

# Building Resilience Parent Workshop



South West London  
Clinical Commissioning Group



achieving  
for children

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?

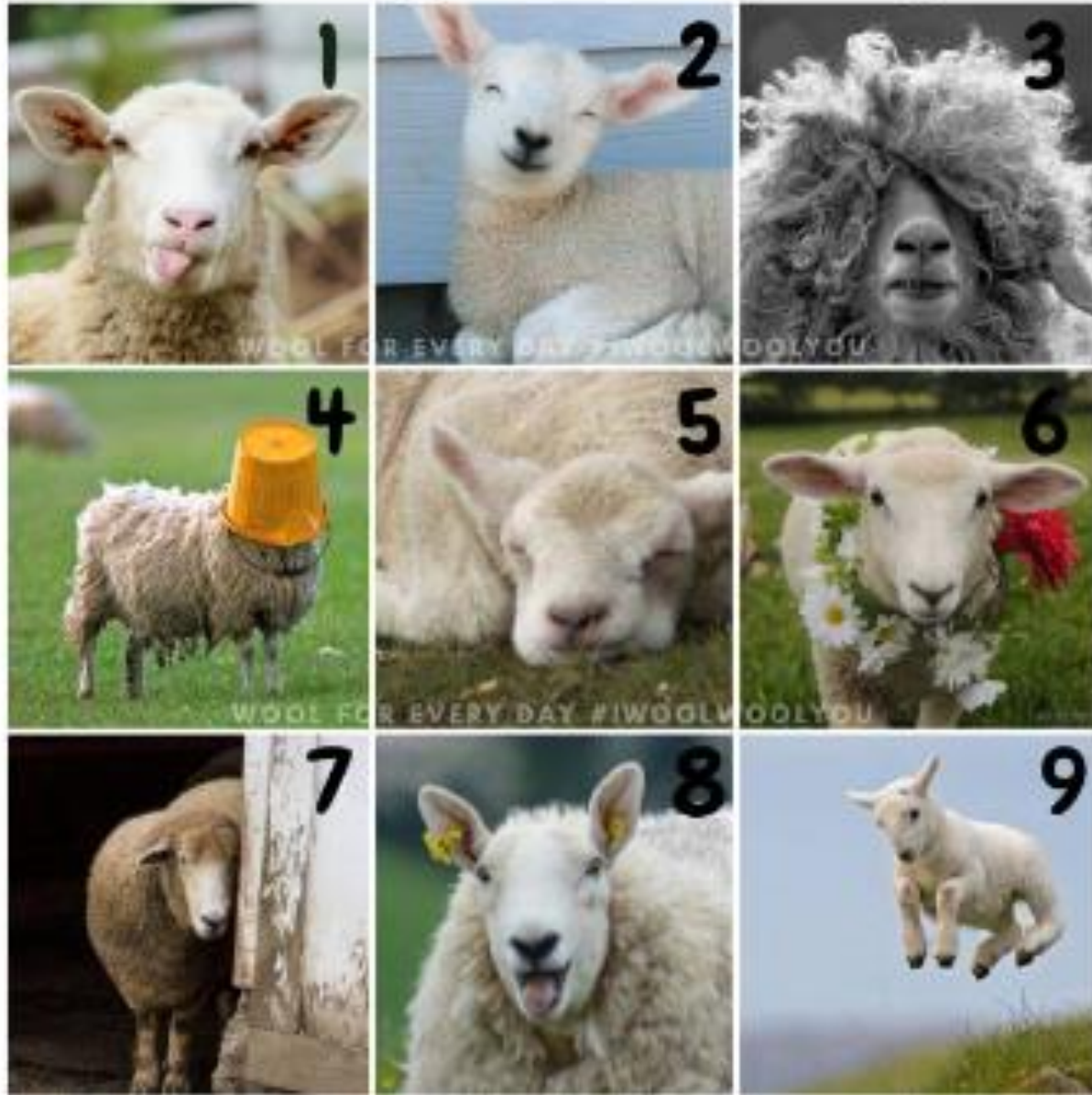
## Who are WE?

The Mental Health Support Team (MHST) is an early intervention, multi disciplinary team of clinical specialists, mental health clinicians, child and adolescent (CAMHS) practitioners and education wellbeing practitioners (EWP). We provide short term mental health support to children, young people, families/carers and staff in school settings, within Kingston and Richmond. The teams are delivered by Achieving for Children as part of our Emotional Health Service.



