

Dealing with big Emotions Workshop





me

House keeping

- Confidentiality
- Emotive subject
- Respect
- Questions/ further information please email Maria.mcnulty@halton.gov.uk

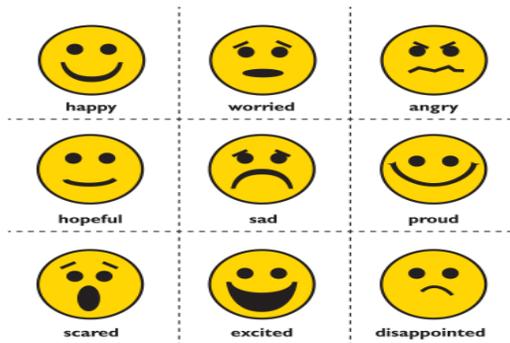
Aims of The Session



- To understand what mental health is.
- How to deal with big emotions
- What you can do to improve your child's mental health through the 5 ways to wellbeing
- Look at support services available if you should need more advice

What does mental health mean to you?

Its how you think, feel and act

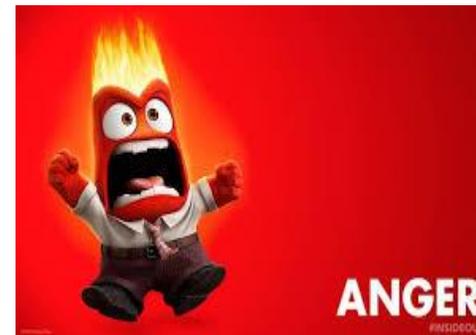


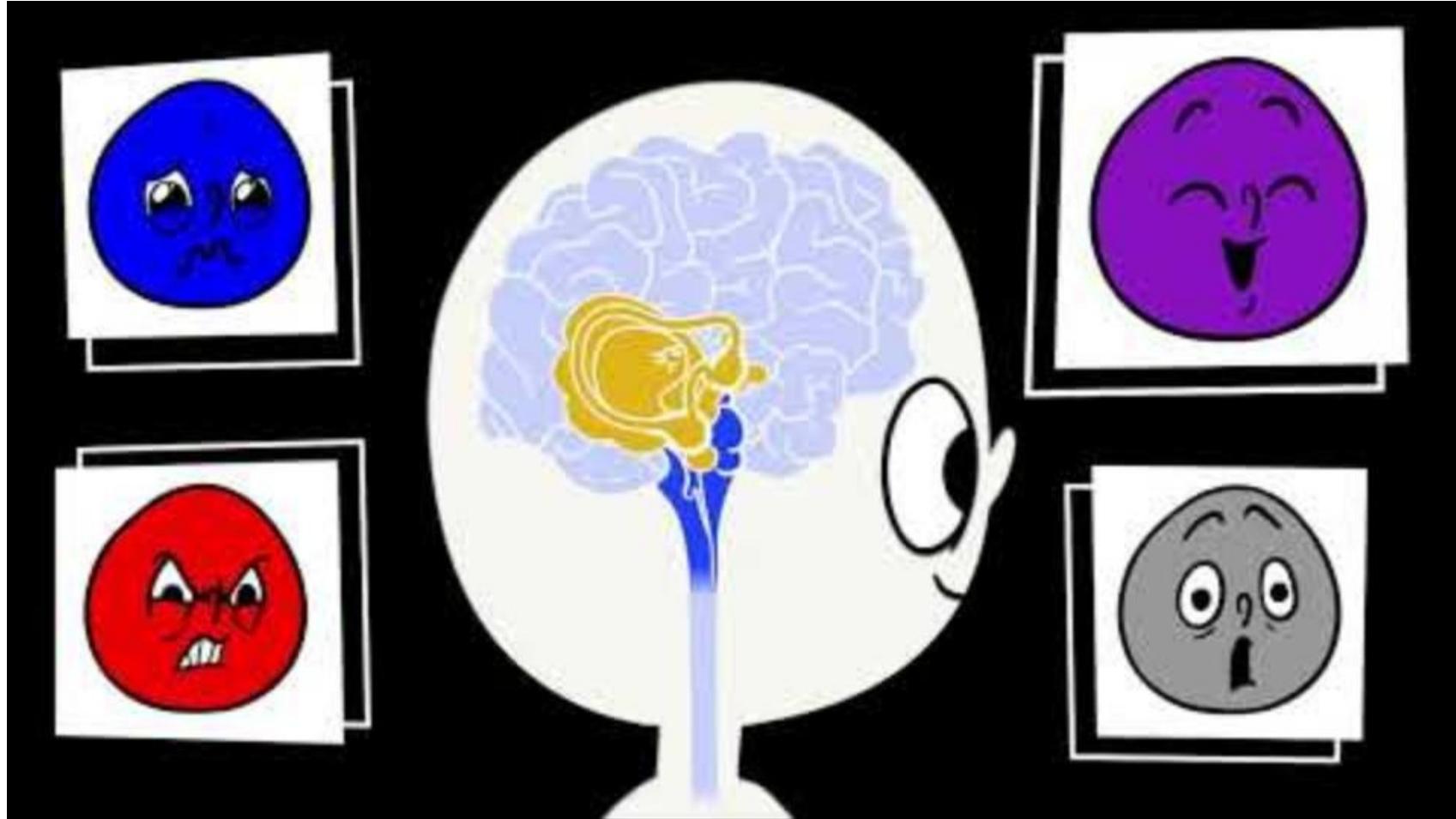
Where is Your Mental Health?



