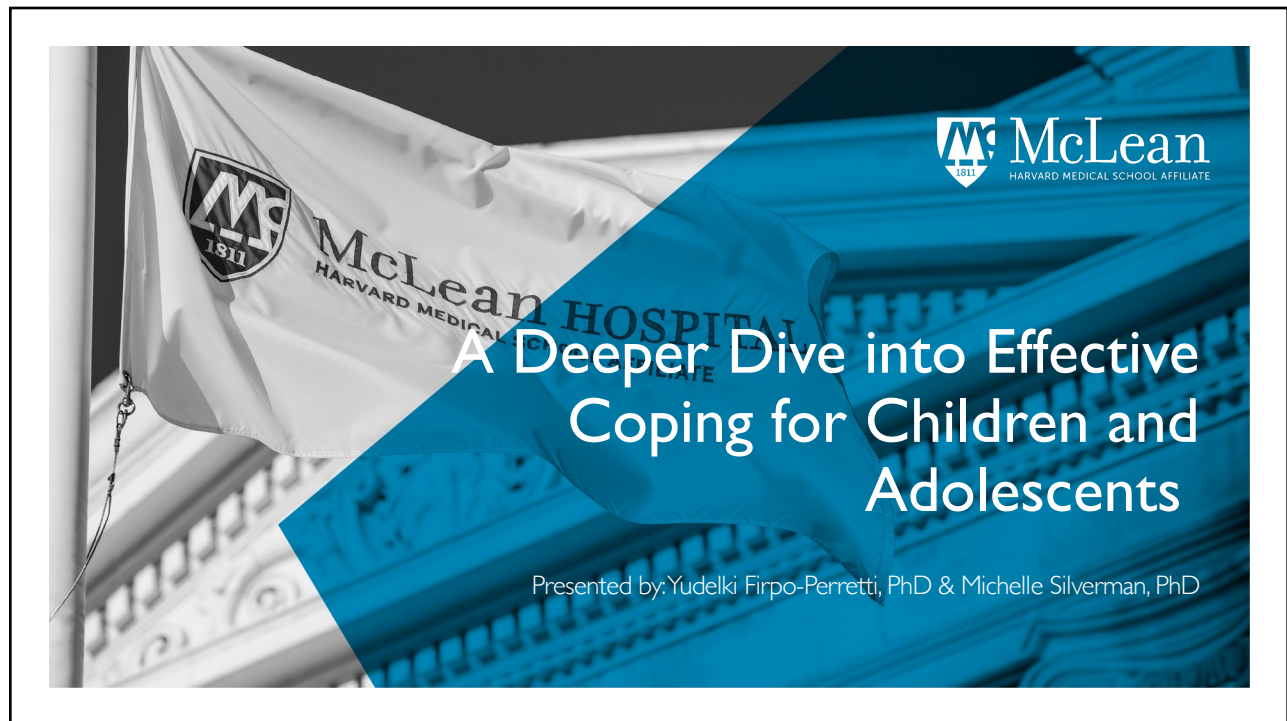
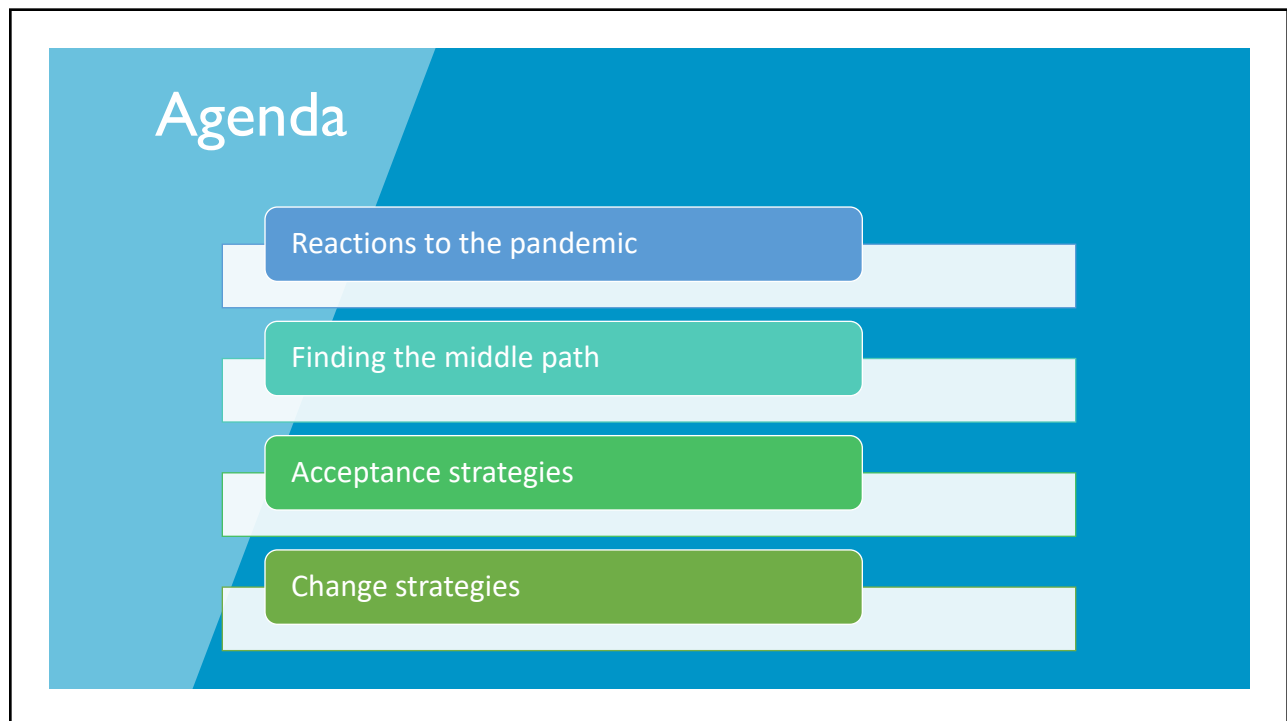




