

# EMOTIONAL INTELLIGENCE IN TIMES OF STRESS

## Parent Guide



### Recognize and Validate Emotions:

- **Acknowledge Feelings:** Start by recognizing and acknowledging your child's emotions. Use phrases like, "I can see that you're feeling stressed," to validate their feelings.
- **Normalize Emotions:** Let them know that it's okay to feel stressed and that everyone experiences stress at times.

# 01



### Active Listening:

- **Create a Safe Space:** Ensure your child feels comfortable expressing their feelings without judgment.
- **Reflective Listening:** Repeat back what your child is saying to show that you understand. For example, "It sounds like you're really overwhelmed right now."

# 02



### Empathize:

- **Put Yourself in Their Shoes:** Show empathy by understanding their perspective. Say, "I can imagine that [situation] is really tough for you."
- **Share Your Own Experiences:** If appropriate, share times when you felt stressed and how you coped. This can make your child feel less alone.

# 03



### Problem-Solving Together:

- **Encourage Expression:** Ask open-ended questions to understand the root of their stress. "What do you think is causing you to feel this way?"
- **Brainstorm Solutions:** Work together to generate potential solutions. This helps empower your child and teaches problem-solving skills.

# 04

## zones of REGULATION

	BLUE	GREEN	YELLOW	RED
WHEN I AM:	tired bored sad	happy calm focused	excited frustrated anxious	out of control angry overwhelmed
I CAN:	drink water, have a snack, go for a walk, take a nap	keep up the good work! 😊	take a break, 3 deep breaths, play with a fidget, ask for help	go for a walk, drink cold water, relax my muscles, 10 deep breaths, grounding