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Developing Emotional Resilience and Positive Mental Health in Children

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What is resilience?

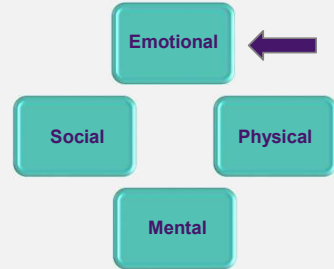




Characteristics of resilient children

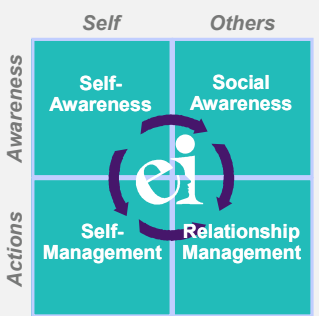

- Social competence
- Problem solving
- Self-awareness
- Autonomy
- Sense of purpose




4 Dimensions of Resilience


Developing Emotional Resilience

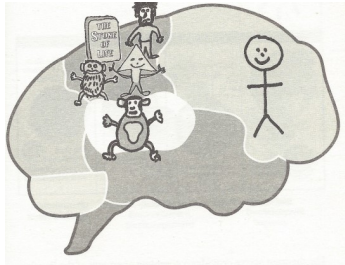
Why Self-Awareness is so important

- With Self-Awareness, a person has a 50-50 chance of demonstrating Self-Management
- Without Self-Awareness, a person has virtually no chance (4%) of demonstrating Self-Management

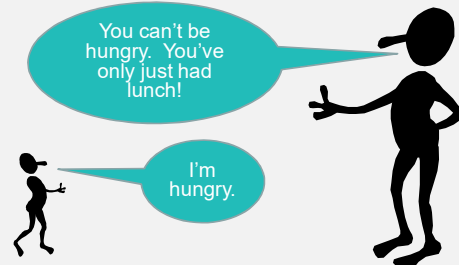
So how do we develop self-awareness?



Managing the Chimp



Inhibiting self-awareness



Inhibiting self-awareness



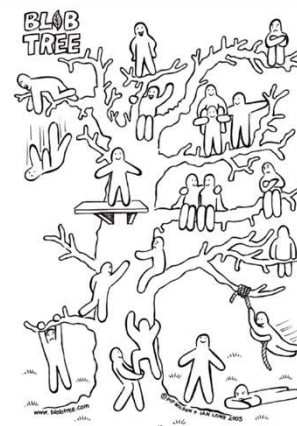
Tool for Developing Emotional Resilience

1. LISTEN!
2. Empathise with words / a nod
3. Notice and name the feeling
4. Stop talking



Practice 'naming the feeling'

Child's dilemma	Instead of...	Try...
I wasn't picked for the school team again!	That's just wrong! I'm going to call the games teacher.	That sucks. I bet you feel really disappointed after all the training you've done.
I can't do this homework. I'm stupid.	Of course you're not! Here, show me and let me help.	Sometimes maths problems can be really tricky and it's frustrating when you can't get it straight away.
I'm not eating <i>that</i> !	Don't you know there are children starving in Africa!	I can see you're fed up – I know mince isn't your favourite.
I'd like to punch that Daniel in the face!	Don't you dare!	It sounds like you're really annoyed with Daniel.
Amy's invited me to her party but I'm not sure I want to go.	Oh, you always say that and you know you'll enjoy it when you get there.	You sound a bit confused about what to do about the party.



Top tips for using LENS

- Focus on what's going on for *them*... ➤ ... not you!
- Sit on your 'buts'! ➤ Use 'Even though you know...'
- Notice the intensity of the emotion... ➤ ... and match it

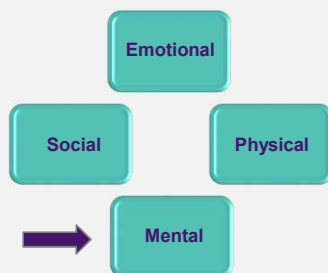


LENS in practice

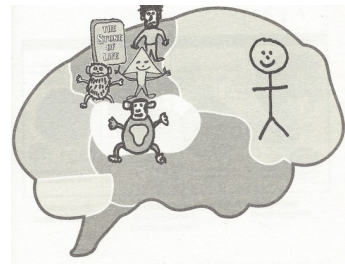
Sammy, my three-year-old son, started a pre-bedtime meltdown. To which I just listened. Sammy was screaming. He stopped screaming instantaneously when he realised I was listening to him and I had 'labelled' how he was feeling frustration. He then looked puzzled and said "Mummy, why aren't you talking?" I said "Because I was listening to you. What do you think we should do now?" he said "Go to bed Mummy". Oh my goodness, what a result!



4 Dimensions of Resilience



Managing the Human



The 3 P's of mental resilience

- Permanence ➡ whether we view setbacks as permanent and ongoing or temporary and time-bound
- Pervasiveness ➡ whether we see negative events as global or specific
- Personalisation ➡ how we attribute positive and negative outcomes



Permanence

PERMANENT:

- I always get it wrong
- No-one's ever going pick me
- My children are so grumpy

TEMPORARY:

- I sometimes get it wrong
- I wasn't picked today but I might be next time
- My children were in a grumpy mood this morning



Pervasiveness

GLOBAL:

- I'm hopeless at maths
- Today was a complete write-off
- White van drivers are idiots!

SPECIFIC:

- I find fractions challenging
- Today didn't go as well as I hoped, but there were some highlights
- That manoeuvre was aggressive



Noticing language

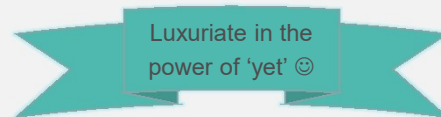


Catch, Challenge and Change



Helpful phrases

- I noticed that you said [unhelpful word]...
- What could you say to yourself instead?
- Which bit are you finding difficult?
- Who in particular...?
- When is this most noticeable?



Personalisation

PESSIMISTIC:

- No-one booked on my course because they don't like it / me
- I only did well in that exam because the right questions came up
- No-one played with me at break today because I'm a loser

OPTIMISTIC:

- I've had fewer bookings for this course because it's September / a Saturday
- I did well because I revised hard and made sure I covered all the topics
- No-one played with me because I arrived late and the game had already started



Encourage perspective

- What other explanations might there be?



Top tips for doing this well

- Manage the chimp first! ➤ Remember LENS
- Empower them to do their own thinking ➤ Ask open questions
- Hand the trust and responsibility back ➤ What do you want to do now?



A final thought...



Questions



Thank you for your participation!

For more information please contact:

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