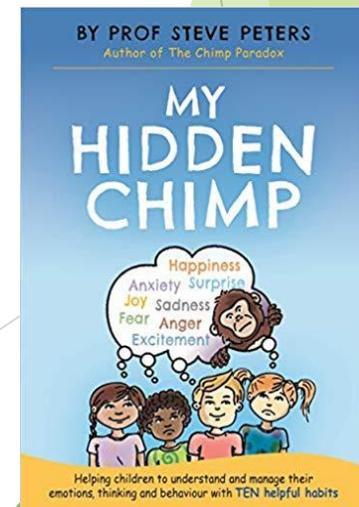
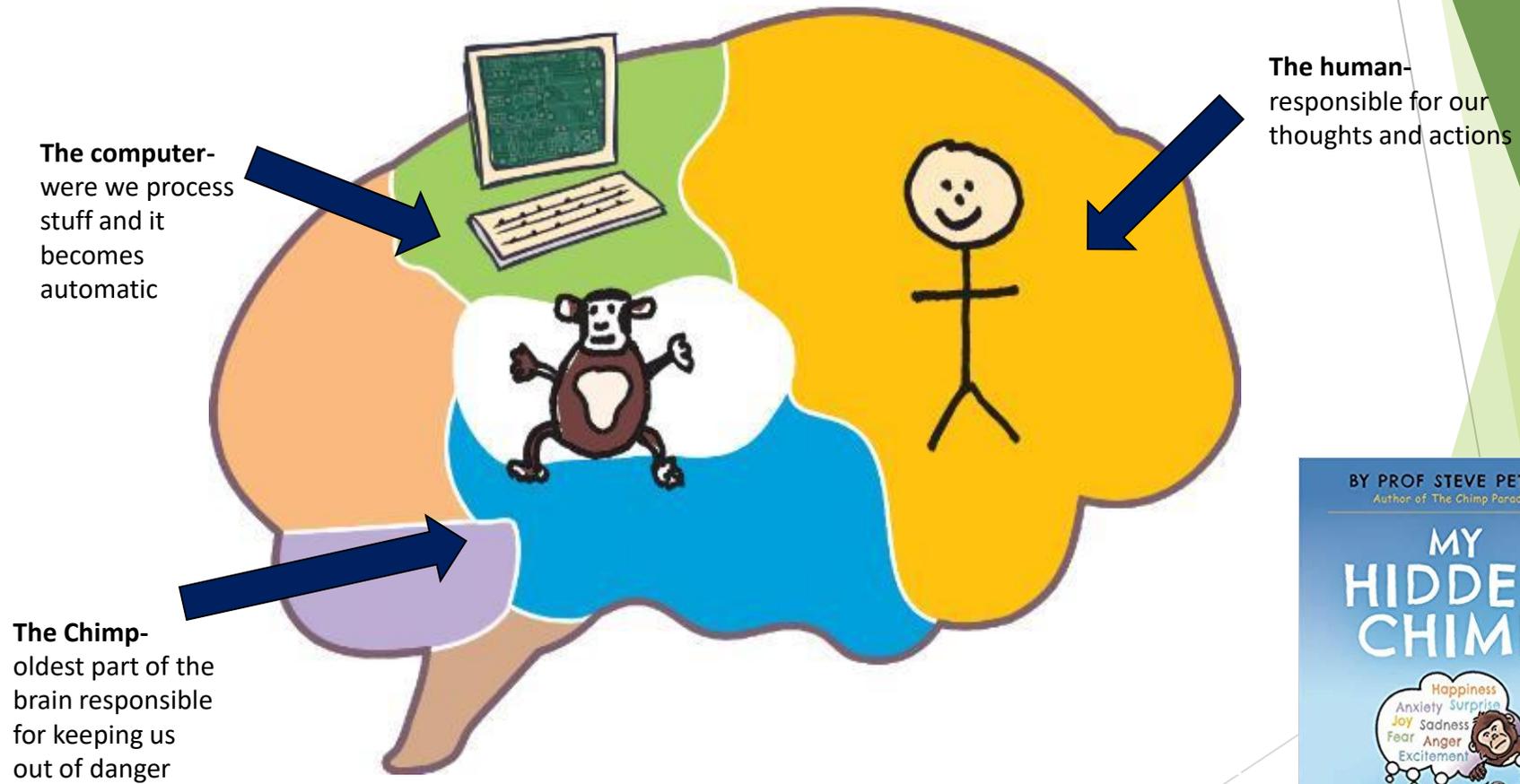
Understanding the Emotions which give rise to our Behaviour

