



**achieving
forchildren**



**South West London
Clinical Commissioning Group**

Building Resilience Parent Workbook

Mental Health Support Team (MHST)

Emotional Health Service

Achieving for Children

42 York Street

London

TW1 3BW



**Are you OK
Kingston?**

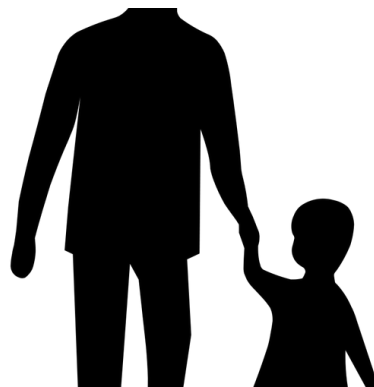


**Are you OK
Richmond?**

What is resilience?

Resilience means:

- Giving things a go and trying your best
- Bouncing back after difficult times
- Dealing with challenges and holding your head up



Supportive relationships between child and adult

Evidence shows that if a child has at least one supportive relationship during their early years, this can help build their resilience to outside circumstances.

This could be a parent, grandparent, teacher, coach, etc.

These strong relationships build your child's sense of self as they navigate through the world.

Some ways to support your child

- Being there for your child
- Actively listening
- Empathizing
- Creating clear structure and consequences
- Open communication
- Modelling how we deal with worries

Feelings tracker

This exercise can be used to open up the conversation about feelings and help your child identify feelings they are experiencing. You and your child can:

- Choose an emoji to reflect how you felt today
- At the end of the week you can see your overall feeling of the week
- Identify your own feelings as well as your child's
- Remember all of these emotions are valid and are good to have at different times, but some behaviours can be unhelpful.
- Doing this along with your child will help them know that it is okay to feel different emotions and that it is normal.

You can find the feelings tracker template on the next page.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Overall mood
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Week 1							
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Week 2							
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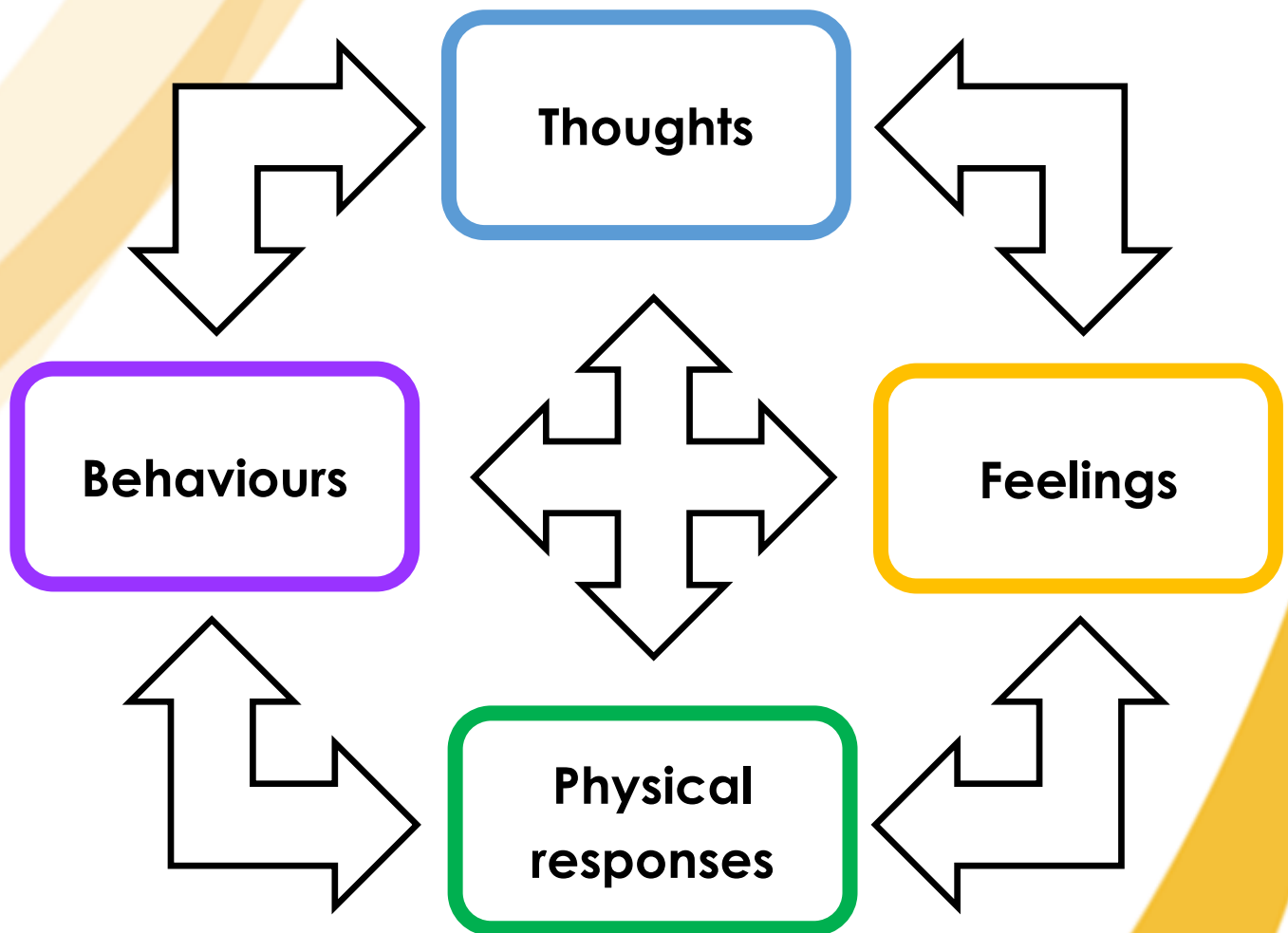
Week 3							
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Week 4							
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The Cognitive Behaviour Model

