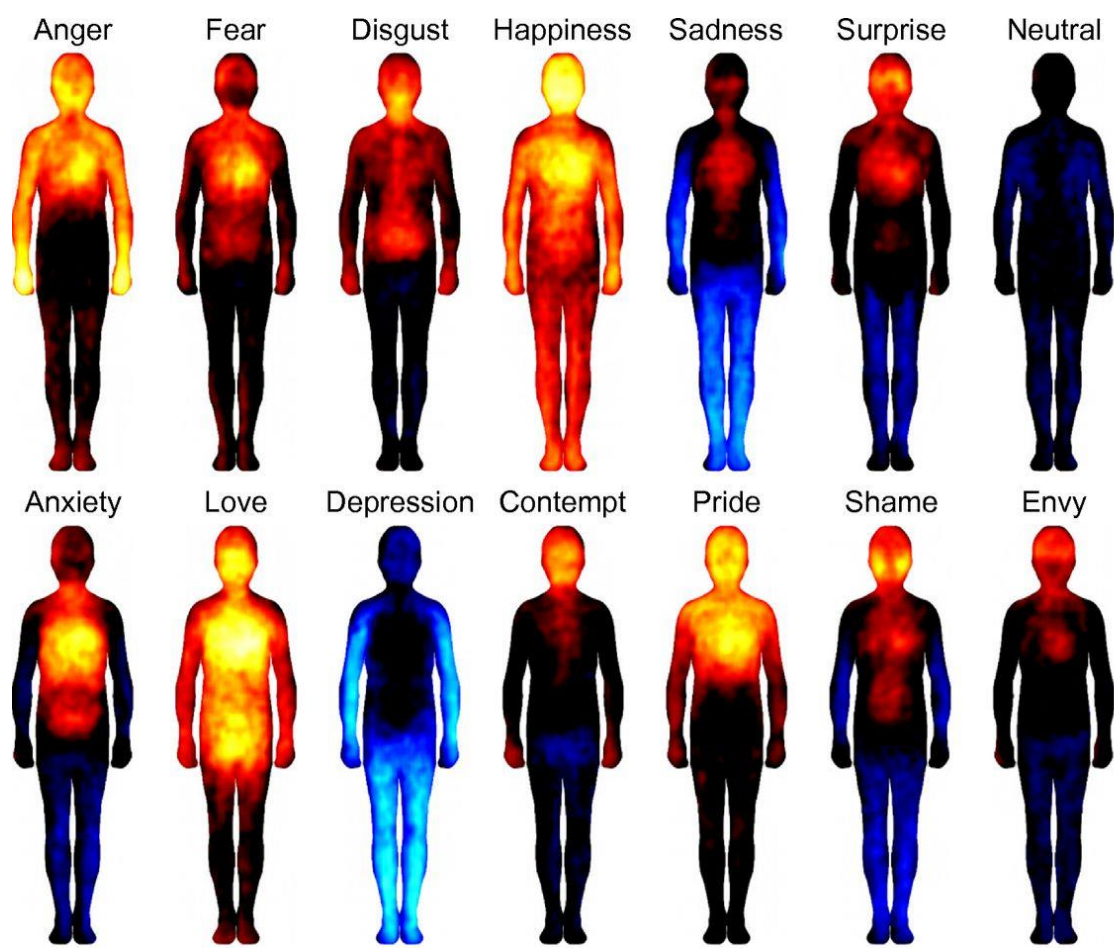


Emotion Coaching

A parents bite size
guide – session 5



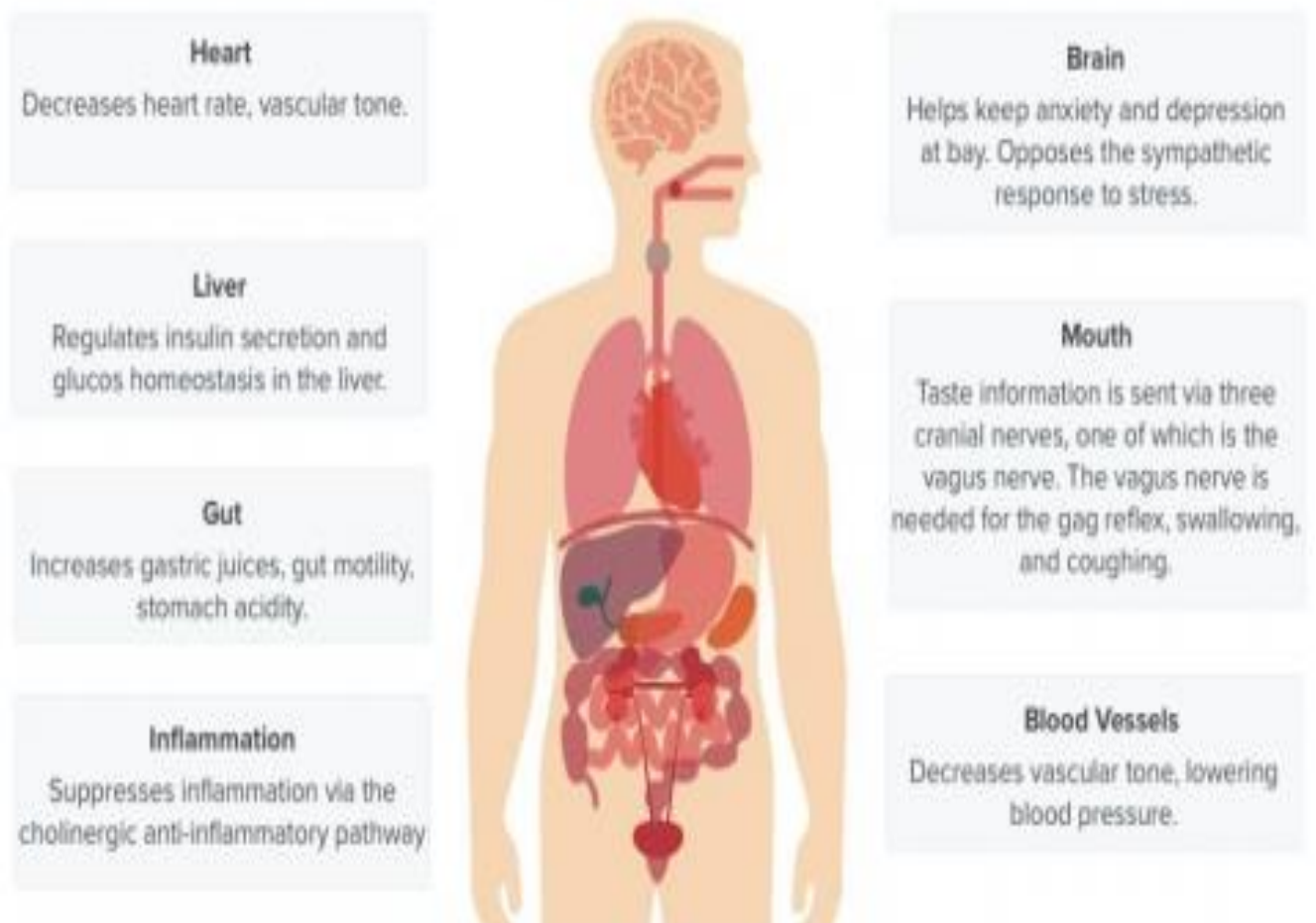
These 'body maps' show parts of the body that get 'activated' during different emotions.

Remember all emotions and wishes are acceptable, but not all behaviours are.

The Vagus Nerve

- Remembering the hand model from session 1 a way in which we can help the thinking and emotion brain to connect and allow us to regulate our emotions more easily is through increasing our vagal tone. Some ways we can do this is through emotion coaching and mindfulness.
- Here are some of the ways in which the Vagus Nerve affects our organ system.

How The Vagus Nerve Affects Organ Systems



- Having a higher vagal tone means that our body can relax faster after moments of stress. Really important for both young people and adults.
- Some tips to restore your vagal nerve;
 - Alternating hot and cold water in the shower or just on your face
 - Singing
 - Laughing
 - Hugging
 - Having a healthy gut, so a good diet and probiotics
 - Reducing jaw tension
 - Release tension in your neck

Conversation with your teen- anger

This week we would like you to talk to your teen about anger. Ask your son or daughter what they notice about their friends when they are angry.

What do they observe when their friend is angry?

What kinds of physical signs would they notice (body language)?

