



kind mind

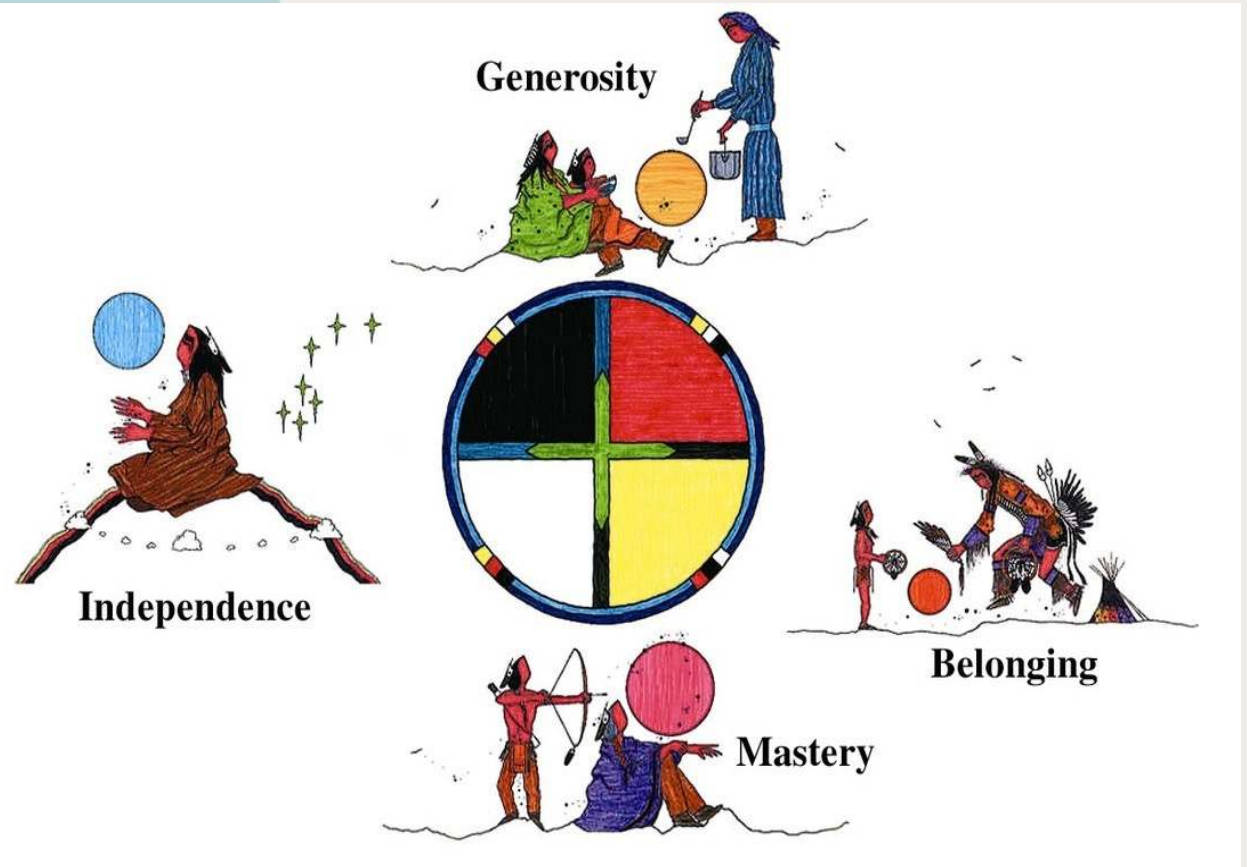
Navigating Big Emotions

Kind Minds for Parents and Caregivers

By Sheldon Franken – www.soshemo.ca

Supporting
Social Emotional
Learning

Circle of Courage
Dr. Brokenleg





Chapter I

Your Body Gives You
Clues

Early warning signs



Crying

Red Ears

Dry mouth and throat

Throwing up

Hair on neck standing
up

Clenched fists

Wet pants

Shake all over

Body freezes

Fidgety

