



Helping people with **BIG** emotions

(Mindful Emotion Coaching)

www.facts4life.org



Riding the ups and downs



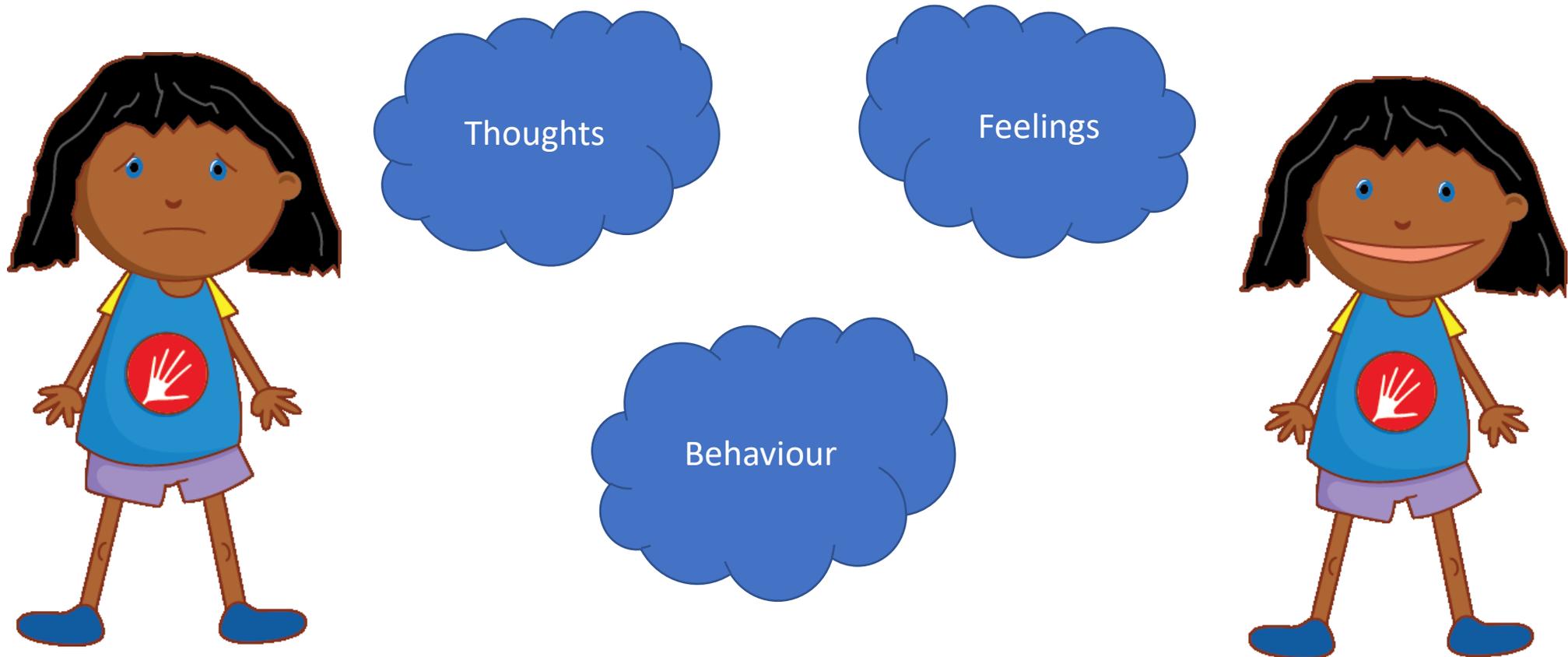
Keeping in
balance



Smoothing the Path

What is Mindful Emotion Coaching?

‘Mindful Emotion Coaching’ is when we learn how to soothe our children and help them to self-regulate.



When we are faced with a stressful situation, our brains respond with a 'fight or flight' type behaviour.

We do this instinctively; it is our brain's way of keeping us safe.



However, our stress response may not be proportionate to the stressor.