We are all born with these emotions. They are “hard-wired” to help support survival through adapting our behaviours





How the brain Works



Using Our Senses to Feel Calm

When our feelings feel too big or too small, our senses can help us feel safe and calm.

Touch

Helps when we feel:
worried, fidgety, unsettled

- Squeeze a stress ball
- Hug a soft toy
- Wrap up in a blanket
- Play with playdough.



Smell

Helps when we feel:
stressed or overwhelmed

- Smell lavender or flowers
- Take deep breaths of fresh air
- Smell a favourite soap



Sight

Helps when we feel:
distracted or busy in our head

- Look at calming pictures
- Watch bubbles
- Look outside at nature



Sound

Helps when we feel:
tense or noisy inside

- Listen to calm music
- Nature sounds
- Quiet time



Taste

Helps when we feel:
unsettled or anxious

- Crunchy snacks
- Drink water
- Chew gum



Body Awareness & Movement

Helps when we feel:
restless, angry, wiggly, tired

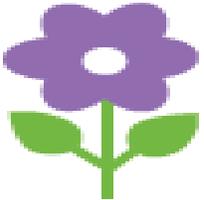
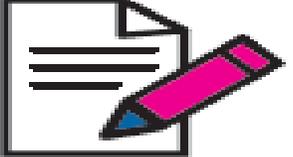
- Jump or hop
- Wall push-ups
- Stretch
- Slow breathing



Remember:

Everyone is different – what helps one person feel calm might not help someone else.
Try different senses to find what works best for you!



 <p>Dance to your favourite song</p>	 <p>Have a drink of water</p>	 <p>Do some colouring</p>	 <p>Smell your favourite smell</p>	 <p>Hug a toy</p>
 <p>Think of a happy memory of your friends/family</p>	 <p>Think of the three best moments of the day</p>	 <p>Do five star jumps</p>	 <p>Ask for help</p>	 <p>Take some deep breaths</p>
 <p>Talk to a friend online</p>	 <p>Write down how you are feeling</p>	 <p>Think of a happy time</p>	 <p>Watch television</p>	 <p>Imagine your favourite place</p>
 <p>Think of three solutions for your problem</p>	 <p>Have a nap</p>	 <p>Say you're sorry</p>	 <p>Make a list of things you are good at</p>	 <p>Do a full body stretch</p>

FEELINGS THERMOMETER



How do you feel?