Jelly legs

Headache

Wide Eyes

Red cheeks

Heart beats faster

Goosebumps

Butterflies /

Stomach Aches

Sweating

Soiled pants

Wobbly knees

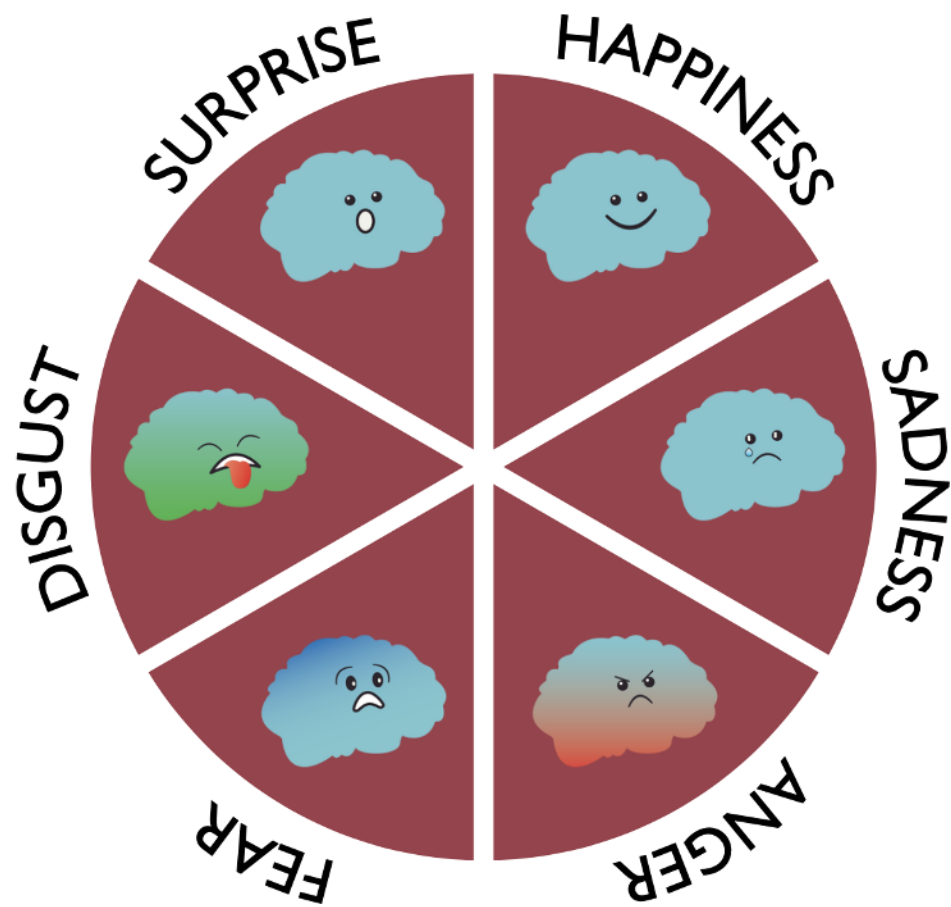
Curled up toes

Chapter 2

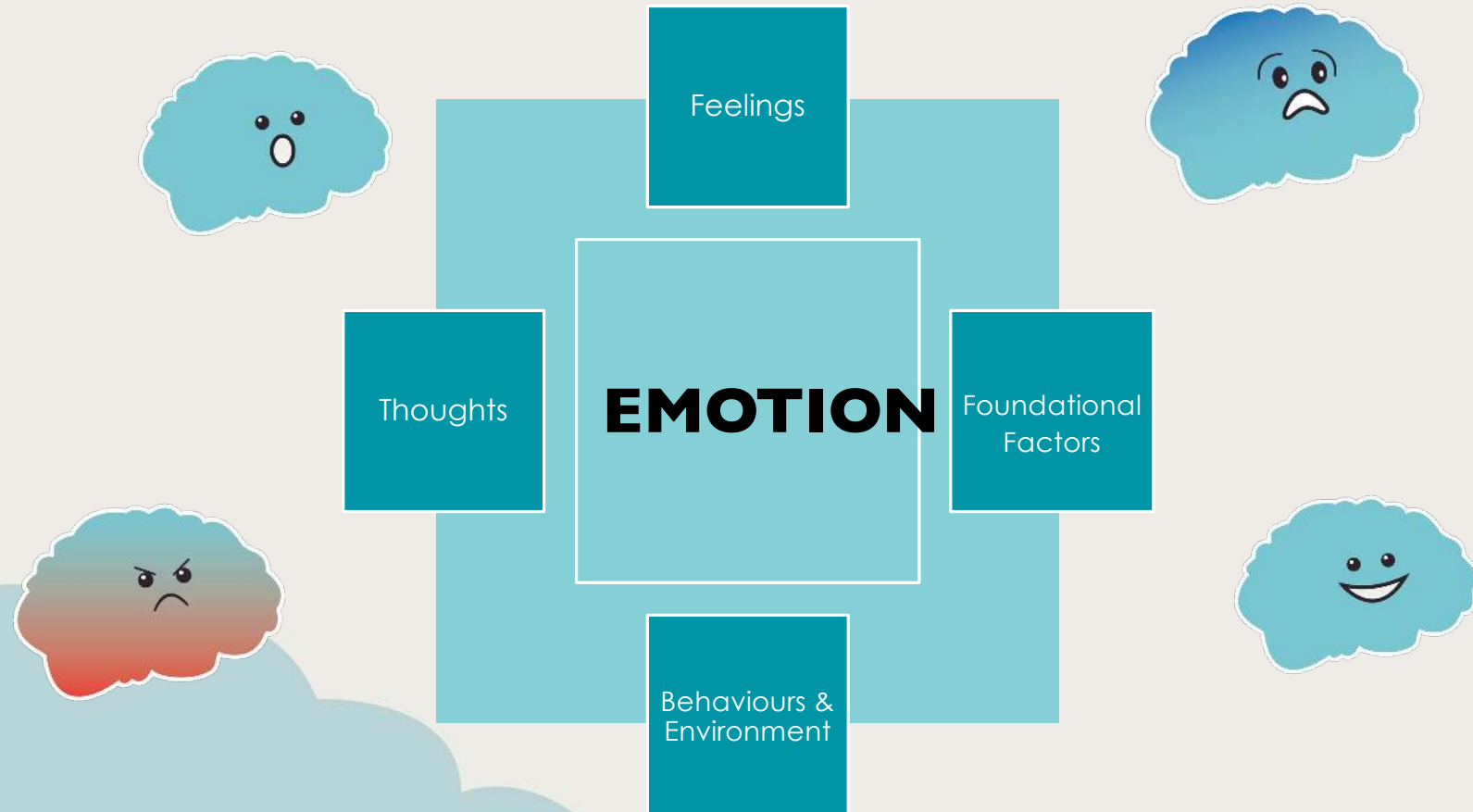
Name the Emotion



Kind Mind detectives are curious about their feelings. Use a magnifying glass to look into the feeling in more detail.



What are our emotions made from?



