

WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you are struggling to manage & feel that there is no solution in sight! Some services which might be able to support your family are:

- Early Help, NVR (Non violent resistance)
- Family hubs
- MABS (Multi Agency Behaviour Service)

Talking to a member of staff at school, booking an appointment to see your GP, or booking an appointment with your local family hub can be a good first step.

Young Minds

Young Minds is a helpful webpage that can provide further advice on self-care and other wellbeing and mental health related needs.

www.youngminds.org.uk/young-person/coping-with-life/self-care/

Anna Freud

Anna Freud has a webpage with a vast list of different types of self-care and why they work for people.

www.annafreud.org/on-my-mind/self-care/

If you need to talk to somebody right now, these organisations can help:

	NHS 111	ChildLine 0800 1111	Shout 85258	Samaritans 116 123	 In emergencies, call 999
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USEFUL APPS



Calm App



MindShift



DistrACT



Headspace



Mee Too



Spotify



Mental Health
Support Team
Portsmouth

Portsmouth
Mental Health Support Team



Solent
NHS Trust

A PARENTS GUIDE TO COPING WITH



BIG EMOTIONS



[pik-mee-uhp] noun

A pick-me-up is something that restores a persons energy, improves their mood, or generally lifts their spirits.



WHAT ARE EMOTIONS?

Emotions are how we describe how we are feeling. Emotions can play an important role in how we think and behave, and influence the decisions we make.

When children develop strategies for managing their emotions, it helps them to effectively navigate relationships, and be able to calm down and problem solve independently when challenges arise.

WHEN ARE EMOTIONS HELPFUL?

Emotions are helpful when they match the situation – they keep us safe, motivated and give us information

For example:

Sadness – slows down our thoughts and actions to allow reflection and notice when we've lost something important to us.

Happiness – energises us, helps us to feel valued and connected.



WHEN ARE EMOTIONS UNHELPFUL?

Emotions can be unhelpful when they happen in the wrong situation or if they feel too big for us to manage.

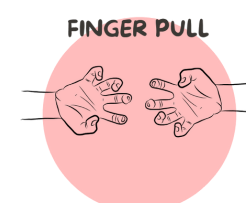


- Sometimes we might not know how to control big emotions (and we might act before we think!)
- Emotions can make it hard to concentrate
- Emotions can make us believe that our thoughts are facts

There's no such thing as a bad emotion. We might find them helpful or unhelpful depending on the situation at the time.

BODY STRATEGIES

Here are some examples of body strategies to help get us into the green zone. Some of these skills might calm you down, others might boost your energy (from blue zone to green zone).



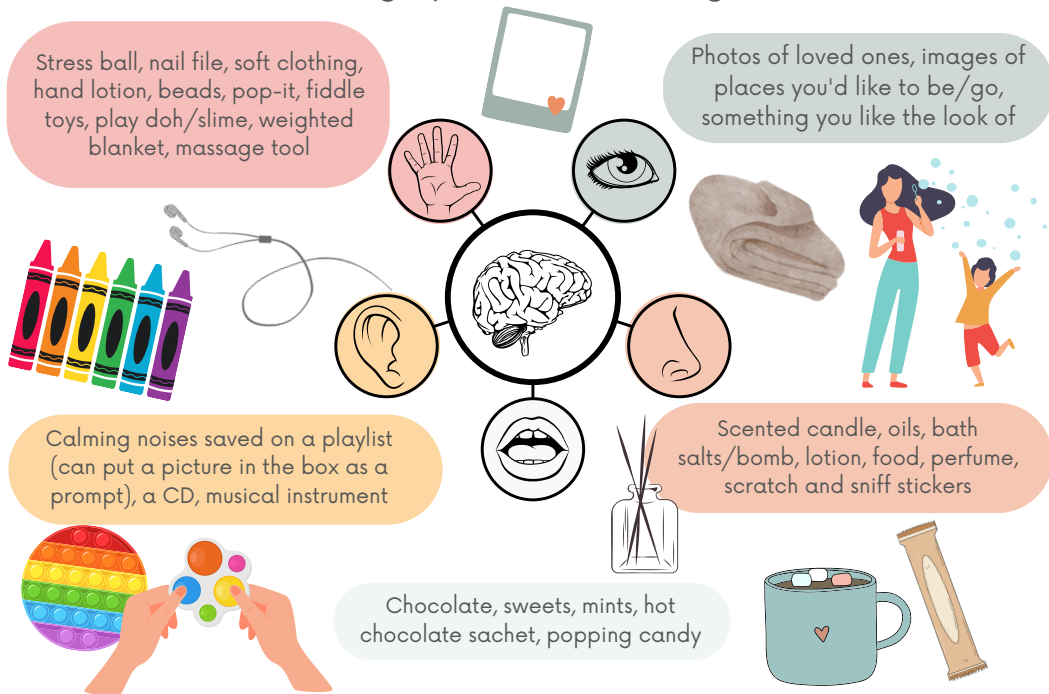
SELF CARE

Remember that in order to take care of our mental health we must also make sure we are getting enough sleep, exercise, healthy food and spending time outdoors. If you notice your child is cranky or fed up a lot of the time – it's a great place to start by asking yourself – are they getting enough of these things?