How might Felix react to.....



Powerful reactions to stress can be difficult to pull back from; they can make us feel bad and they can make those around us feel bad.

How the brain responds to stress

‘Flipping the Lid’ (Using the hand model of the brain)

Make a fist with your thumb tucked inside your fingers. This is a model of your brain.



Thumb and palm = Downstairs brain (Limbic system)

This is where emotions and memories are processed, it is also where the fight, flight, freeze type responses are triggered.

Fingers = Upstairs brain (Cerebral Cortex)

This is the rational part of the brain that houses our ability to think, reason and problem solve.

How the brain responds to stress

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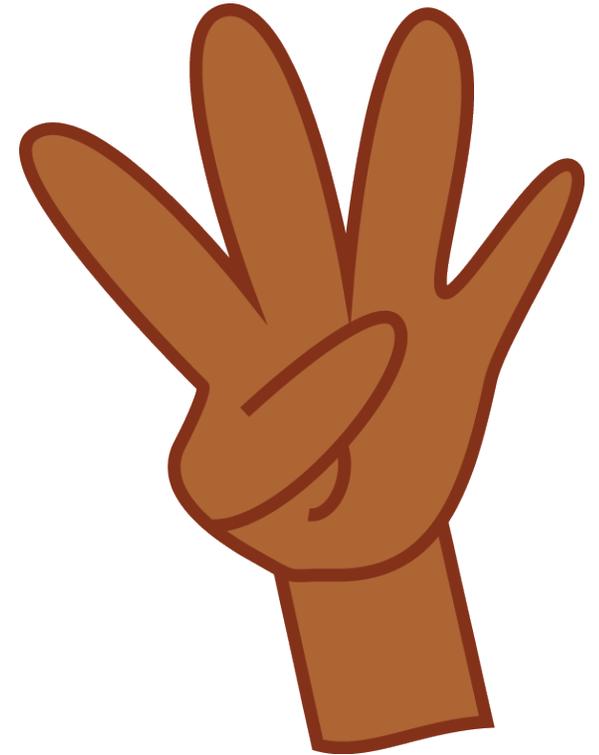


When something triggers us, causing a build up of emotions, we are prone to ‘Flip our Lid’.

When we flip our lid, we may display behaviours such as shouting, crying, lashing out, running away etc.

Our rational, logical thinking is being overwhelmed by our emotions making it hard to think clearly.

To put it simply, our upstairs brain is struggling to talk to our downstairs brain.



How Felix reacted to...



How would we know if Felix has 'flipped his lid'?

What sort of things might help to soothe Felix when he is feeling this way?

How to soothe a stressed person - positive communication

Take
Notice

I can see that you are
feeling....

I wonder if you are
feeling.....

Connect

Feeling noticed, feeling heard and feeling safe are powerful factors in feeling connected.

Hugs also have their own magic!



Be
Active

‘Move it to lose it’ (Dan Siegel)
Movement can help to
alleviate difficult feelings and
can stimulate the production
of ‘feel good’ hormones

Give your time. Really listen to
what the child/person is
saying, you don’t need to fix
the problem for them but you
can help them to find their
own solutions.

Give

Children will learn more from your example than from your advice so show them the behaviour you want to encourage.

Seeing the adults around them practise self care/self regulation helps children to adopt those same behaviours.



Strategies to self soothe

Talking about worries to someone you trust*	Taking regular exercise	Watching a good film
Meeting up with friends	Doing a job around the house	Listening to uplifting music
Being kind to others	Doing something you enjoy	Going for a walk
Getting enough sleep*	Being mindful	Reading a book
Focusing on the positive	Doing a few stretches	Other ideas?



Facts4Life

redefining health education

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Visit our website www.facts4life.org

Contact john@facts4life.org or sue@facts4life.org

You can also follow us on





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*For further information on Mindful Emotion Coaching,
visit www.mindfulemotioncoaching.co.uk*