

*Welcome*

Green Chimneys Children's Services  
Parent Training Series  
October 26, 2021

# Self-Awareness & Emotion Regulation

Presenters:

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# Logistics



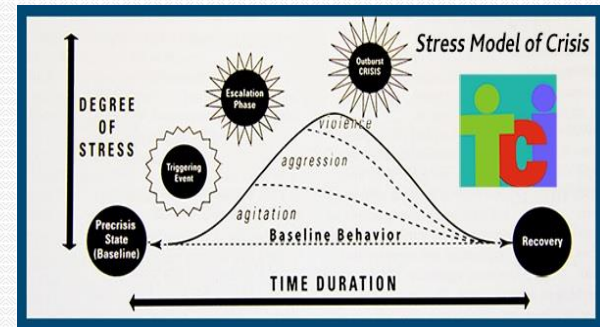
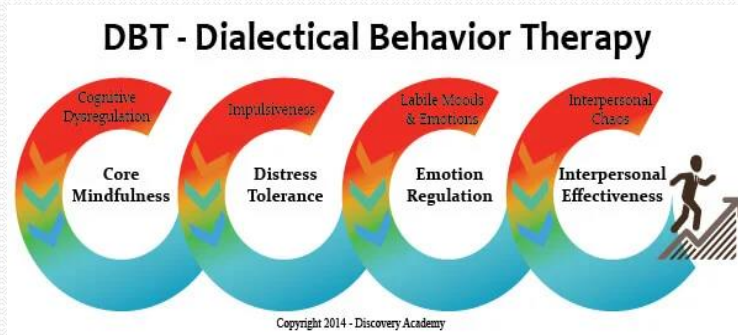
- ❖ Please **display your name** (or parent of: child's name) for attendance purposes, or send via chat to presenters.
- ❖ Please send **questions via chat** to presenters.
- ❖ Please **mute yourself** to limit background noise when not participating in breakout groups or activities.
- ❖ We will be **recording** this presentation.
- ❖ Please send us a private chat or email *if you do not consent* to this recording being shared on our website.
- ❖ Breakout groups will not be recorded.

# Green Chimneys Parent Training Curriculum

Sept. 28 Introduction to Balanced Parenting (Dialectics)

Oct. 12 Mindfulness for Parents

**\*Oct. 26 Self-Awareness and Emotion Regulation**



**TCI - Therapeutic Crisis Intervention**

# Let's Begin: A Mindfulness Activity



# Self-Awareness and Emotion Regulation: Why?



- ❖ We cannot help others unless we help ourselves
  - Put on your own oxygen mask first
  - You cannot pour from an empty cup



@michellesolomonart

# Self-Awareness & Emotion Regulation: Why?

- ❖ Self-awareness and regulating our own emotions is the foundation of therapeutic crisis intervention (crisis co-regulation skills)
- ❖ When we are aware of our emotions and regulated, we can *respond rather than react* to situations.



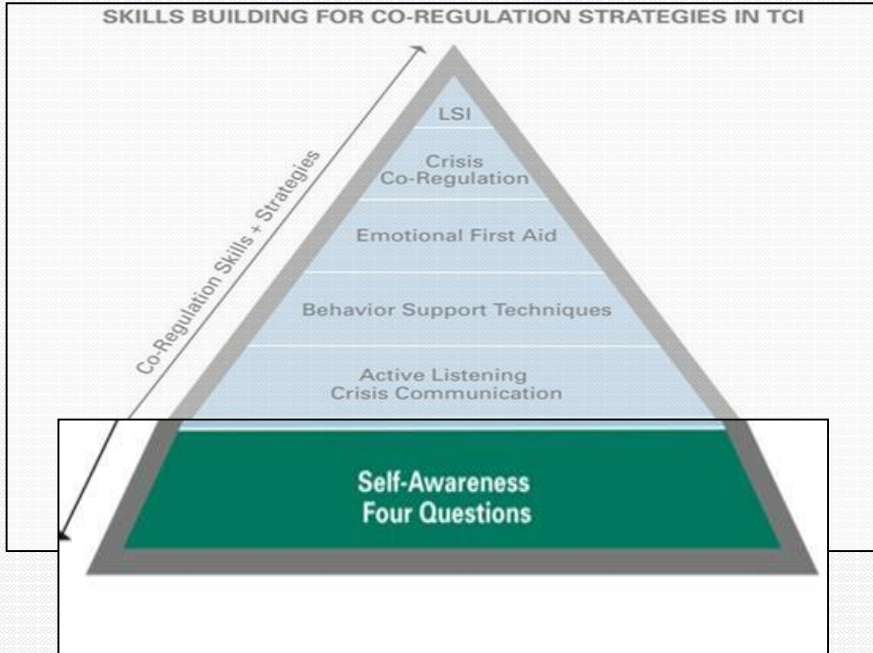


## SKILLS BUILDING FOR CO-REGULATION STRATEGIES IN TCI





# Where are we...

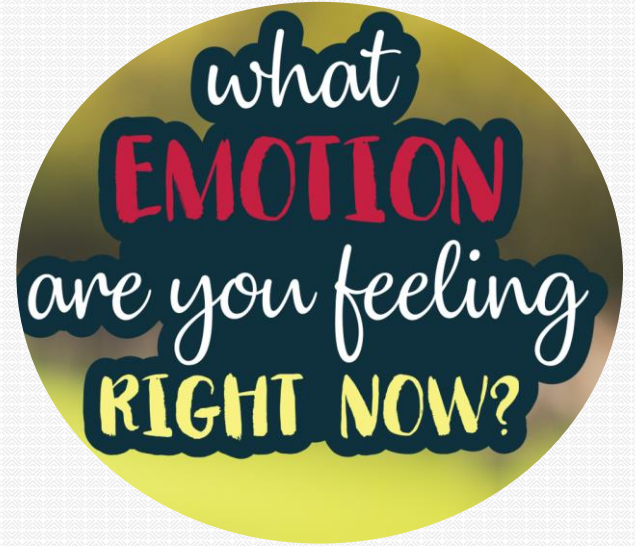


1. How am I feeling?
2. What does the child feel, need, or want?
3. How is the environment affecting the child?
4. How can I best respond?

