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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
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

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:

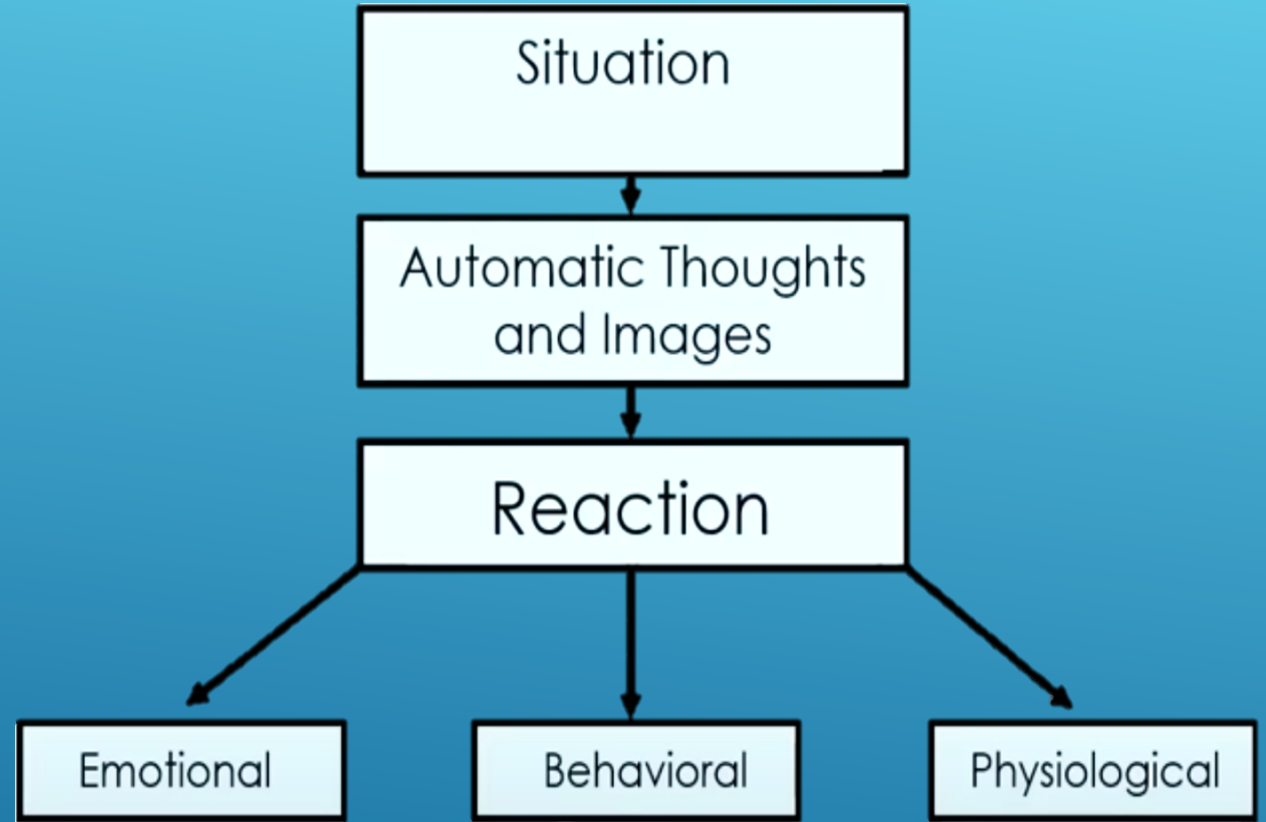
- Restlessness
- Headaches
- Cardiac Problems
- High Blood
Pressure
- High Blood Sugar
- Weakened
Immune System

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")