What can you do about it?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity

HOW TO HELP CHILDREN REGULATE THEIR EMOTIONS

1. STAY CALM YOURSELF

Children co-regulate before they self-regulate.

- Speak softly and slow down your v:
 - Keep your body language relaxed
- Take a deep breath so they can mirror your calm.

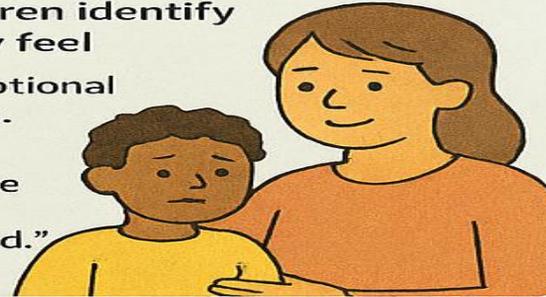


2. NAME THE EMOTION

Help children identify what they feel

builds emotional awareness.

- 'It looks like you're feeling frustrated.'



3. VALIDATE THEIR FEELINGS

Show empathy, even if you don't agree with the behaviour.

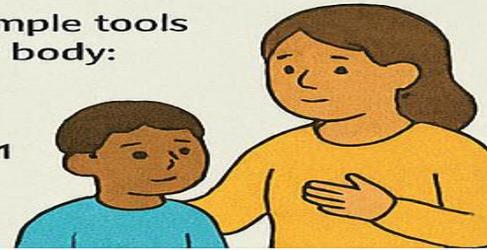
- 'It's okay to feel angry.'
- 'That was really disappointing.'
- Use simple words: sad, angry, worried, excited, overwhelmed



4. TEACH BREATHING & GROUNDING

Give them simple tools to calm their body:

- Coluran breathing
- 5-4-3-2-1-1 grounding



5. CREATE A CALM CORNER

Include:

- Cushions
- colouring materials
- Sensory toys
- Emotion cards
- Books about feelings



6. PROBLEM-SOLVE TOGETHER (after they're calm)

What happened?
What could we try next time?
What might help if this happens again?



7. MODEL HEALTHY REGULATION

Try "I'm feeling stressed."



8. BUILD DAILY EMOTIONAL FITNESS

Just like physical muscles,



Negative impact of tablet and smart phone use

- ▶  Sleep Disruption
- ▶  Impact on Attention, Concentration and Regulating emotions
- ▶  Mental Health Concerns- Increased Risk of Depression and Anxiety
- ▶  Impaired Social Skills

Resilience: The Art of Bouncing Back



TIPS TO BUILD EMOTIONAL RESILIENCE IN KIDS

Spend quality time with kids.
When they feel loved and supported, children develop emotional strength.

Talk about feelings so your child learns to share their worries and fears with people they trust.

Instead of rushing to solve problems, give kids time to work things out themselves.

When children experience failure or disappointment, it's important to praise their effort and encourage them to try again.

Acknowledge your own mistakes to teach kids that mistakes are essential for learning and growth.

If your child can't find a solution to a problem, use gentle questioning to guide them towards it.

Ensure kids are eating well and getting enough sleep and exercise.



What help's a Child or Young Person be more Resilient?

- ▶ **What could you do as a parent to encourage resilience?**
- ▶ Resist the Urge to Fix it
- ▶ Teach Problem solving skills
- ▶ Label Emotions
- ▶ Demonstrate coping skills
- ▶ Embrace mistakes



Explainers

5 Ways To Wellbeing



Trying/Learning different things



Take Notice



Give something back



Be Active



Connect with friends and family



Useful Apps



Smiling Mind is building healthy minds, engaged classrooms and mindful learning environment



Think Ninja 10-18 helps manage moods



If you are having thoughts of self-harm



MOVE MOOD

Move Mood is a free app to help teenagers manage low mood and depression.

Mental Health Info Point

i COST OF LIVING: ADVICE AND SUPPORT

Need Help Now?

 **I'm an adult & I need help with**

Information for Adults

 **I'm a young person & I need help with**

Information for Young People

 **Parents & Carers**

Information for Parents & Carers

 **Looking after your mental health**

Information on looking after your mental health

 **Need help now?**

Information if you need help now.

