

FRIENDS - FOR LIFE -

RELAXATION EXERCISES

- Diaphragmatic Breathing
- Muscle relaxation
- Visualization



THE SIX-BLOCK PROBLEM SOLVING PLAN

- 1 Define the problem
- 2 List the possible solutions (brainstorm)
- 3 List what might happen for each solution
- 4 Select best solution
- 5 Put plan into action
- 6 Did it work? – evaluate outcome



Helpful Thoughts

THOUGHT CHALLENGERS

- Are you exaggerating?
- Are you sure this is really going to happen?
- Is this really true?
- How much does it matter what other people think?
- Are you forgetting the positives?
- Can you really expect to be perfect at everything you do?
- What is the worst thing that could happen?

THE CALM WAY TO HANDLE CONFLICT

C Cool down

A Acknowledge feelings

L Listen and list

M Make a solution

ATTENTION TRAINING

- To focus on the positives aspects of every situation
- To expect good things to happen

GOAL



COPING
STEP PLAN

PARENT STRATEGIES

for Helping Your Child

TO BE MORE RESILIENT

- ⊙ Ignore anxious behaviour, such as continuous reassurance seeking. **Catch your child being brave!**
- ⊙ Use descriptive praise, always stating the behaviour you are reinforcing. i.e. ***"I'm so proud of you for trying out for the basketball team, even though you were worried."***
- ⊙ Try to model positive coping. **Modelling** is an important way to teach children positive coping skills. i.e., "Sometimes mom (dad) feels worried and sad, but after a few deep breaths and some helpful thoughts, I feel better."
- ⊙ Help your child to identify the positive aspects of a situation. **Attend to the positive! Praise partial success!** Praise for trying, not for perfection!
- ⊙ When your child is worried, stressed or nervous you can help by taking the following steps...
 - Share child's plan with teacher (school)
 - Build in breaks during the day with teacher's assistance
 - Drink of water
 - Quiet time
 - Relaxation exercises
 - Go for a walk (kick a ball)
 - Rest and sleep
- ⊙ Encourage your child to **allocate calm relaxing** times into his/her day
- ⊙ Encourage your child to make & keep **healthy friendships**
- ⊙ Stay calm. Remind your child that he/she **has the skills** to handle difficult situations
- ⊙ Remind your child to give her/himself **interpersonal rewards**
- ⊙ Remember it is important to have **quality times** as individuals, as couples and as families, and to establish **support networks**
- ⊙ Focus on solutions – use the **6 Block Problem Solving Plan** or the **Coping Step Plan**
- ⊙ **Remember: N = ow reward yourself! You've done your best!**
- ⊙ **Plan ahead** for difficult situations. **Be proactive! Practice, Practice and Practice!**

SITUATION ➤ **THOUGHTS** ➤ **FEELINGS** ➤ **BEHAVIOURS**

STAY CALM – DON'T FORGET TO PRACTICE