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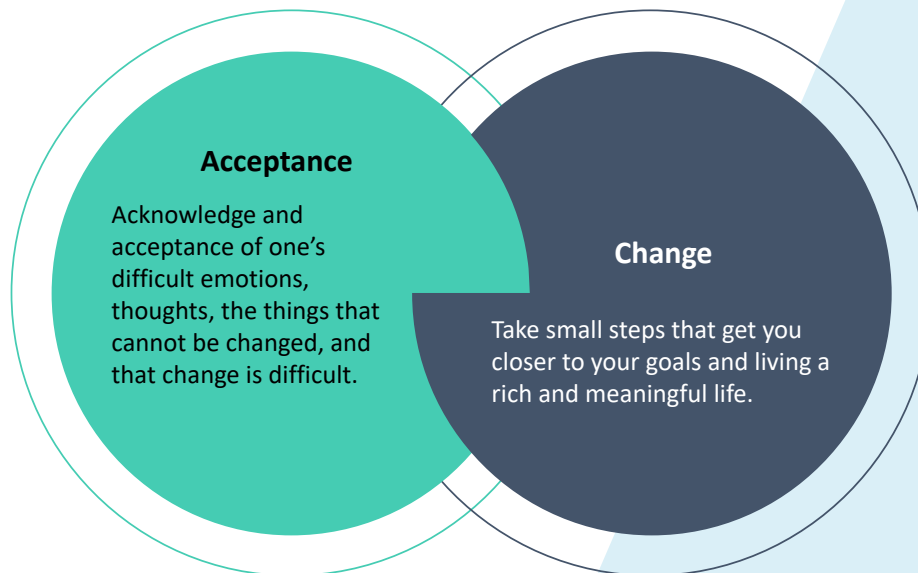
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VARIOUS REACTIONS TO PANDEMIC



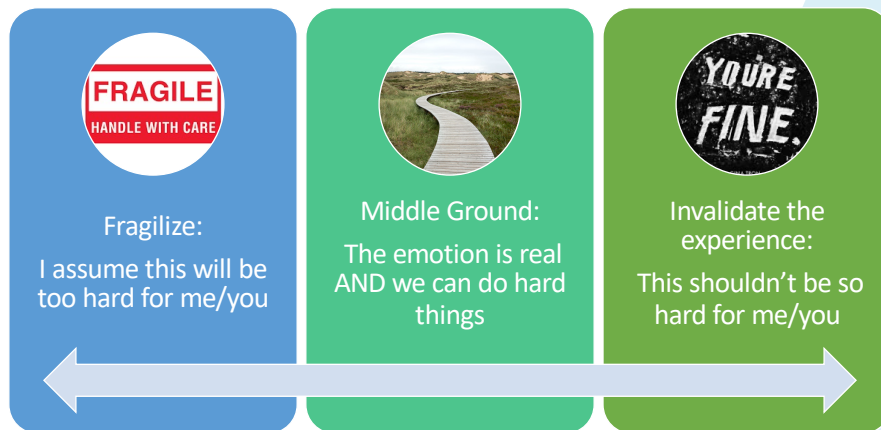
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ACCEPTANCE AND CHANGE