Foundational Factors

Self Care

Sleep

Exercise

Developmental Stage

Medication / Chemistry

Eating Habits

Injury / Disease / Trauma

Lack of basic needs

Social Connections

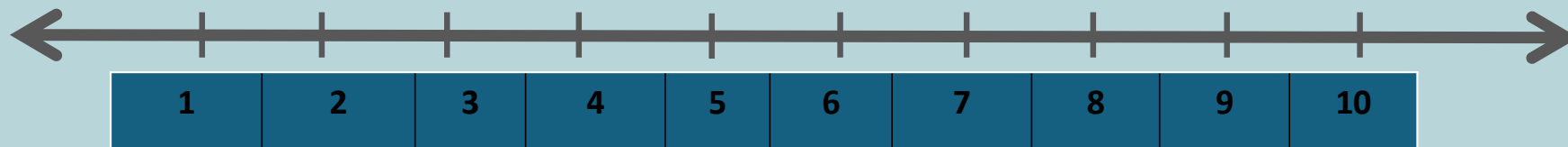
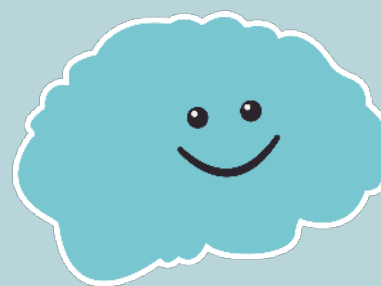
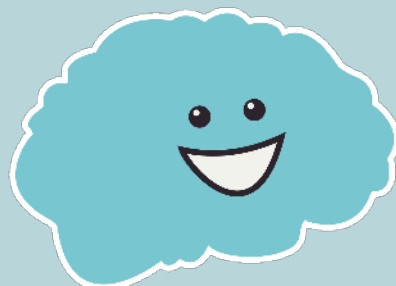
Chapter 3

Emotion Storms

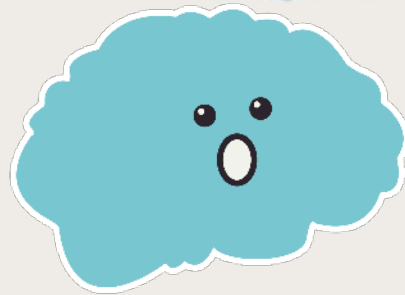


What is the emotion we are experiencing and how intense is it?