 **I'm a professional**

Information for Professionals

 **Workplaces**

Information and Resources for workplaces

 **Feedback**

Send feedback about the mental health info point.



www.halton.gov.uk/mhinfopoint

Information for Young People

Need Help Now?

Drugs and Alcohol

Domestic abuse

Gambling and mental health

Anxiety

Depression

Stress

LGBT+

Self Harm

Support For Children

Up to 18 [Headz Up Halton Drop in](#)

Emotional Support via Web Chat for 11 to 25 year olds [Kooth](#)

Chat Health text service between 9am and 5 pm. You will receive a response within 24 hours simply send a text to the following number **07507 330521**

Emotional Health Common Topics



Anxiety



Depression



Social Media Impact

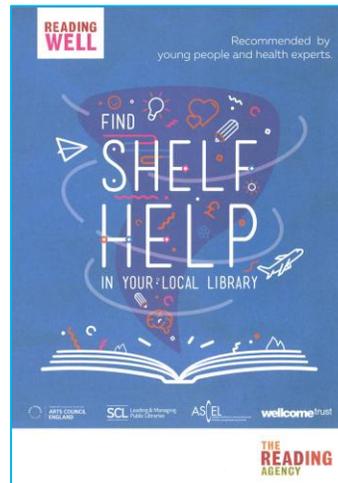
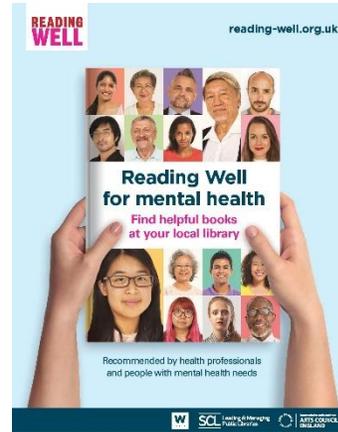
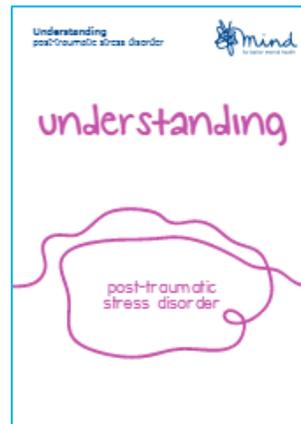
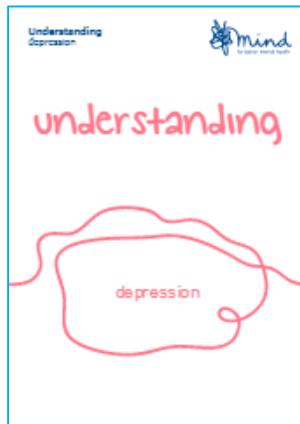
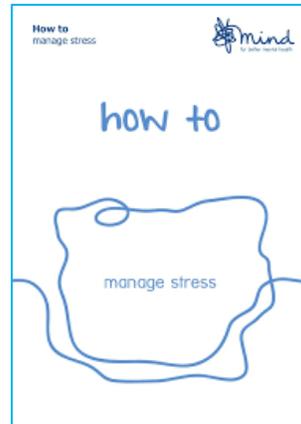
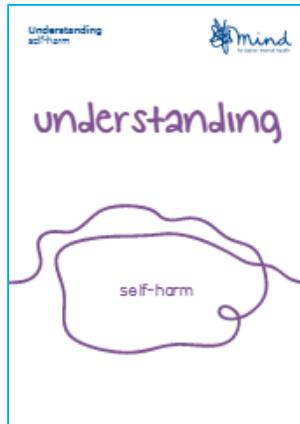


Building Self-Esteem

Family hubs combine services from council, NHS community and voluntary organizations in one place to provide support and information for families.

[Family Hubs - Home](#)

Self-Help



<https://web.nth.nhs.uk/selfhelp/>

Looking after your own Mental Health

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about.



Every Mind Matters self-care tool

Your Mind Plan can help you to take simple steps to look after your mental health and find a good work-life balance

<https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool>

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Please help us improve our service by scanning the QR code and filling out a short questionnaire on how today went.**



[Give your feedback here.](https://www.halton.gov.uk)

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