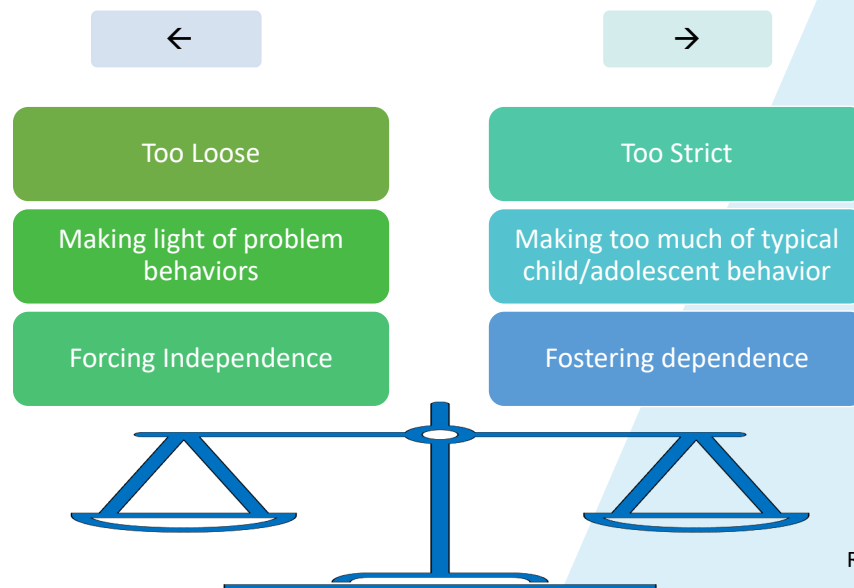
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FINDING THE MIDDLE PATH



5

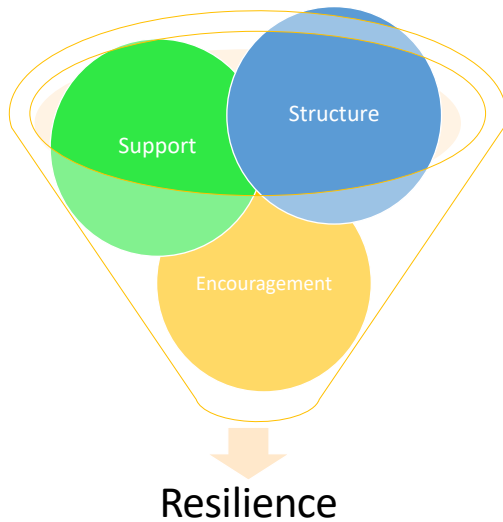
FINDING THE MIDDLE PATH FOR MY STUDENTS



Rathus & Miller 2015

6

SCAFFOLDING



Structure

Routines, clear expectations, consistency with limit setting and consequences

Support

Support with emotional empathy and validation

Encouragement

Gently pushing teen to try new things

Koplewicz, H. S. (2021)

7

FINDING THE MIDDLE PATH

An ongoing process that changes with different contexts and emotions



8

ACCEPTANCE STRATEGIES

- Noticing Emotions
- Mindfulness
- Radical Acceptance

9

FILL YOUR WELL FIRST

In order to help those around you, remember to check-in with yourself and take care of yourself.

Self-Compassion

- 1) Mindfulness of inner experiences
- 2) Self-kindness
- 3) Common Humanity



10

NOTICING EMOTIONS IN YOURSELF AND YOUR CHILD



S: Stop!



T: Take a step back



O: Observe what is going on inside and around you



P: Proceed Mindfully

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MINDFULNESS

Awareness of the present moment, on purpose, and without judgment

Why practice mindfulness?

