM.

4. TENSE UP YOUR SHOULDERS AND CHEST... THEN RELAX THEM.

5. TENSE UP YOUR LEGS... THEN RELAX!

6. BREATHE IN RELAXATION... BREATHE OUT TENSION!

- ▶ What did it feel like?
- ▶ What were some challenges?
- ▶ Which ones did you like? Which ones did you not like?
- ▶ How do you feel now?


BE MINDFUL

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COPING SKILLS

- ▶ Breathing Awareness
- ▶ Square Breathing
- ▶ Progressive Muscle Relaxation
- ▶ Breathing Awareness
- ▶ Guided Imagery
- ▶ Mindful Breathing
- ▶ Gratitude
- ▶ 5 Senses

KEY APPLICATIONS

- ▶ Stress is normal!
 - ▶ Benefits to coping include improved physical, cognitive and emotional well-being
 - ▶ Mindfulness is a lifestyle that requires intention and practice
 - ▶ Regulating ourselves helps to regulate those around us
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RESOURCES

Breathing Awareness

<https://www.youtube.com/watch?v=7YgP8Nk-loY>

<https://www.youtube.com/watch?v=Cp7pnHCY94U>

Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=86HUcX8ZtAk>

Body Scan

<https://www.youtube.com/watch?v=Xo3PetVUclc>

Leaves on a Stream

<https://www.youtube.com/watch?v=r1C8hwj5LXw>

<https://www.youtube.com/watch?v=FLIVV3dKI9w>

Loving Kindness

https://www.youtube.com/watch?v=-d_AA9H4z9U

Urge Surfing

<https://www.youtube.com/watch?v=pXWQXDxXg5U>

Eating Mindfulness

https://www.youtube.com/watch?v=7CCr5w3ox_4

QUESTIONS?

THANK YOU

