

MENTAL HEALTH TRAINING

- Resilience
- Mindfulness

WHAT IS RESILIENCE?



Resilience is the ability to adjust, adapt and bounce back in spite of trauma and stresses in life.

DEFINITION IN THE OXFORD DICTIONARY

- The capacity to recover quickly from difficulties; toughness.
- The ability of a substance or object to spring back into shape; elasticity.

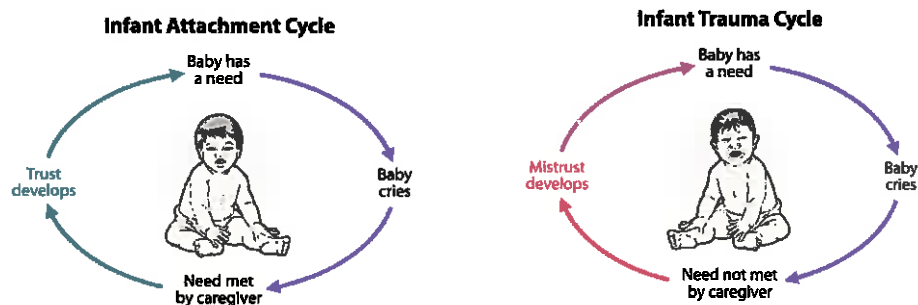


WHEN DOES BEING A RESILIENT PERSON BECOME MORE DIFFICULT?

- Insecure attachment
- Low self-esteem
- Learning difficulties
- Communication difficulties - ASD
- Parental mental illness
- Domestic violence
- Family breakdown
- Substance misuse
- Death and loss
- Neglect/abuse
- Poverty

ATTACHMENT - BUILDING A SECURE BASE

Attachment is a strong emotional bond that grows between a child and its primary care giver. It begins in pregnancy and develops throughout infancy and toddlerhood. It lays the foundation on which we form our future relationships.



BUILDING BLOCKS

Three building blocks:


1. A sense of security, whereby the child feels a sense of belonging and being loved
2. Good self-esteem, that is an internal sense of worth and competence
3. A sense of self-efficacy, that is a sense of mastery and control, along with an accurate understanding of personal strengths and limitations.




HOW TO IMPROVE RESILIENCE

- Pre and Peri-natal period
- Secure base
- Education
- Friendship
- Talents and interests
- Positive values
- Social competencies
- Culture and ethnicity

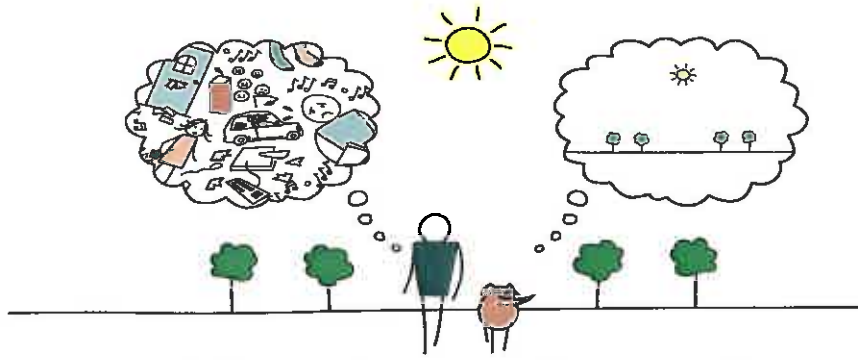
12 Encouraging Phrases to Build Resilience in Kids



1. I love the way you always try so hard.
2. Keeping going, you're nearly there.
3. I'm so proud of how you always give things your best try.
4. I know this is hard but I also know you will get there in the end.
5. What other ways could you approach this?
6. Is there a way I can help you without doing the task for you?
7. I believe in you. You've got this.
8. Just take a few deep breaths and try again/another way.
9. Believing in yourself takes lots of practice.
10. Sometimes we have to fail and then try again, and maybe even fail and try again in order to succeed.
11. You've done it once, I know you can do it again.
12. You are very brave.



