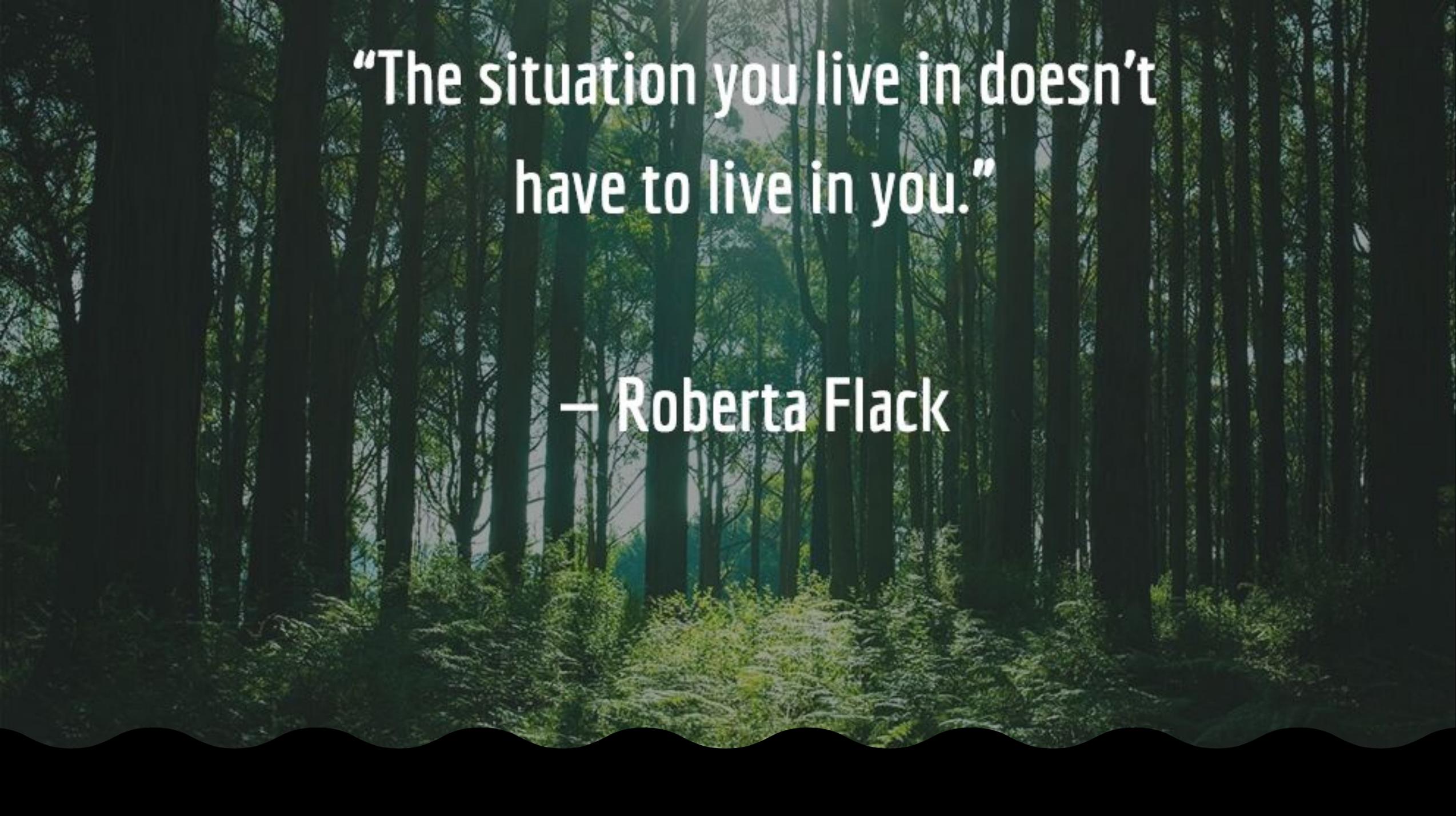




THE POWER OF A PARENT'S INFLUENCE

PRESENTED BY: : LAURA CAMPBELL, CERTIFIED
LIFE/LEADERSHIP-COACH, AND CRISIS COUNSELOR

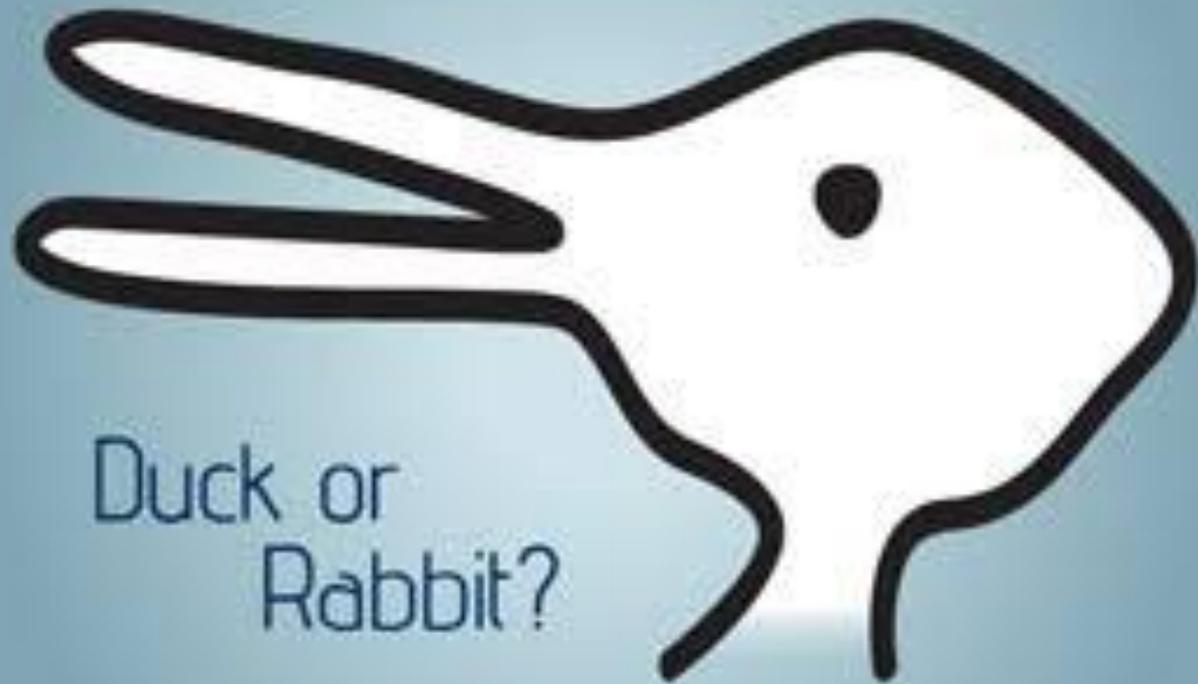


**“The situation you live in doesn’t
have to live in you.”**

— Roberta Flack



Mind Full, or Mindful?



Duck or
Rabbit?