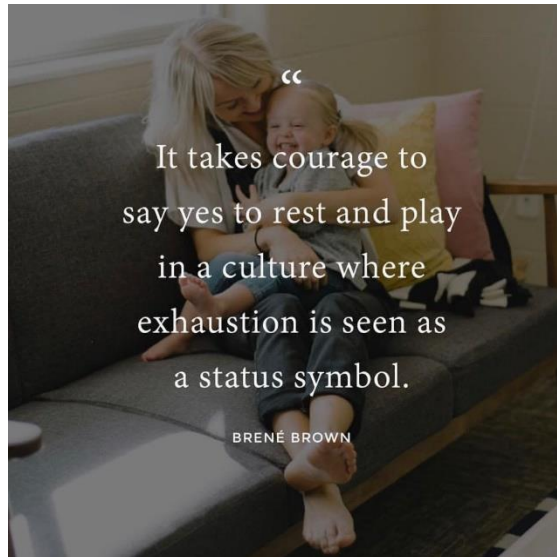
Do they have a story that would illustrate this?



How could we tell someone we are experiencing anger?



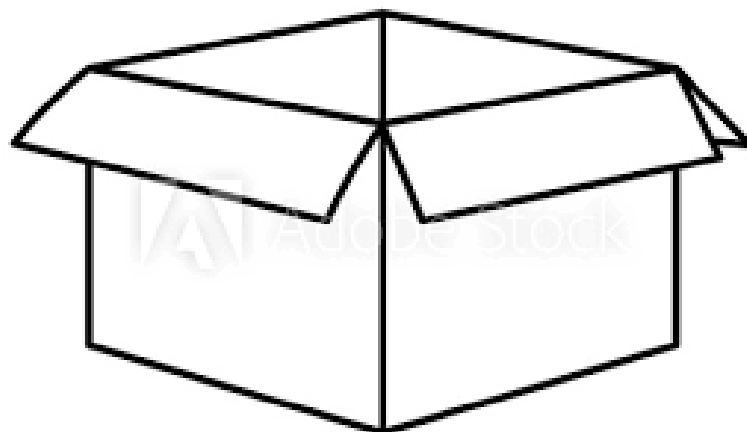
Don't forget that we all experience emotions differently and for different reasons, there is no right or wrong way and that's okay.



Self-care is really important for both adult and young people,

When working in schools we ask young people to complete a wellbeing toolbox of self-care. This can be anything you do to feel good, everyone's box will be different and we will need to use different things at different times of our life. The things we have in our boxes will also change but it is important to realise what our tools are and that we do have them.

Complete your own wellbeing toolbox and ask your young people to make their own.



#270565303

Common things we see in young people's wellbeing toolbox

- Gaming
- Sleeping
- Quiet time in their room
- Eating favourite food
- Chatting to a friend
- Making TikToks
- Exercising
- Playing sports
- Reading
- Drawing
- Playing with younger siblings
- Playing with a pet
- Being organised
- Getting enough sleep
- Talking to someone I trust

Some tips to help manage conflict at home with your teen

Managing conflict

Conflict is part of human relationships. If there is conflict, it doesn't mean that something is wrong with the relationship. Some conflicts are never resolved, but compromises are reached, such as around housework and computer use.

The way we feel about conflict can influence how we respond. When your children fight, or you are in conflict with them, what is your automatic reaction? Consider what you want your children to learn about conflict, and what you are teaching them. The following pointers might help:

- If your children are in low-level conflict, remind yourself that they are learning skills that will help in other relationships. Leave them to it.

- If sibling conflict is at a moderate level (raised voices or heightened emotions) check how everyone is going. You can describe what you see/hear: 'You two sound like you are getting really angry with each other, are you okay sorting this one out?' and reflect back each person's position.
- If conflict is at a high level, assist your children to manage their strong feelings, then resolve the conflict once everyone is calmer (see below).
- If conflict is occurring often and about the same issue, try talking the problem through when everyone is relatively calm.

Possible steps in resolving conflict include:

1. To manage strong feelings, encourage the use of strategies from the handout *Things to do when you are angry*, such as building in a pause and time away. Resolution of conflict is best done when calm.
2. Either together or separately, ask each person for their perception of the problem: having a clean room, siblings sharing a computer, respecting property, wearing siblings' clothes without permission.
3. Assist each person to brainstorm issues they won't compromise on.
4. Then mind map a list of issues they will compromise on. Ask them to bear in mind that the more they are willing to give, the better the chance that the other person will also be willing to compromise.
5. Present your lists to each person and help them to listen to each other's perspective.
6. Explore compromises together or separately: agreed times of computer use, or (for conflict between parent and teen) that their room will be clean by a certain time and the door kept shut in between.

It might also be useful to Emotion Coach after the event.

(Tuning Into Teens handout 53)