Emotional Intensity Number Line



**Why is learning about
our emotions, their
intensity, and their
signals important?**



Automatic Pilot



When we experience an intense emotion we go into automatic pilot / “impulse mode” and this is when we often do things we regret.

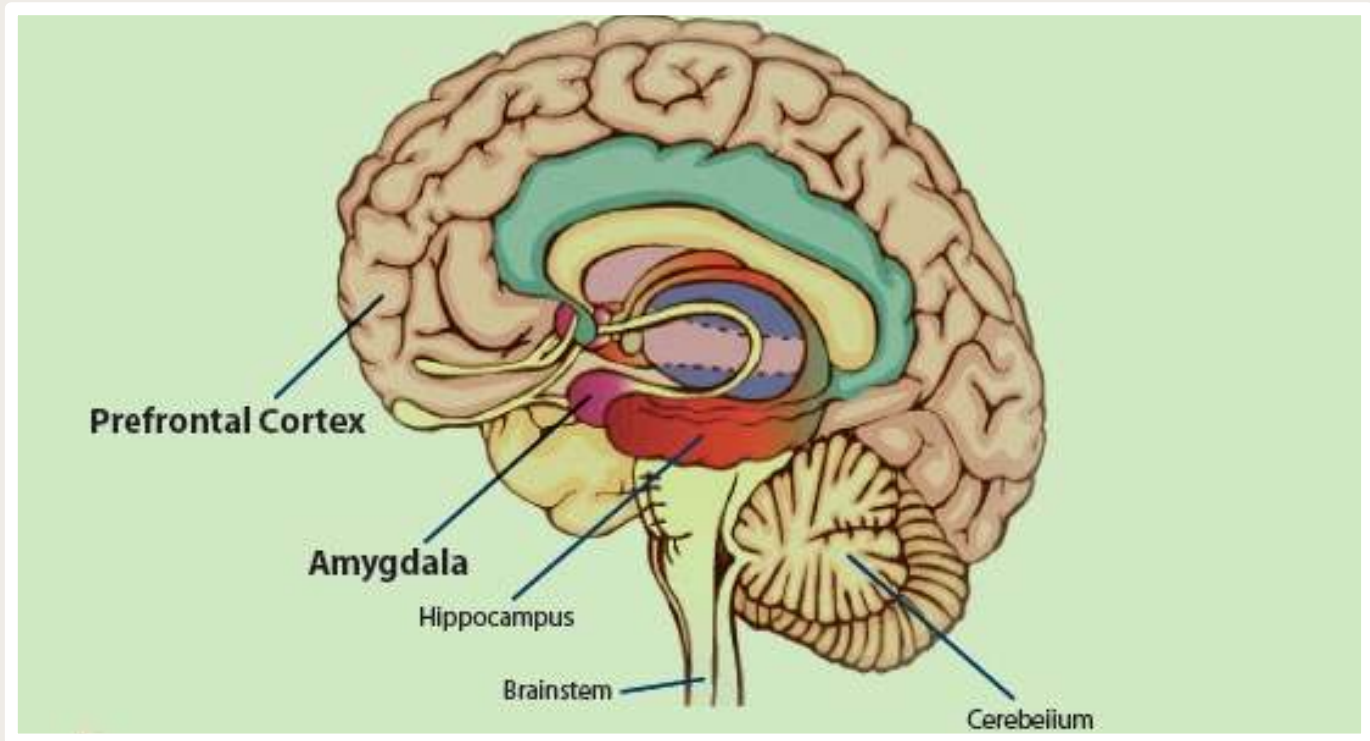
Internal impulses: in or with your body

External: to others and/or the environment

**Flight, Fight, Freeze, and
Fawn**

Kind Mind Detectives Are:

Curious how our
brain works



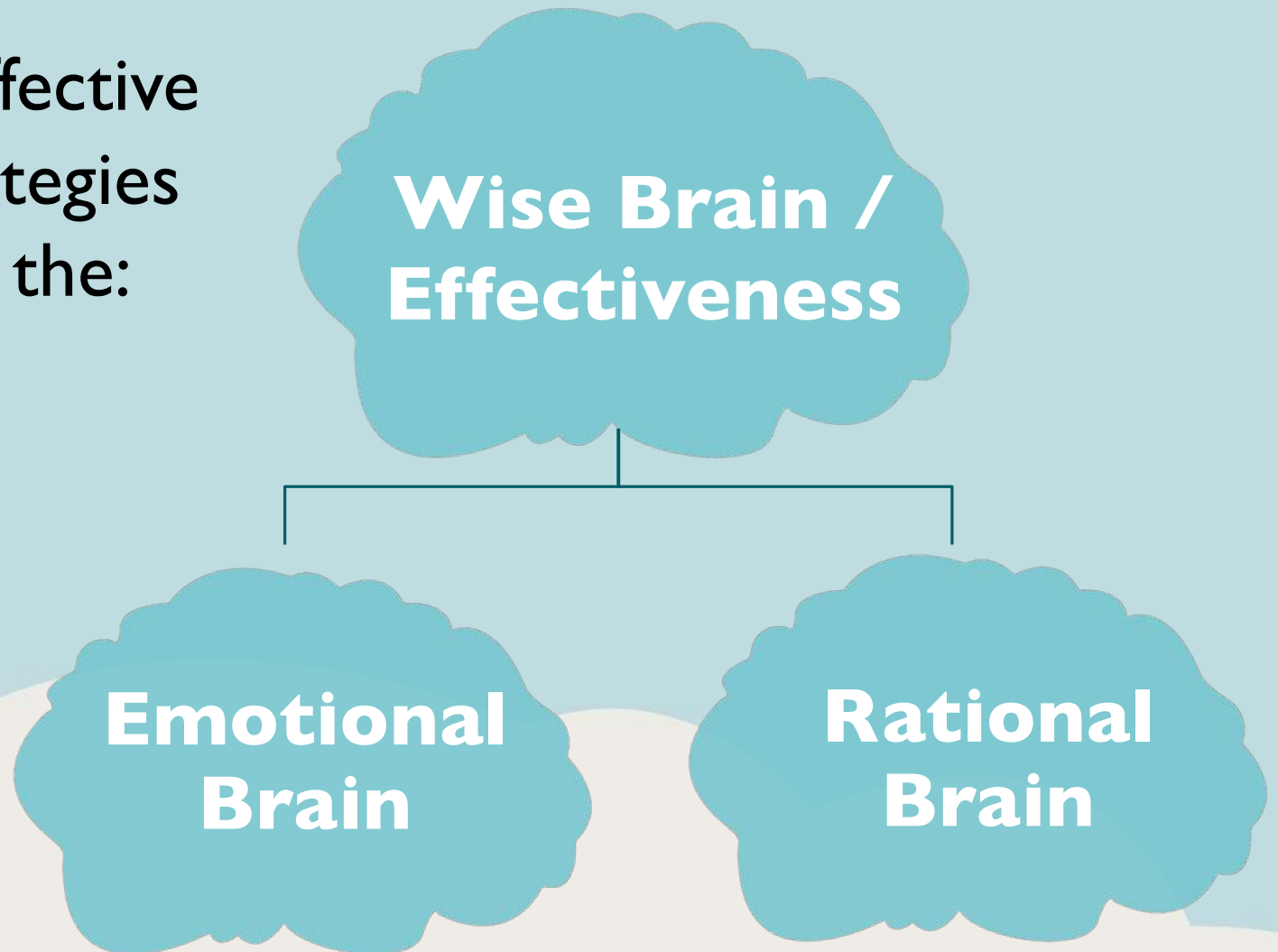


**High
Anxiety**

=

**Big / Intense
Emotion
or
Significant Stress**

We need effective coping strategies to access the:



Chapter 4

Coping Toolbox

Kind Mind detectives are curious about what helps us cope and lower the intensity of the emotional storm reducing the chance of being impulsive and acting in an unsafe or ineffective way.