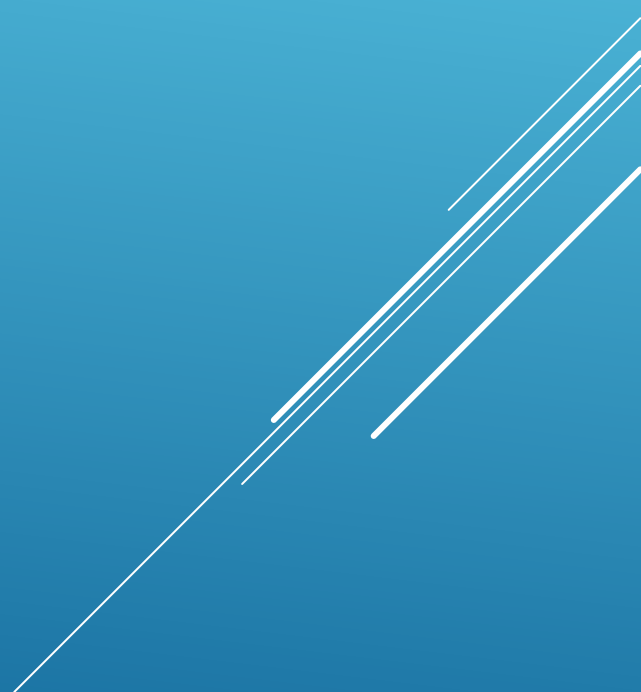


EXPRESS EMOTIONS
SAFELY AND REGULATE
INTERNAL EXPERIENCE

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

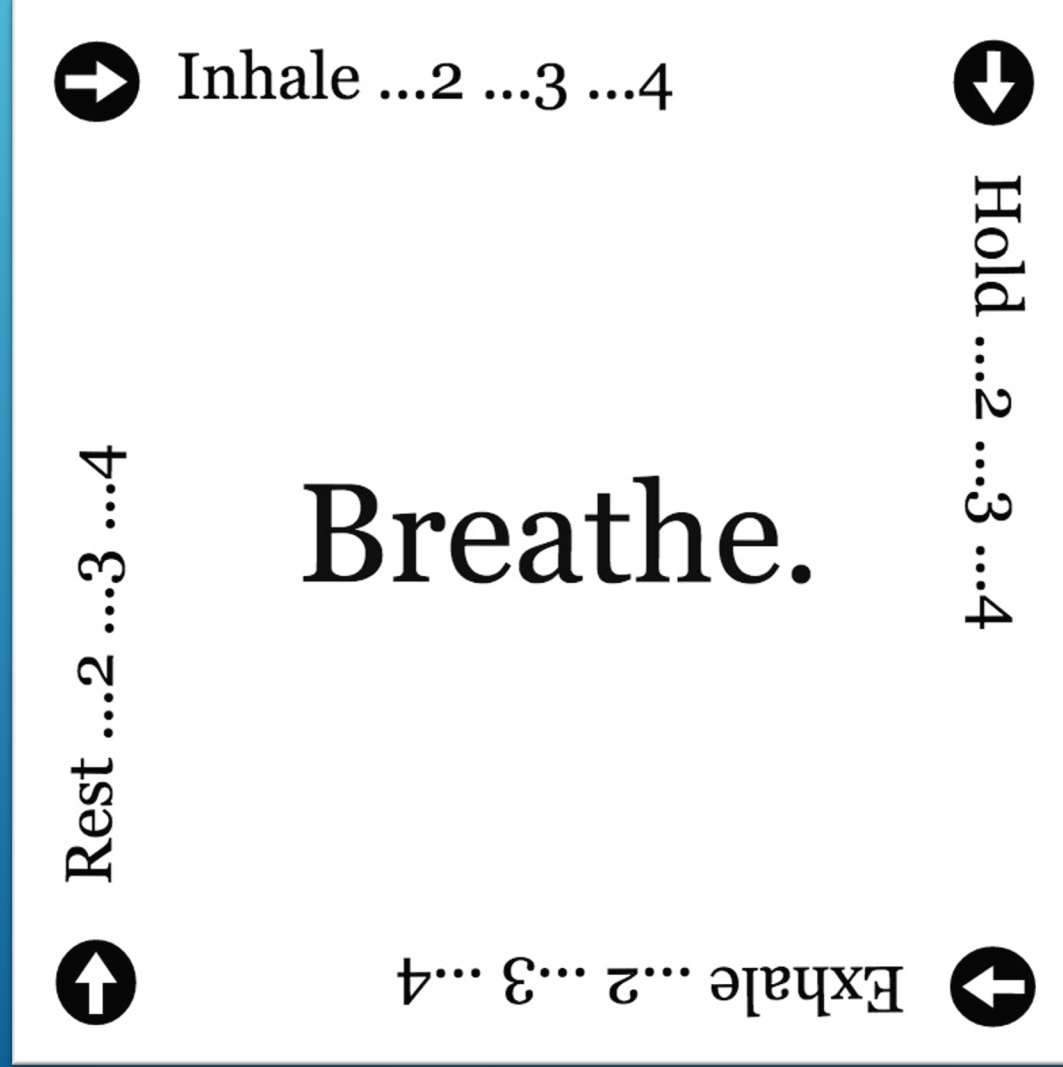


COPING OPTION: LIFESTYLE CHANGES

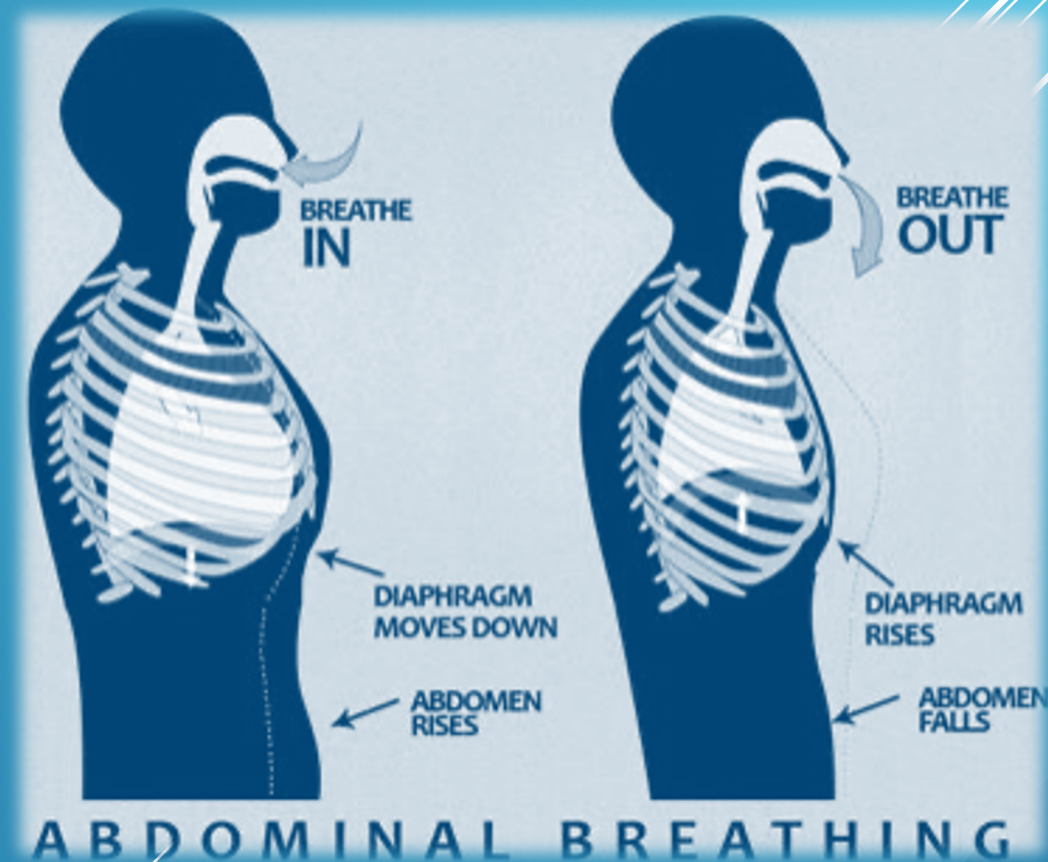


LET'S PRACTICE!

SQUARE BREATHING



BREATHING AWARENESS



MINDFULNESS: LEAVES ON A STREAM



PROGRESSIVE MUSCLE RELAXATION (PMR)



COPING SKILLS

- ▶ Belly Breaths
- ▶ Square Breathing
- ▶ Mindful Eating
- ▶ Progressive Muscle Relaxation
- ▶ Breathing Awareness
- ▶ Guided Imagery

THANK YOU