- Difficult to act effectively without awareness of the present moment
- Judgments increase emotional intensity and keep our minds preoccupied with the past or the future
- Helps individuals notice what is occurring internally and externally
- Reduces judgments of self and others
- Helps us accept and manage our inner experiences

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MINDFULNESS EXERCISES

Observe

- Note the lyrics of favorite song
- 5-4-3-2-1 Colors

Describe

- Describe what instruments are heard in a song
- Mindful "I Spy"

Participate

- Build a Story
- Popcorn Numbers

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RADICAL ACCEPTANCE

*Why accept
things?*

Rejecting reality does not change reality

Rejecting reality turns pain into suffering

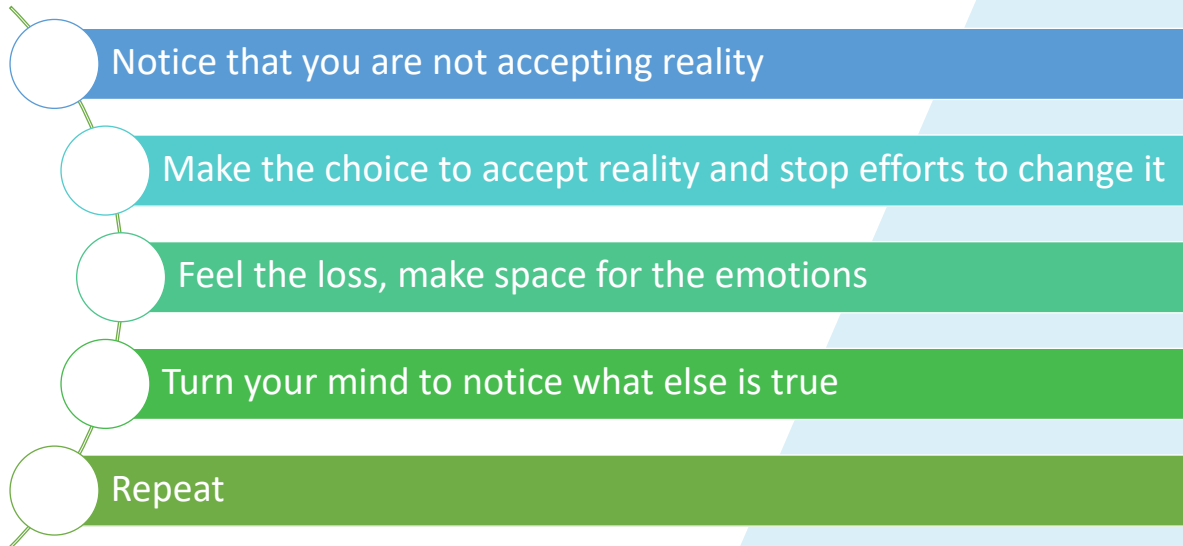
Refusing to accept reality can keep you stuck in unhappiness

Inhibited grieving- refusing to accept the reality of the situation

In order to change reality, we must first accept it

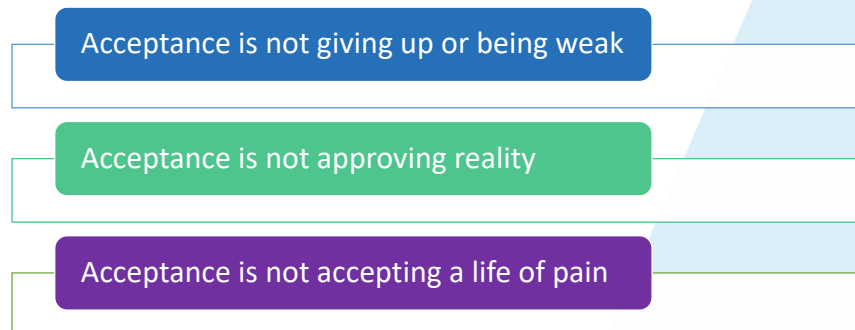
14

ACCEPTANCE IS A PROCESS



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WHAT ACCEPTANCE IS NOT



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CHANGE STRATEGIES

- Catch Check Change
- Opposite Action
- TIPP
- Self-Soothe with the Senses

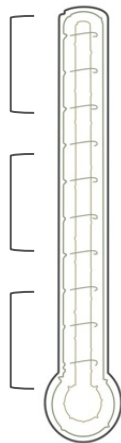
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Match Skills to Emotional Intensity

**Distress
Tolerance
Skills (e.g.,
TIPP)**

**Other skills
(e.g., catch
check,
change)**

**Skills
Practice!**



10 = Completely overwhelmed by anxiety

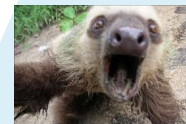
8 = Can't concentrate, hyperventilating, muscles really tight, crying

6 = Heart pounding, breathing hard, shaking, palms sweating

4 = Heart rate up, breathing more quickly

2 = Heart rate increases

0 = Breathing normally, muscles relaxed



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General Tips

- Skills take practice!
- Note intensity of emotion (0-10) before and after trying a skill
- Model skills for kids
- Encourage skill use but don't *insist*.
- Praise your child for trying a skill and be specific.
 - Ex: "Nice work trying to self-soothe" or "I love seeing you give that problem another try!"