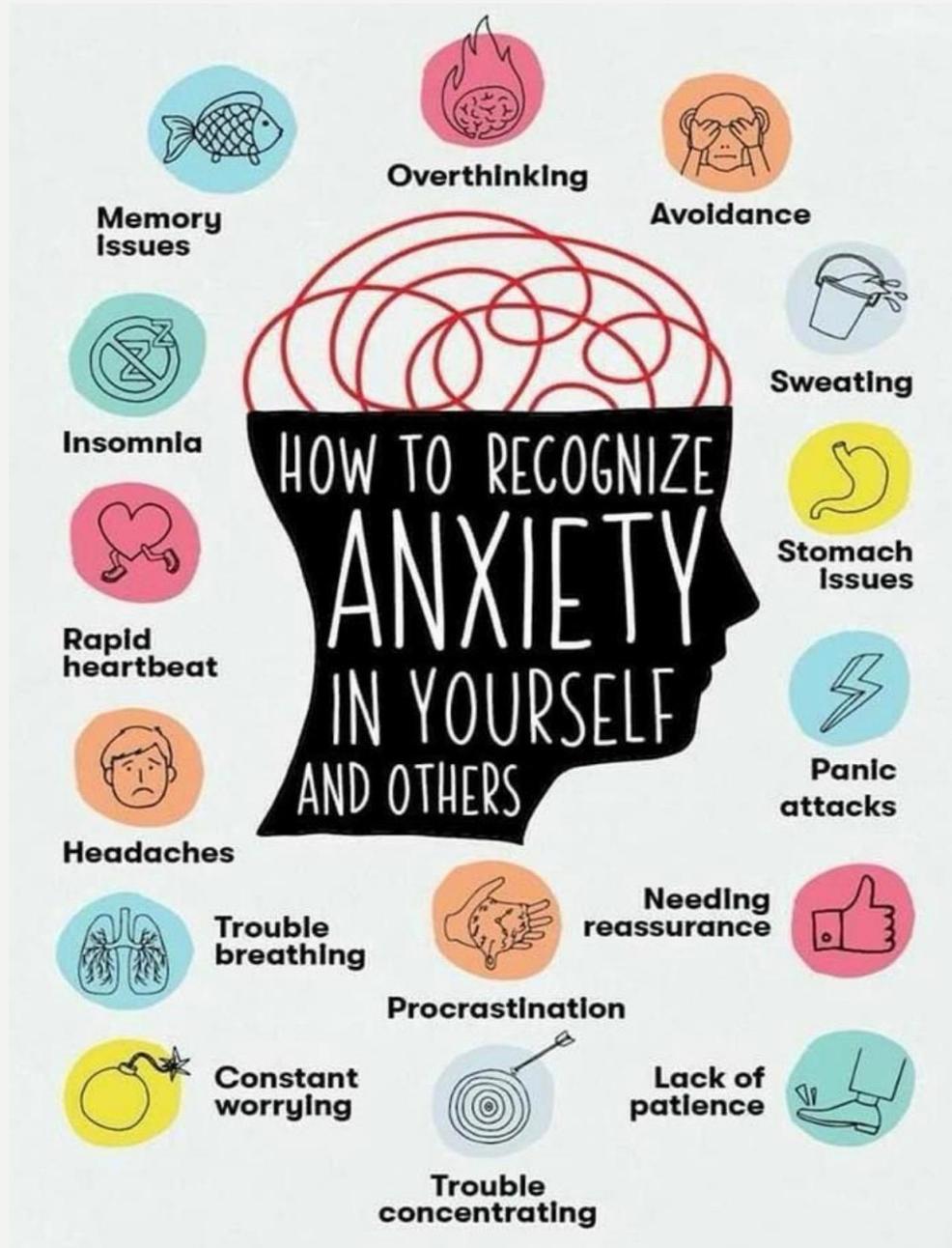
INTERPRETATION