**Managing our emotional intensity =
COPING**

Effective Coping helps us access the wise
mind to solve the mystery

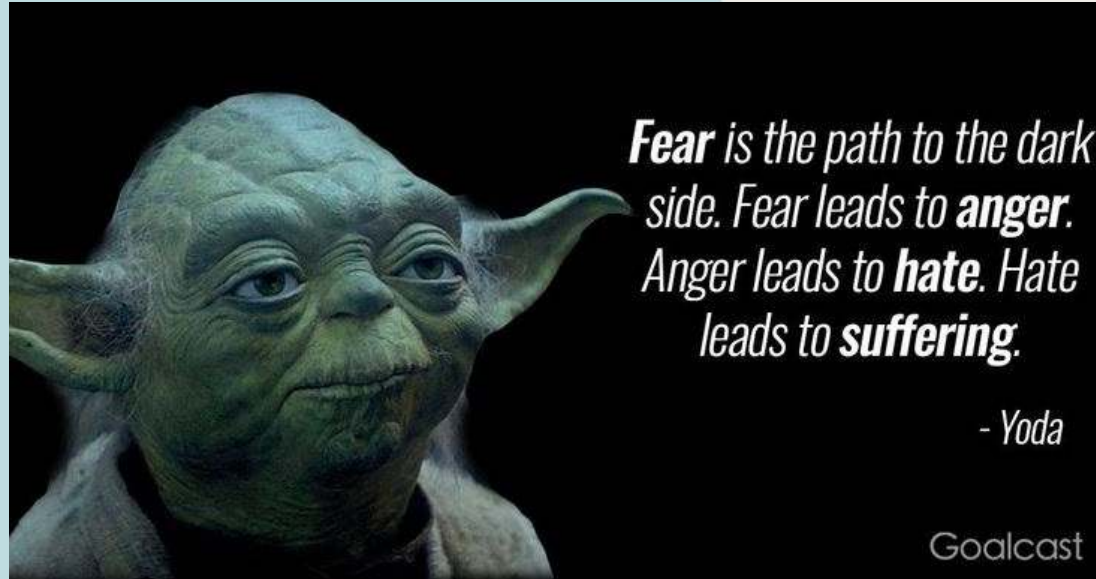
Resiliency

Resiliency: the capacity to cope with pain (an intense emotion storm) while being able to access our wise brain, so that the pain does not lead to suffering.

Objective: to be effective – to act / behave in a way you want to behave / act - when you are in pain / having intense emotions

Coping Skills





Reframe:



Fear is an emotion that we all have at times. Sometimes fear can lead to to anger.

Without coping skills anger can lead to pain and ineffective behaviours, such as aggression. Ongoing pain and ineffective behaviours can lead to suffering.

Emotion Myths

Myth

Pushing away emotions is often helpful

Being emotional means being out-of-control

Painful emotions need to be fixed

Truth



Sometimes pushing away emotions creates more pain / emotional intensity

You can be emotional and in-control

Painful emotions are not able to be fixed. Painful emotions can only be accepted. Sometimes the source of the pain / emotion can be fixed or changed.