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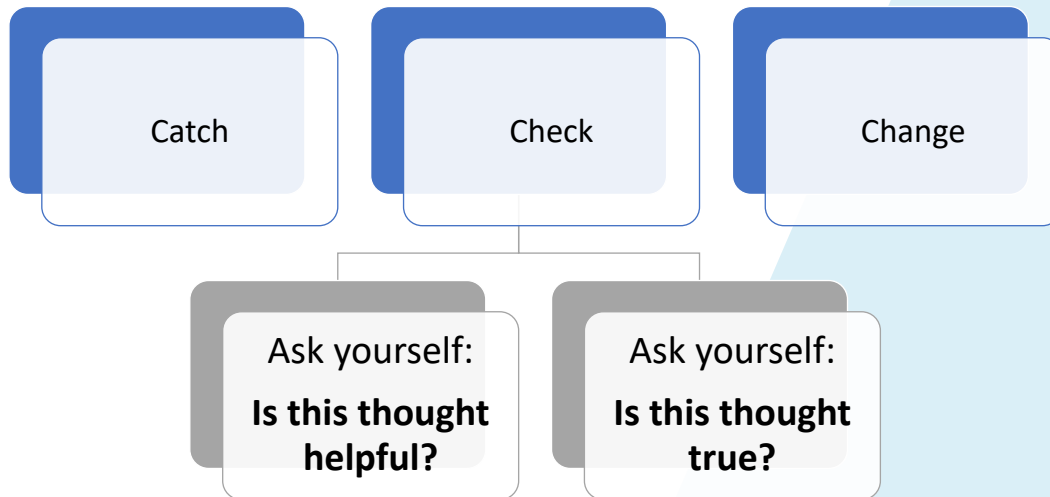
Challenge Unhelpful Thoughts

- Thoughts can have a lot of influence over our feelings and behavior.
- Catching unhelpful thoughts and challenging them is a powerful strategy to shift our emotions and act more effectively in a tough situation.



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The 3 C's



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CCC Examples

Emotion	Thought	Is this thought helpful? Is this thought true?	Is there a more helpful version of this thought? (i.e., what would you tell a friend?)
Anxiety	"They didn't say hi to me in the hallway because they hate me."	<p>Focusing on this thought is making me feel more upset. It's also making me want to ignore them at lunch or say something nasty about them in the group text.</p> <p>I don't know if it's true. I'm making an assumption about why they did what they did.</p>	<p>They probably didn't see me.</p> <p>Maybe they were talking about something else.</p> <p>It's unlikely that they hate me because we're good friends.</p> <p>If I still feel worried about this in a day or two, I can check in with them.</p>
Anger	"I hate that I can't play basketball this year because of Covid."	<p>Ruminating on this thought isn't helpful – I stay stuck and angry.</p> <p>The thought is true. It's a fact that I can't play basketball because of Covid.</p>	<p>I feel angry and sad that I can't play my sport. I wish reality was different.</p> <p>I'm going to do my best to focus on other ways to move my body and socialize with friends.</p>

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Opposite Action

1. Notice when you're feeling a strong emotion
2. Ask yourself: Does the emotion fit the facts? Is it helpful to me right now?
3. If the answer is no to either, identify your action urge.
4. Do the opposite and DO IT ALL THE WAY.