CALM KITS

A calm kit is a box full of things to help you feel good. When you are feeling upset, anxious or having tricky thoughts, you can use the box to calm down, feel better and get yourself back in the green zone.



SAFE SPACE

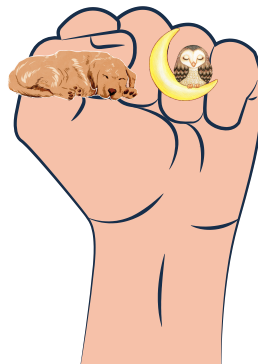
Some children like to create a den in their room, this could be a tent, a blanket and clothes pegs or a curtain. Fill it with cushions and blankets and their calm kit. Introduce it when they are calm and encourage them to use it when you notice early signs of anxiety/stress/anger.



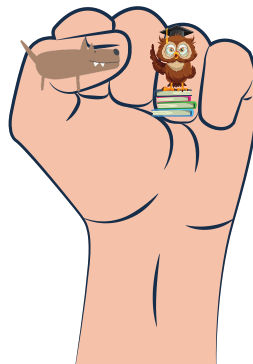
Let your child choose what to put in their calm kit, they might like to decorate a box to keep it in. You could also have a travel calm kit to take out and about.

ZONES OF REGULATION

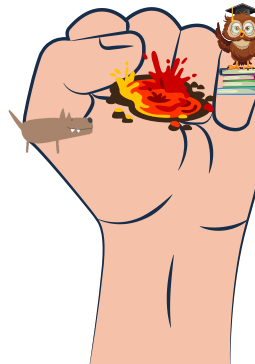
BLUE ZONE



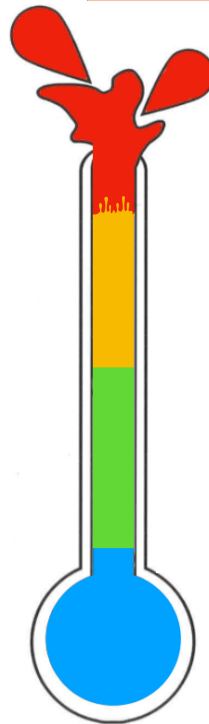
GREEN ZONE



YELLOW ZONE



RED ZONE



Red - Overjoyed/elated, panicked, angry, terrified. The thinking and survival parts of our brain are not working together! We are not in control!

Yellow - Worried, frustrated, silly, excited. The thinking and survival parts of our brain are beginning to not work well and listen to each other. We are bubbling & beginning to lose control!

Green - Happy, calm, focused, proud. The thinking and survival parts of our brain are working well together! We feel in control!

Blue - Sad, bored, tired, sick. The thinking and survival parts of our brain are asleep! If they are asleep they aren't working well together so we need to wake them up so we can get back to the green zone!!

We all experience lots of different emotions! No emotion is good or bad as long as we know how to manage it.

TOP TIPS FOR TEACHING YOUR CHILD TO MANAGE THEIR EMOTIONS

- It is important to take care of yourself and check-in on your emotions before attempting to support your child.
- Children will often match and reflect your own energy, so if you can stay calm it will help your child to be calm.
- To help children work through their own big emotions, you need to ensure your own body language, facial expressions, voice and demeanour are gentle and supportive. Then, and only then, can you help address a child's distress.
- Practice calming strategies when regulated.
- Praise and encourage your child when they share their feelings.
- Look out for signs to catch escalating emotions early (don't wait for the yellow zone to tip into the red zone).
- Discuss and communicate using the zones vocabulary.



Look out for signs to catch it early

Practice calming strategies when regulated (green zone)



Discuss and communicate using the zones vocabulary

Praise and encourage when they share their feelings



Use visuals to check in and refer to



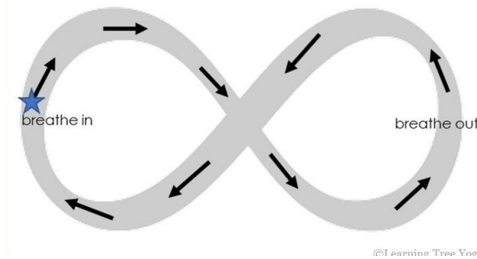
Praise and encourage when they use a coping skill

I am feeling in the yellow zone right now. I am going to take 2 minutes to make a cup of tea and use a grounding technique

I can see you are feeling sad, what do you need right now?

BREATHING TECHNIQUES

Lazy 8 breathing



Star breathing



GROUNDING TECHNIQUES

Colours & Shapes

Find 5 items in the room which are a certain shape or colour (eg. 5 items which are square). Try to find things that are not too obvious, or things you haven't noticed before.

5,4,3,2,1



5 things you can see,



4 things you can touch,



3 things you can hear,



2 things you can smell (or like the smell of),



1 thing you can taste (or like the taste of).



ABCD...

Think of a subject and name something to do with that subject for each letter of the alphabet (eg. name animals: ape, bear, cat...)

Flow activities



Flow activities take our full attention, we "lose ourselves" in them and don't notice the time passing. Some examples: drawing, colouring, reading, watching TV, playing music

Keeping calm can be really hard if you are tired, stressed or overwhelmed. What do you need to help you to stay calm when your child is losing control of their emotions?