

# Helping children build resilience and manage stress

**Kingsgate Parents and Carers**

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**10.00-12.00**

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# Today we will think about...

- How to spot the signs of stress in your child
  - What we can do to reduce our child's stress
  - What 'emotional resilience' is
  - How to build your child's emotional resilience
-

# What causes my child stress?

**Few outlets  
for stress**



Bullying/  
friendship  
issues



Busy  
schedules

**Lack of  
sleep**



School  
pressure

**Technology**



Parental  
stress



World affairs  
/news

Anxious

Difficulty sleeping

Difficulty concentrating

Feel hopeless

Tearful/  
Emotional

Disproportionate thinking

Mood swings

Physically sick

Worried

Feel sick

Isolating selves

## Signs of Stress

Fixated on an issue

Angry/  
Aggressive

Avoidant

Low self-esteem

Unable to cope

Feel alone

All or nothing thinking

Irritable

Shouting/  
Argumentative

Heart racing

Poor eating habits

# Impact of Stress

**Stress → Fight or flight response**

<https://www.youtube.com/watch?v=mtRrxNTnyh8> (Time 0-1.36 / 2.05)

**Short term = good**

✓ **Helps us to cope with life's challenges**

**Long term = can be dangerous**

x Can lead to mental health or physical health issues

# Why don't we react to stress in the most efficient way?

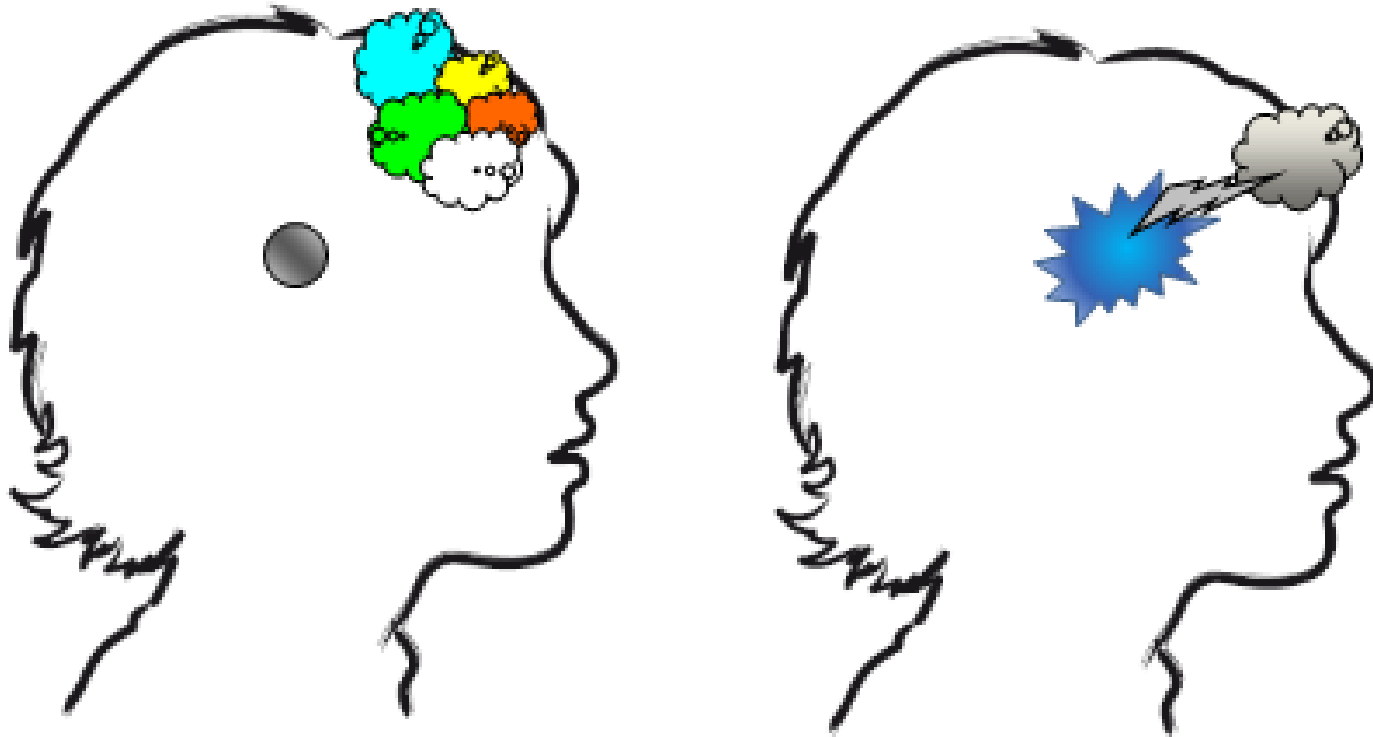
Poor  
emotional  
hygiene

Limited  
coping  
strategies

Brain gets  
stuck in fight/  