# Self-Awareness: The Four Questions



**How am I feeling?**



# Understanding Emotions



You feel what you feel. There is nothing right or wrong about a feeling. It's how your respond to the emotion that matters...



# Understanding Emotions



- ❖ Emotions can give us important information
- ❖ Intense emotions can make it hard to think clearly (“Emotion Mind”).
- ❖ No feeling lasts forever  
(what goes up, must come down)
- ❖ Practicing skills is key!



# The Story of Emotion



- Vulnerabilities
- Event
- Thoughts
- Emotions
- Body Sensations
- Action urge
- Action
- After Effects

## The Chain



# The Story of Emotion



# Parenting Example



- Vulnerabilities?
- Event?
- Thoughts?
- Emotions?
- Body Sensations?
- Action urge?
- Action?
- After Effects?





# Changing the Story with Emotion Regulation Skills



Emotion Regulation skills can be used at different stages of the chain to help you manage your emotions and respond to situations more effectively

# STOP Skill



- S** STOP – Notice that you are having a strong emotional urge
- T** Take a step back. Take a breath.
- O** Observe the situation. (4 Questions)  
Observe your own feelings and thoughts  
Catch judgments and “shoulds”
- P** Proceed Mindfully



# Surfing Your Emotions Skill



**Notice:** You are having a strong emotion

**Remember:** You are not your feeling. You do not have to do what it wants.

**Let go of all thoughts** about the emotion. Watch them drift away like a cloud. Do not judge the emotion. Do not analyze it. Do not push it away by distracting. Stay with it.

Bring your mind to the way you feel. **Find this feeling in your body.** Attend to the sensations (e.g., burning, tightening).

Notice the feeling **coming and going like a wave.**

Notice the feeling getting **weaker and weaker.**

Notice the emotion **going away.**



# Opposite Action Skill: If you want to change how you feel, do something different...

<b>Emotion</b>	<b>Action Urge</b>	<b>Opposite Action</b>
Fear	Run away, hide, avoid the situation	Face your fear in small amounts and build up your tolerance Jump in and do what you are afraid of
Anger	Fight, attack, scream, hit, kick, punch, say something insulting	Don't say anything, talk quietly, gently avoid be respectful, be gentle, try to see it from the others point of view, walk away
Guilt/Shame	Hide, avoid, apologize	Be Open about what happened Apologize/ say you are sorry Make repairs if you were wrong or caused harm
Sadness	Cry, withdraw, shut down, crawl into bed	Watch something funny on TV Get active, exercise, go for a walk... Talk with family/friends

# Reduce Vulnerabilities

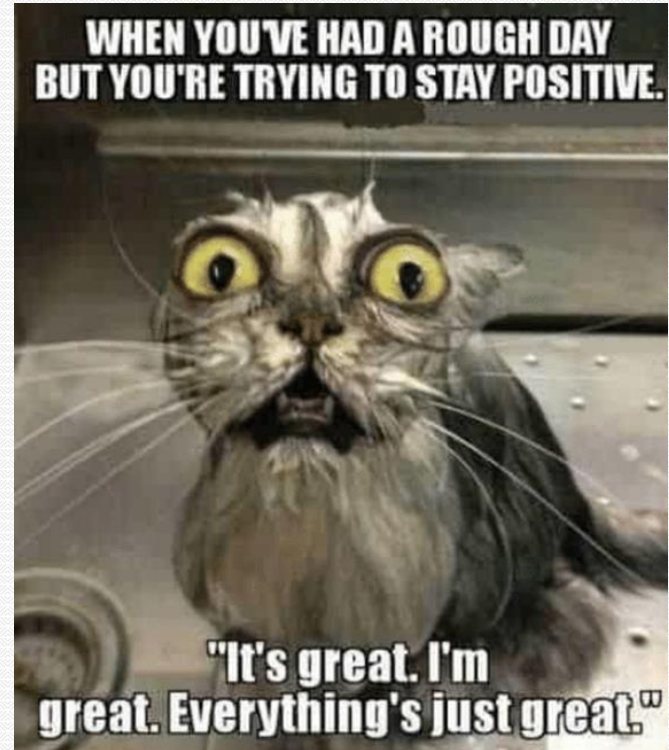
What makes you more vulnerable to having a short temper, crying more often, avoiding emotionally triggering situations, etc.?



- Hungry
- Tired
- Sick or in pain
- Burned out or overwhelmed with work/school
- Social stressors; social isolation
- Recent loss
- Financial stressors
- Influence of drugs/alcohol
- Not enough time for leisure or self-care

# Accumulate Positives

- Connect with others, nature, animals etc.
- Work towards a goal that you can achieve today
- Do something for yourself
- Apply yourself (play a sport, hobby, etc)
- Have fun!



# Coping Ahead



- Do you ever anticipate a parenting situation being stressful?
- What are some things that you do to “cope ahead?”
- How can you plan to reduce vulnerabilities and accumulate positives for yourself leading up to a situation?



# Thank you!

Please keep an eye out for a [survey link](#) from Marina Ineson!

The next parent training is **November 9th on Crisis Communication**  
**Parent support group is November 16<sup>th</sup>**

Powerpoint can be found on our website (Parent Training and Support group)