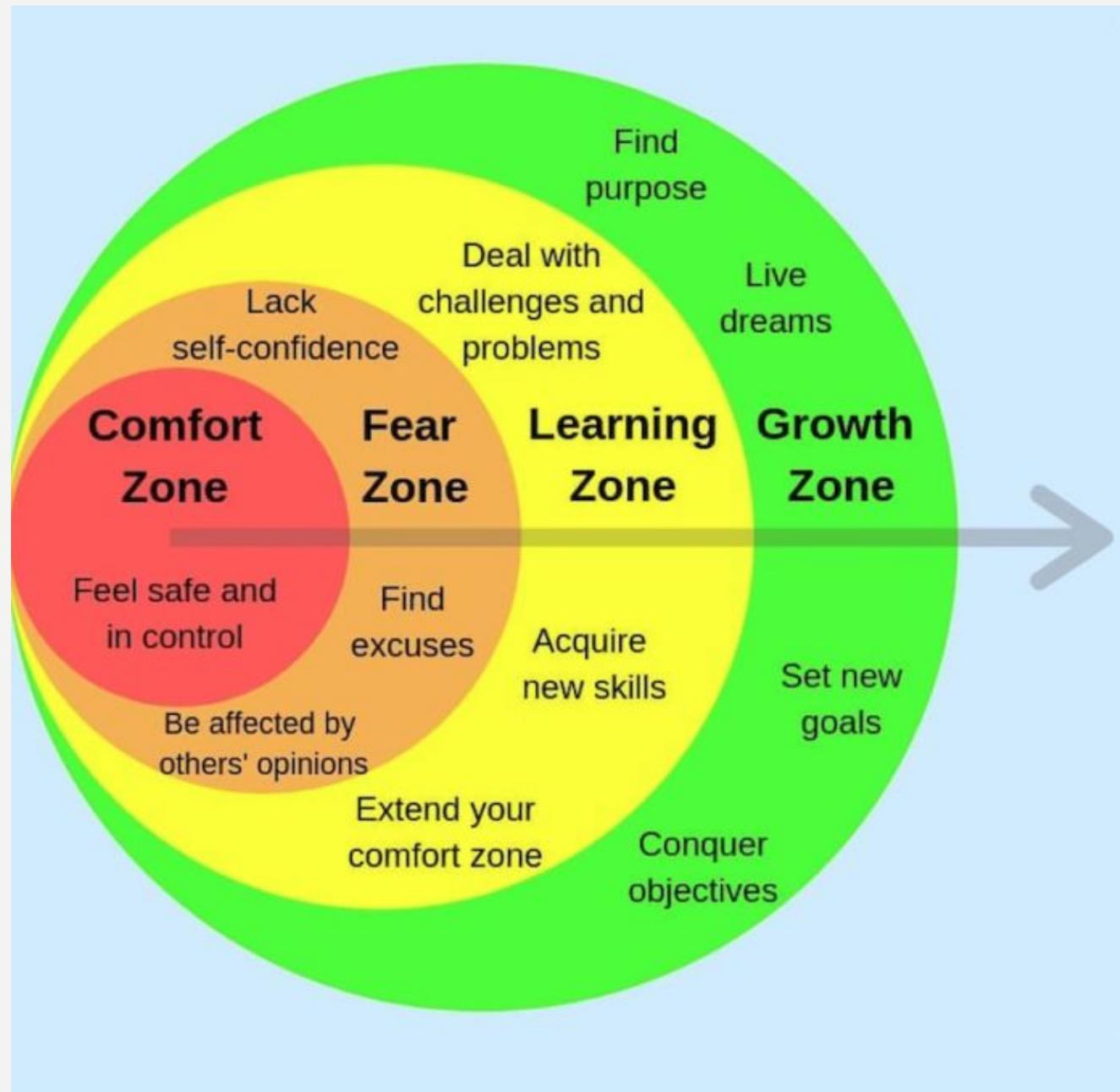
**WE CAN'T ASSUME WE
KNOW WHAT THEY'RE
THINKING.**