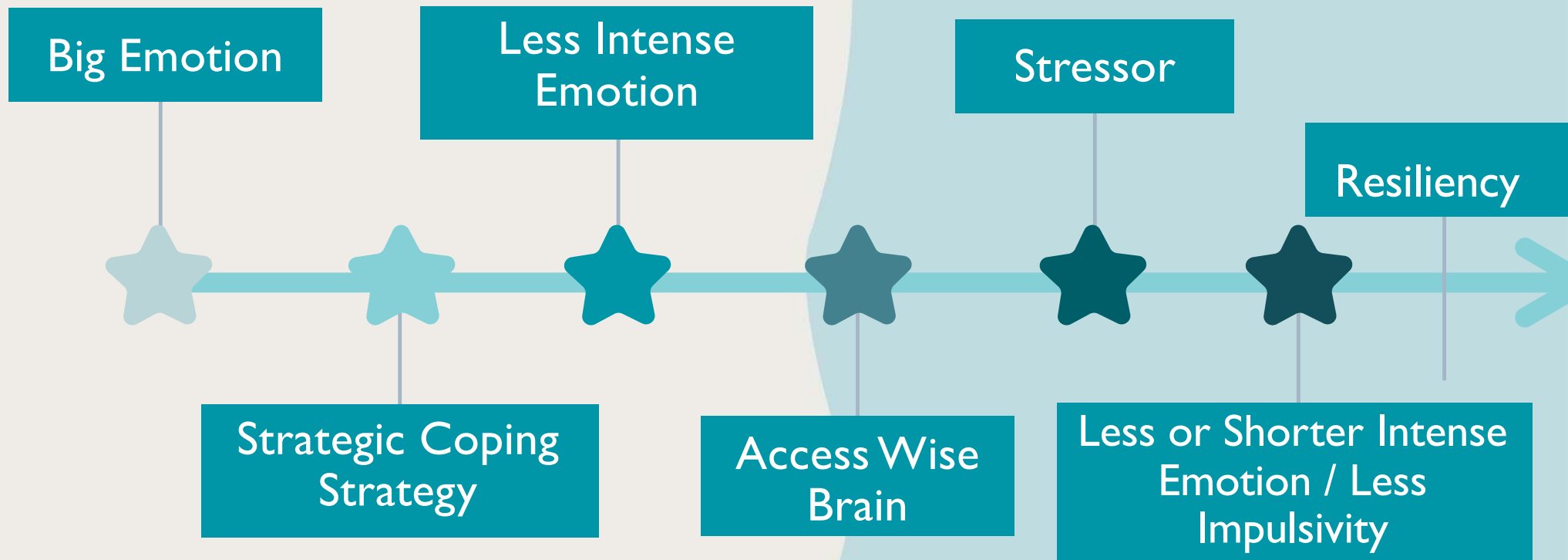
Strategic Coping Rules



- Intentional
- Specified length of time
- Some form of processing (accessing the Wise Brain) afterwards
- Some form of intrinsic or extrinsic reward
- Shared with others

Coping

Escape



ACCEPTS Model



Coping Strategies

Activity

Contributing

Comparison

Emotion

Pull Away

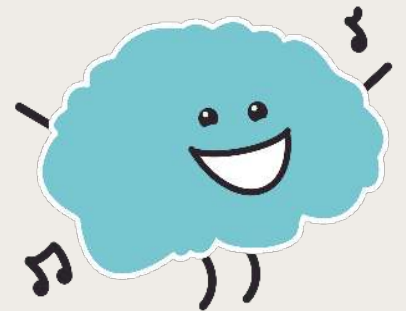
Thoughts

Sensitivity

Activity (Big Motion)



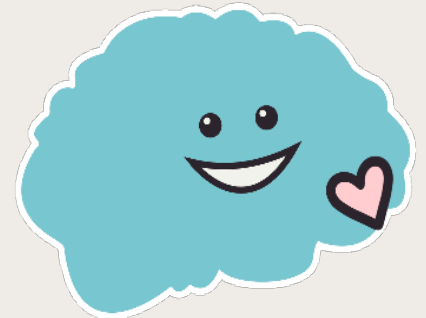
- Run
- Walk
- Punching Bag (Pillow)
- Jump on Trampoline
- Swim
- Dance
- Gymnastics
- Shooting Hoops



Contributing (Generosity)



- Make someone a meal
- Help a friend with homework
- Clean up anything
- Ask someone “how can I help?”
- Give someone a hug



Comparison

(It could have been worse or Gratefulness / Perspective Taking)



- I am grateful I am ok
- There is always tomorrow
- I did ok in the past
- I have a - teacher, parent, or friend - who about about me



Emotion

(Do something to elicit an **OPPOSITE** emotion)



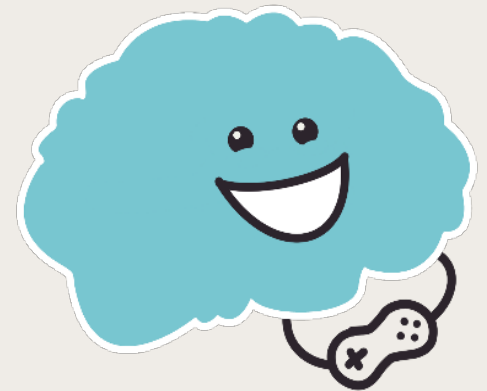
- Read a joke book
- Watch a comedy
- Play a game
- Yoga move or quick mindful exercise
- Listen to upbeat music
- Look up pictures of cute puppies