The CBT Model can help us understand why our attitude is so important.



Positive attitudes

Why is this important?

Being able to acknowledge our strengths and accomplishments helps us to support confidence and build self-esteem.

Using positive affirmations

As we noticed, it can be easy to focus in on the negatives. When we do this too often, we can end up using a lot of negative self talk.

We might tell ourselves things like:

I am not good
enough

I always fail

I am not clever
enough

Negative self talk or our 'inner critic' reinforces low mood and makes it hard to have a go and try new things.

Although it can be difficult to stop these thoughts entirely, we can balance them out by using positive affirmations.

Using positive affirmations

I am good
enough

I am trying my
best

I am capable

I am focused

I can relax and
breathe

I cannot do it.
YET!

I can have
another go

I can take my
time

I treat myself

I put in the
effort

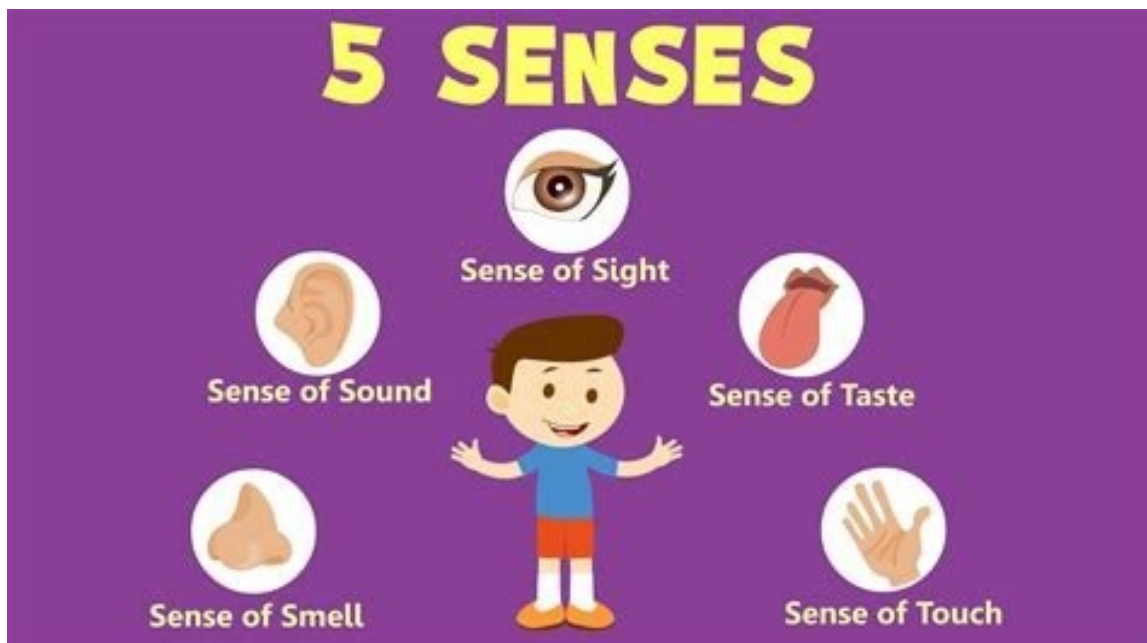
Grab a pen and paper:

- Rate each of these positive affirmations from 1-10
- Rate the affirmation you would most find useful with a 10
- Rate the affirmation you find least useful with a 1
- Then you have a list of positive self-talk statements to look at when you notice your internal critical self-talk.

Take notice

These exercises will help feel grounded and relaxed, particularly when feeling overwhelmed.

- Name **5** things you can **see**
- Name **4** things you can **touch**
- Name **3** things you can **hear**
- Name **2** things you can **smell**
- Name **1** thing you can **taste**



Being in nature



Being in nature helps to reduce stress. It helps us with our emotional well-being.

Research has also demonstrated that it contributes to your physical wellbeing, reducing blood pressure, muscle tension, and the production of stress hormones.

If you have access to a garden, try taking 5 minutes to sit in the garden today without music or any distractions and just notice the nature around you.

Or if you have a chance to go for a walk, focus on listening out for the different sounds you hear and different colours you see.

Deep breathing

Taking some deep breaths helps our bodies to relax and reset.

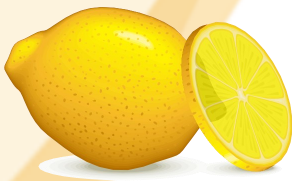
Follow the outline of the star to take 5 deep breaths.



Remember to breathe in through your nose and out through your mouth.

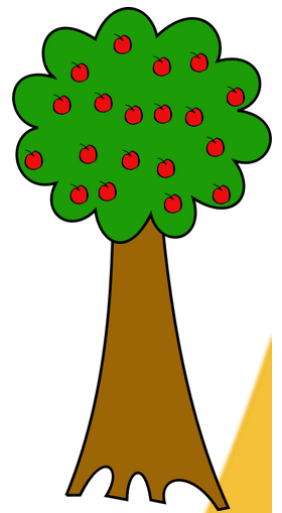
Progressive muscle relaxation

Progressive muscle relaxation can help ground your child and help them when they are feeling overwhelmed, anxious or are having heightened emotions.



1) Stretch your hands—Imagine you're squeezing the juice from a lemon, clench your fingers into a fist and then relax your hand.

2) Stretch your arms—Imagine you are reaching up to get an apple from a tree, reach your arms above your head.



3) Wiggle your toes and pretend you are wiggling them in the sand.

Fight/Flight/Freeze

At times when your child may be anxious about something, their fight/flight/freeze response may be activated.

This may result in your child acting out, running and hiding, freezing still, being unable to answer or process things and feeling unsure.

We all have a fight/flight/freeze response as it is part of what keeps us safe in times of danger.

The problem is when this is activated at times when there is no real threat.

Depending on what your child is anxious about, anxiety comes when there is an overestimation of the threat and underestimation of their ability to handle the situation.

This causes their bodies to respond in different ways.