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Examples of Action Urges

Emotion	Action Urge
Fear	Escape or Avoid
Anger	Attack
Sadness	Withdraw, become passive, isolate
Shame	Hide, avoid

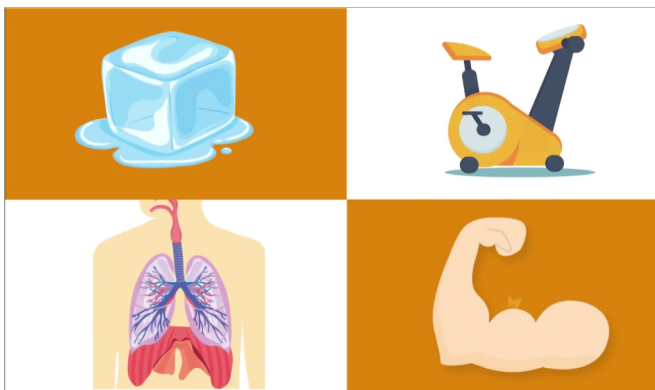
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Examples of Opposite Action

Emotion	Opposite Action
Fear/Anxiety	Approach
Anger	Gently avoid
Sadness	Get active
Shame	Go public

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TIPP



- **T**emperature
- **I**ntense exercise
- **P**aced breathing
- **P**rogressive muscle relaxation

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TEMPERATURE



- Ice diving: Lean over, hold breath, and dunk head in cold water for 30 seconds
- Slows down heart rate and breathing
- Alternative ideas: use icepack, frozen veggies, cold water on face, wrists, back of neck

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INTENSE EXERCISE

- 10-15 minutes of intense aerobic exercise
- Helps expend physical energy
- Examples: run, jump rope, basketball, dance around room, chase dog, jumping jacks



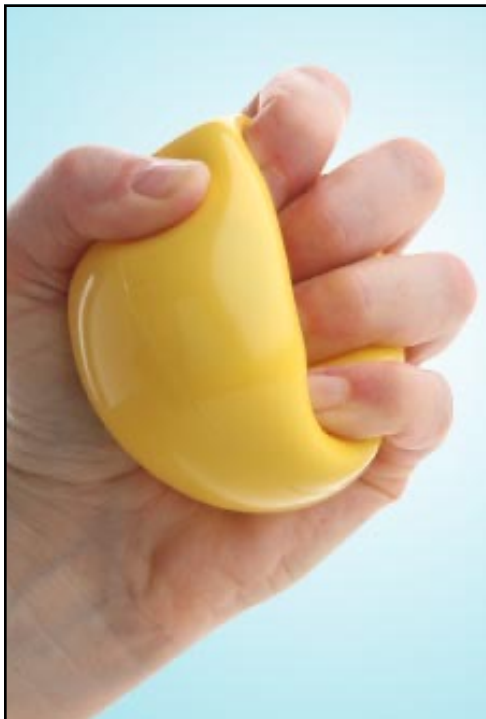
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PACED BREATHING

- Breathe deeply from abdomen (“belly breathing”)
- Longer exhale than inhale (e.g., 4 in, 6 out)
- Practice for 1-2 minutes
- Can use imagery such as blowing out birthday candles or practice laying on floor with book on belly

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PROGRESSIVE MUSCLE RELAXATION (PMR)

- Tense and relax each muscle group, one a time, for ~5 seconds
- Start with head and work down to feet
- Notice the contrast when tense vs. relaxed
- Check out YouTube for animated videos for younger kids

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Self-Soothe with the Senses

Vision	Hearing	Smell	Taste	Touch	Movement
<ul style="list-style-type: none"> • Cute animal pictures • Look out the window at nature 	<ul style="list-style-type: none"> • Favorite music • Sound machine • Listen to a voicemail from a loved one 	<ul style="list-style-type: none"> • Smell a favorite lotion • Scratch and sniff stickers 	<ul style="list-style-type: none"> • Favorite drink or snack • Sour candy 	<ul style="list-style-type: none"> • Weighted blanket • Hug • Cuddle with pet 	<ul style="list-style-type: none"> • Do yoga • Stretch • Jump on trampoline

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Your homework!

- 1) Write down one acceptance strategy and one change strategy that you can implement.
- 2) Schedule a time to put it into practice.

Acceptance

- Self-compassion
- STOP Skill
- Mindfulness
- Radical Acceptance

Change Skills

- Catch, Check, Change
- Opposite Action
- TIPP
- Self-Soothe with Senses

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- Stark, A. M., White, A. E., Rotter, N. S., & Basu, A. (2020). Shifting from survival to supporting resilience in children and families in the COVID-19 pandemic: Lessons for informing US mental health priorities. *Psychological Trauma: Theory, Research, Practice, and Policy*

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THANK YOU!

Before you sign off, please complete this 3-minute survey. We appreciate your feedback!

<https://is.gd/mcleanparent>



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