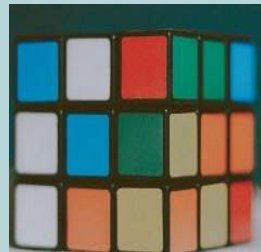
Pull Away



- Go somewhere different yet safe (friend's house, other parent's house, relative)
- Go to a play, sporting event, the beach, etc..
- Play with a thumbball
- Read a book
- Watch TV
- Play a video game
- Have coffee with a friend
- Play a board game
- Build a Puzzle
- Garden



Thought Distractions



- Name as many items you see in the room for 1 minute
- Count down from 100
- Name all the colours you see
- Ask /answer Icebreaker questions
- Look for shapes in the clouds
- Do a sudoku puzzle
- Name as many cities as you can think of
- Name players on your favourite sports team



Sensitivity

(smell, taste, feel, hear, see)



- Listen to music
- Relaxation recordings
- Eat a sweet or spicy food
- Take a cold or hot shower
- Hot water bottle or ice pack
- Look out the window
- Look at a pictures / pictures
- Stand in the rain
- Chew gum



Your Role as Parents

- Be curious
- Model using emotion-based language to communicate how you are feeling
- Avoid blaming others for how you are feeling
- Model and communicate when you are using a coping strategy
- Do not discuss impulsive behaviours and their repercussions with your child until they have calmed down
- Develop a family wide coping plan
- Seek out supports
- Be aware that our stress responses can be stored and passed on to future generation in our genetics

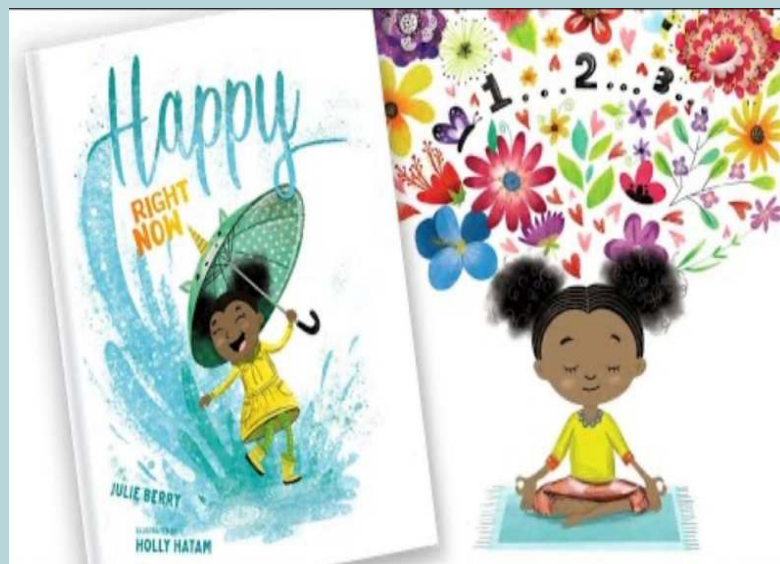
Breathing & Coping



Even Labron
James does It

Happy Right Now

by Julie Berry



Parent Resources

KELTY MENTAL HEALTH RESOURCE CENTER

WWW.KELTYMENTALHEALTH.CA

- Rolling with ADHD -- A free 8-week course for parenting a child with ADHD (www.rollingwithadhd.ca)
- Kelty Eating Disorders:(keltyeatingdisorders.ca)

CANADIAN MENTAL HEALTH ASSOCIATION
WELCOME.CMHACPTK.CA

ANXIETY CANADA WWW.ANXIETYCANADA.COM

BC CRISIS CENTER

WWW.FAMILYSMART.CA

FREE APPS

BoosterBuddy, MindShift, MyLife Meditation

COUNSELLING

Child and Youth Mental Health Services

BC Psychological Association

BC Association of Clinical Counsellors

Canadian Counselling and Psychotherapy Association

For more resources please visit our website

Kids Resources

9-8-8 EMERGENCY CRISIS NUMBER

KIDS HELP PHONE kidshelpphone.ca

Text or call 1 (800) 668-6868

BREATHR APP

Easy and fun ways to practice mindfulness. Developed by the Kelty Mental Health Resource Center and BC Children's Hospital