flight/freeze  
response

# Getting stuck in fight / flight / freeze response

## The Thinking Brain and the 999 Brain



**Self-regulation**

# Emotional Resilience and Mental Health

Being able to cope with the ups and downs of life is part of having good mental health

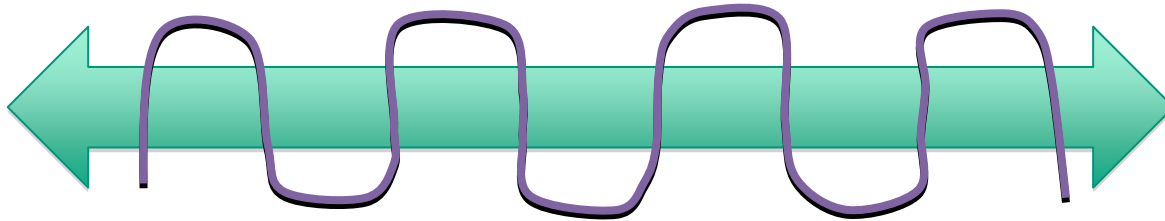
**We all have mental health**



# Mental Health Continuum

## Good Mental Health

## Poor Mental Health



- Feel, express and manage a range of positive and negative emotions
- Form and maintain positive relationships
- Cope with change / adversity

- Unable to feel, express or manage a range of positive and negative emotions
- Unable to cope with change / adversity / life stressors leading to impaired functioning

# Learning how to cope with stress and building emotional resilience

- What is emotional resilience?
  - Having 'Bouncebackability' when things go wrong
  - Managing life's challenges
  - Managing **small** and **big** feelings
  - Being able to ask for help

# Building good emotional hygiene

- <https://www.youtube.com/watch?v=F2hc2FL>  
[Odhl](#)
- Time: 1.55 – 3.23. Looking after our psychological health
- Time: 5.40 – 6.28 Loneliness
- Time: 7.33 – 9.32 Failure
- Time: 10.35 – 13.33 Rejection

# Emotional resilience

By :

- taking action when you're lonely
- changing responses to failure
- protecting our self-esteem
- battling negative thinking

**→ build emotional resilience**

# Strategies to reduce stress



Catch up  
with  
friends




Read



Listen to  
music



Play!