**PRIOR TO THE
CORONAVIRUS, THE NIH
STATED...**

***“The National Institute
of Health predicts that 1
in 3 adolescents, ages
13-18, will experience
an Anxiety Disorder.”***









Is the environment in our home conducive for **Growth?**

resilient

adjective | re·sil·ient | \ri-'zil-yənt\

Simple Definition of RESILIENT

Popularity: Top 1% of lookups

: able to become strong, healthy, or successful again after something bad happens

: able to return to an original shape after being pulled, stretched, pressed, bent, etc.

- Resilience is a word taken from engineering, where it refers to the ability of a physical material to withhold external stress. A resilient material has hardness, flexibility and strength.. In psychiatry, it's similarly used for how humans respond to stress and adversity.

THE 3 R'S

Reassurance: Reassure your children about their safety and remind them of the many "helping people" there are in the world. Let them know that their safety is the adult's job.

Routine: We are all grieving life as we knew it. Our routines provide a sense of safety and predictability, which are very important in times of crisis and uncertainty. Create as many routines at home as you can.

Regulate: Emotions are meant to be expressed! Self Regulation is a major factor in emotional intelligence. Cornell University's 16-year study on NSSI states that lack of Self Regulation is the number 1 reason that students self harm.



**FEARLESS
PARENTING
MEANS...**

Fearless

Parenting...

We have empathy. Understanding the feelings they have, without shame.

We start age appropriate discussions with them to get insight into how they feel.

Allow them to feel heard by listening empathetically and validating their feelings.

Be honest- it's ok if you don't have all the answers right now.

Know that their thoughts create their feelings, and their behavior reflects feelings

If we understand they are speaking through their behavior, we can be curious.

EMOTIONAL REGULATION



HOW TO SHIFT AN EMOTION...

Self Awareness! Identify the feeling. Name it. No need to judge it. Journal it. What is it trying to tell you? Where do you feel it in your body? Shift attention.

Exercise! Go for a walk, do crunches, push ups, yoga, shake and dance to music!