Needing to go to the toilet a lot

Sweaty hands

Butterflies in tummy

Heart beats faster

Lump in throat

Dry mouth

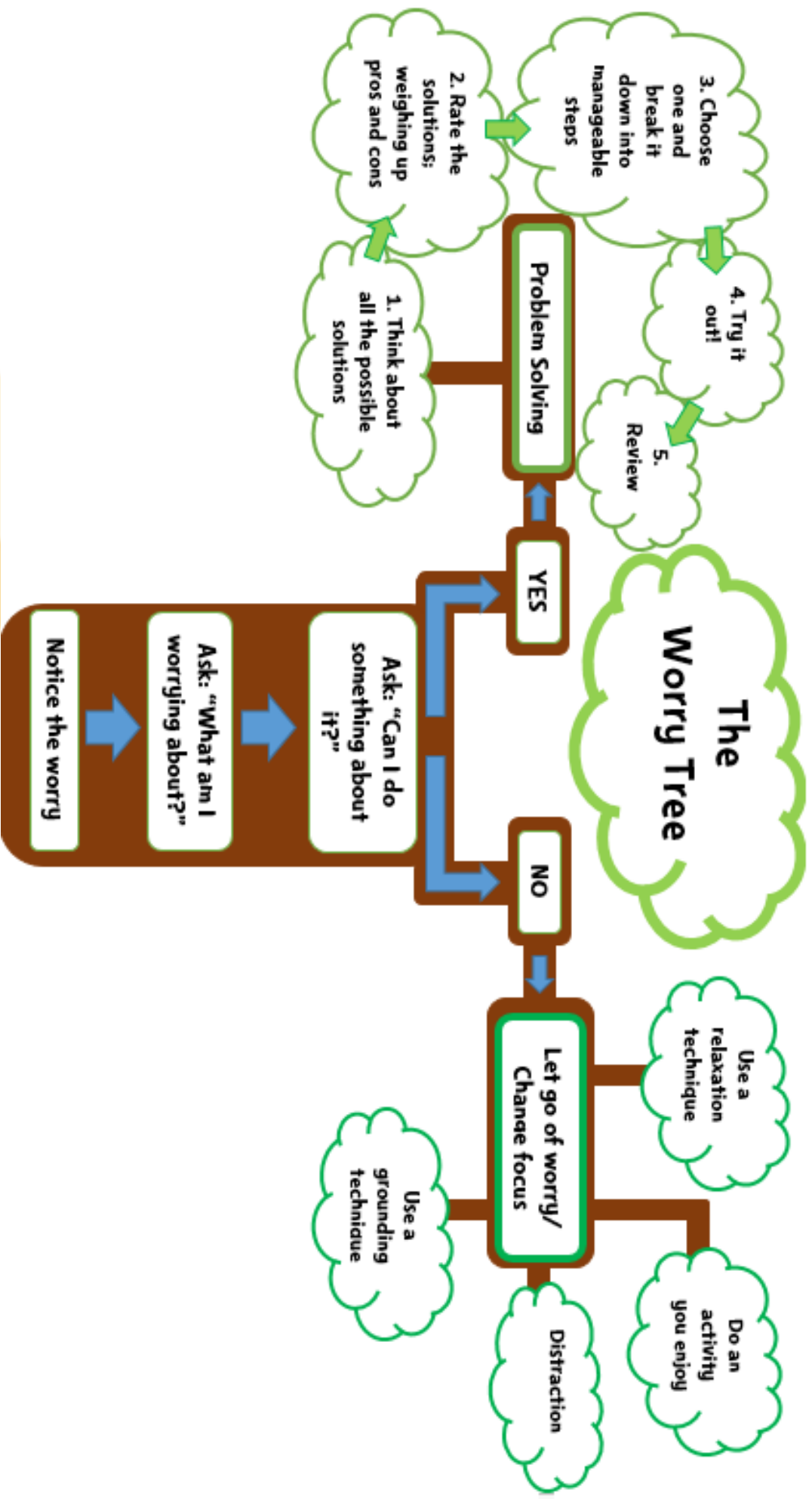
Difficulty breathing

Tummy ache

Feeling hot



The Worry Tree



Worry remote

At times when your child feels worried, it may be useful to use the idea of the worry remote.

This helps your child:

- **Pause** when you have a worry.
- **Rewind** and think of a time when you have faced a similar situation and how you got through that.
- **Fast forward** and think “what if...then I can...”
- Press **Play** to move forward knowing that you can face it.