MINDFULNESS



Mind Full, or Mindful?

WHAT IS MINDFULNESS?

- Mindfulness is simply... *noticing what is happening right now.*
- Mindfulness is taking notice of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a good sensation.
- Mindfulness is noticing what your mind is doing.
- Mindfulness helps us create space between a strong emotion and our actions. We learn to deal with positive and negative experiences more calmly and by making better decisions.
- When we pay attention to our thoughts and feelings, we can respond in a more clever way, without hurting our own feelings or the feelings of others.
- As we create more emotional balance, we are less easily knocked down by our emotions, but in moments when we are knocked down, we bounce back faster.

HOW IT HELPS

Adversity comes at us from the moment we are born. Infants get hungry and tired. Toddlers grapple with language and self-control. And as children develop through adolescence to become teenagers, life grows ever more complicated. Developing relationships, navigating school and exercising independence, naturally creates stressful situations for every child.

At each developmental stage, mindfulness can be a useful tool for **decreasing anxiety and promoting happiness**. Mindfulness is a simple technique that emphasizes paying attention to the present moment in an accepting, nonjudgmental manner.

MINDFULNESS AND CHILDREN

Part of the reason why mindfulness is so effective for children can be explained by the way the brain develops. While our brains are constantly developing throughout our lives, connections in the prefrontal circuits are created at their fastest rate during childhood.



Worksheet
Mindfulness and the Brain
- How to Explain It to Children

Amygdala
"The Jumpy Superhero"

Tries to protect us at all costs, but often mistakes fears for real threats and stops the Prefrontal Cortex from getting the information it needs to help us make good choices. When the Amygdala is calm, it gives the PFC what it needs.

Prefrontal Cortex
"The Smart One"

Figures out what for us and helps us make good, well-balanced choices. The PFC also sends and retrieves memories to and from the Hippocampus. When the Amygdala is upset, the PFC cannot help us.

Hippocampus
"The Librarian"

The Hippocampus stores and recalls memories. When the Amygdala is upset, poor Hippocampus cannot store memories or properly bring them to mind.

Mindfulness To The Rescue

Mindfulness helps us to calm down, and this, in turn, calms the amygdala so that it allows the information flow to the prefrontal cortex—that part of our brain that helps us make good choices. When we're calm, we can more easily be mindful and make good choices.

WWW.ALBERTVALE.EDS.COM FACEBOOK.COM/ALBERTVALE.EDS

BENEFITS OF MINDFULNESS

- Mindful children experience less stress, anxiety and sadness
- Mindful children are more resilient
- Mindful children tend to perform better academically
- Mindful children have better sleep habits
- Mindful children have more compassion
- Mindful children have more confidence and are better decision makers
- Mindful children are better able to focus and concentrate
- Mindful children are happier and more content

PRACTICING MINDFULNESS

- Breathing
- Using outside space
- Music
- Art
- Visualisations/scripts
- Walking mindfully
- Drinking mindfully



Fun
**MINDFULNESS
 ACTIVITIES**
for children
 by Big Life Journal

1 JUST ONE BREATH™ BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

2 CREATE A BETTER JAR

- Find a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.

3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.

4 GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.

5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

WHAT TO DO WHEN YOU ARE FEELING FRUSTRATED

For parents, caregivers or teachers who find themselves upset and out of touch with the present moment, a popular mindfulness exercise known as S.T.O.P. can be helpful.

Stop. Just take a momentary pause, no matter what you're doing.

Take a breath. Feel the sensation of your own breathing, which brings you back to the present moment.

Observe. Acknowledge what is happening, for good or bad, inside you or out. Just note it.

Proceed. Having briefly checked in with the present moment, continue with whatever it was you were doing.

PRACTICE MINDFULNESS



**Anxiety Relief
for Children**

gozen.com



Blissful Kids
Mindfulness Made Playful and Sustainable.



INSIGHT
Peace in our Timer