Talk to someone  
about how  
they're feeling



Exercise

# What can you do?

## 1. Talk about coping strategies

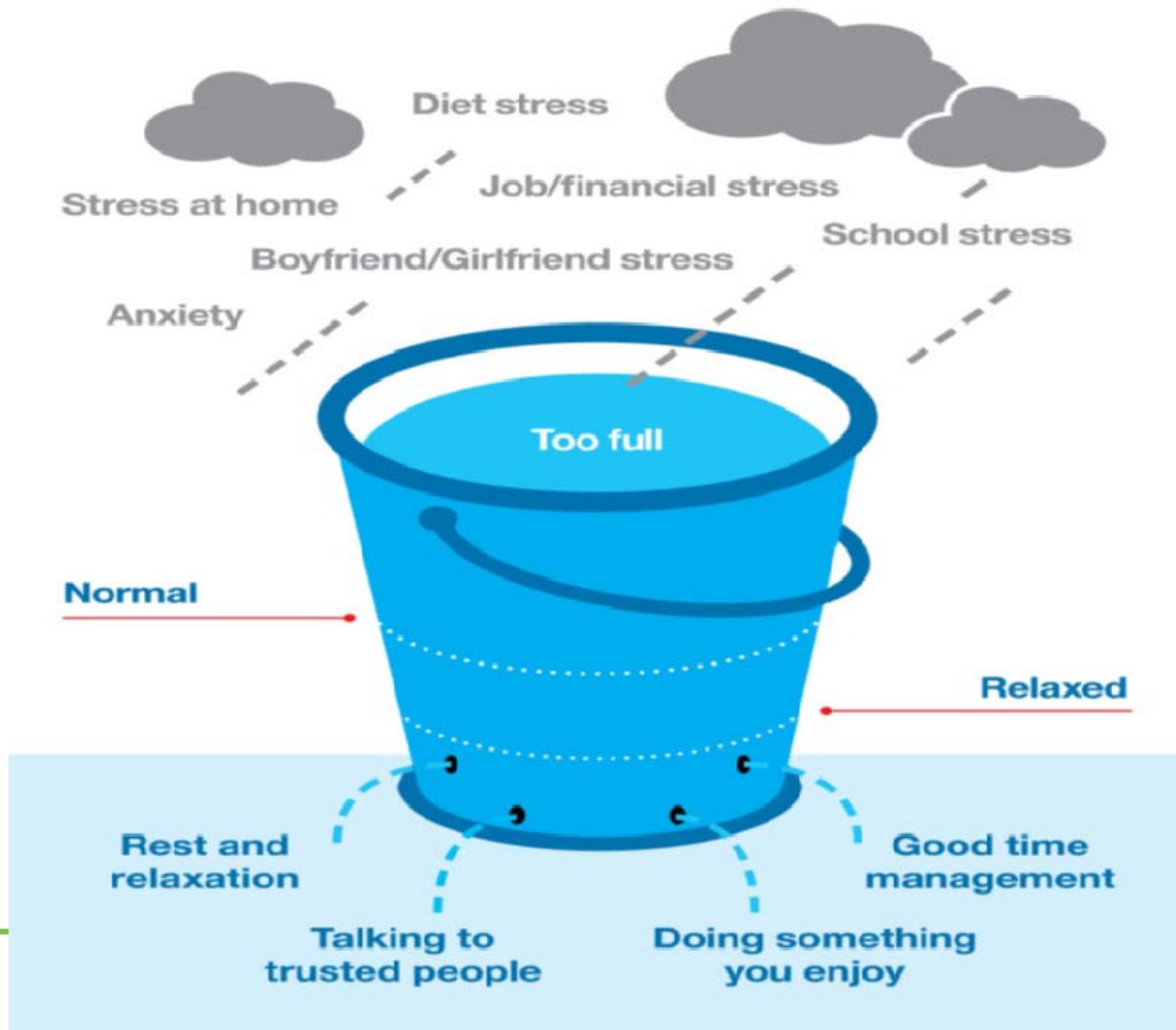
- Ask your child what strategies they use to cope with stress
- Share strategies you use
- Think together about healthy and realistic strategies
- Relaxation techniques

## 2. Encourage your child to talk about their feelings (and talk about yours!)

- Small and big feelings:

[https://www.youtube.com/watch?time\\_continue=10  
&v=nCrjev3-Js](https://www.youtube.com/watch?time_continue=10&v=nCrjev3-Js)

# Learning how to cope with stress



# What can you do?

## 3. Have supportive conversations

- Validate feelings
- Take it seriously, give full attention
- Be empathetic
- Stay calm
- Think about the right time and place e.g. in the car, walking, doing an activity together
- Talk about your own experience
- Problem solve together
- Be approachable



# What can you do?

## 3. Reframe thinking

- Use resilient language:
  - “You can do this!”
  - “You put so much effort in!”
  - “It’s good to make mistakes, that’s how we become even better!”
- Unhelpful vs positive thinking
- What went well today?
- When have you coped well before?
- Put things into proportion

# What can you do?

## 4. At home

- Provide regular routines, rules and consistent boundaries
- Lots of praise
- Healthy meals / snacks
- Physical activities
- Read stories
- Play together
- Yoga, Mindfulness, Meditation

# Scenarios

- Your child never feels like they are good enough and that they aren't doing well at school
- Your child is worried about moving up to the next year
- Your child is feeling overwhelmed by the number of extra-curricular activities they are doing
- Your child is upset about falling out with a friend
- Your child is worried about doing a piece of homework

# Where to get Advice and Support

- Teachers / support staff
- Family / Friends
- School Nurse
- GP



## Information:

- MindEd for Families -

[https://www.minded.org.uk/families/index.html/](https://www.minded.org.uk/families/index.html#/)

- Charlie Waller Memorial Trust -

<https://www.cwmt.org.uk/resources>

- Pooky Knightsmith blog - <http://www.inourhands.com/>

- Young Minds -

[http://www.youngminds.org.uk/for\\_children\\_young\\_people](http://www.youngminds.org.uk/for_children_young_people)