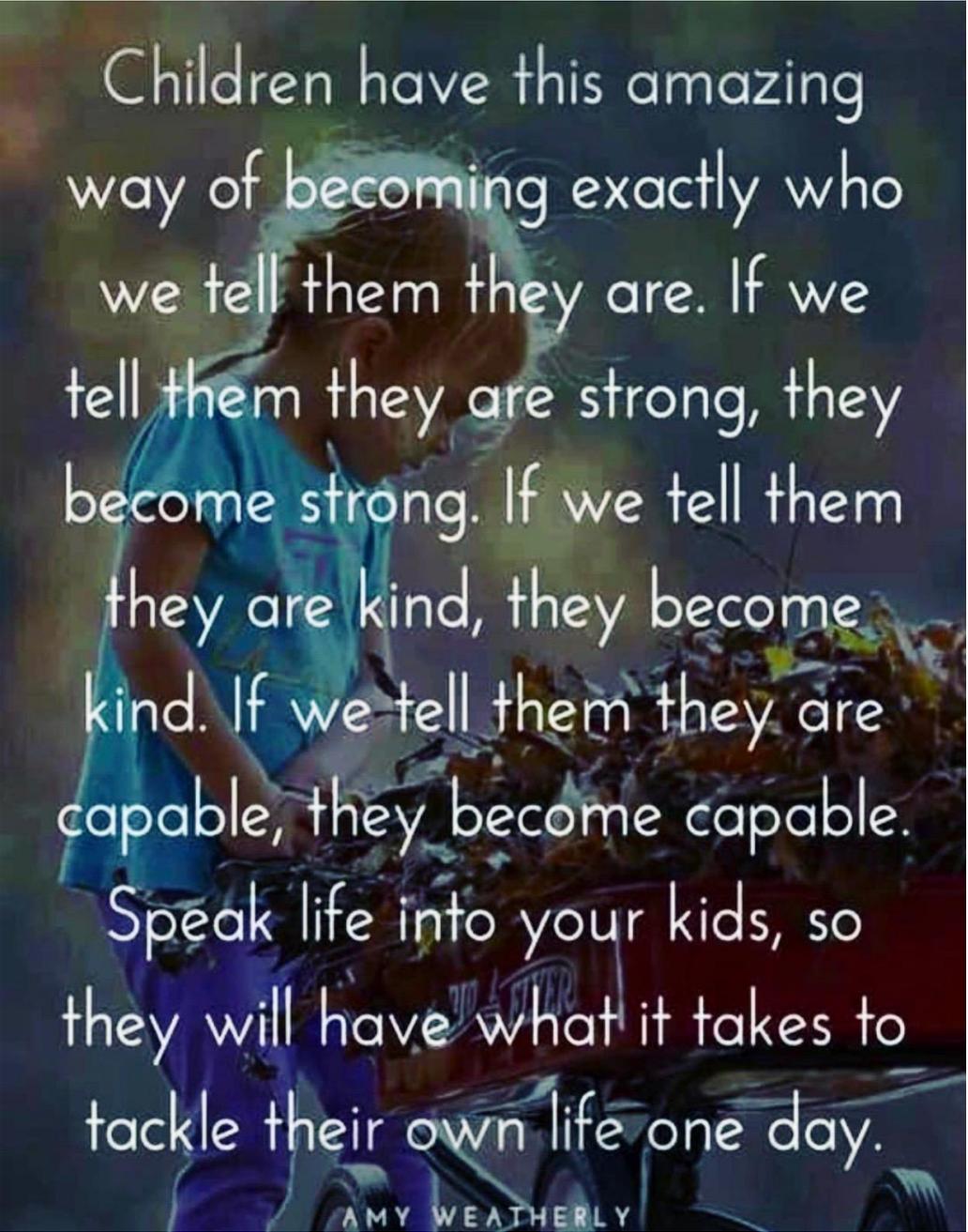
Practice Mindfulness! Be present. Feel your heartbeat. Practice 5, 4, 3, 2, 1

Shift your thoughts! Challenge ANTS. Speak to your right brain.

Random Acts of Kindness! Send a note, check in on a friend, facetime.

HOW DO YOU DEFINE GOOD MENTAL HEALTH

- When we have good mental health, we're in a place of peace and harmony with our social, emotional and psychological states.
- We have found a life including social connections with others.
- We deal with tragedy and happiness in our lives, and authentically experience all the emotions open to us- pause and decide our focus.
- A person finds coping strategies, practices self-care and recognizes the connections between thoughts and emotions.



Children have this amazing way of becoming exactly who we tell them they are. If we tell them they are strong, they become strong. If we tell them they are kind, they become kind. If we tell them they are capable, they become capable. Speak life into your kids, so they will have what it takes to tackle their own life one day.

AMY WEATHERLY

**WE NEVER
OUTPERFORM OUR
SELF-IMAGE**

WHEREVER YOU ARE,
BE ALL THERE

· JIM ELLIOT