Working at Carlisle Infant School-  
Jasmeen Kakkar- Education Wellbeing Practitioner  
Stella Phipps- CAMHS Practitioner- Art Psychotherapist  
Allyson Ryan - Mental Health Clinician- Music therapist

# How are you feeling today?



## 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

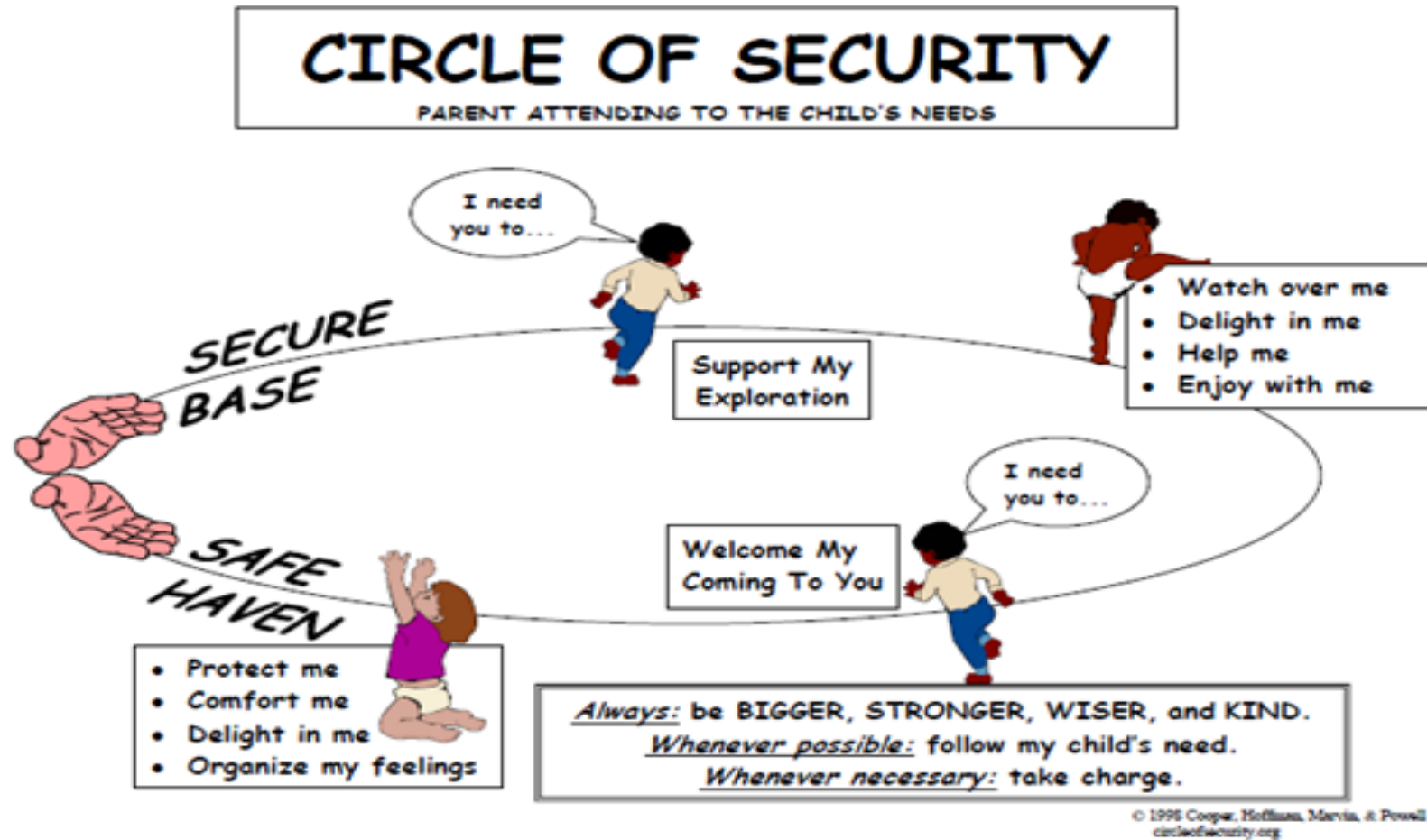
Evidence shows that if a child has at least one supportive relationship during their early years this can help build their resilience to outside circumstances.

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

# Attachment



# Feeling 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

- choose an emoji to reflect how you felt today
- At the end of the week you can see your overall feeling of this 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.



# FEELING TRACKER

CHOOSE AN EMOJI TO REFLECT HOW YOU FELT TODAY AT THE END OF THE WEEK YOU CAN SEE YOUR  
OVERALL FEELING OF THIS WEEK



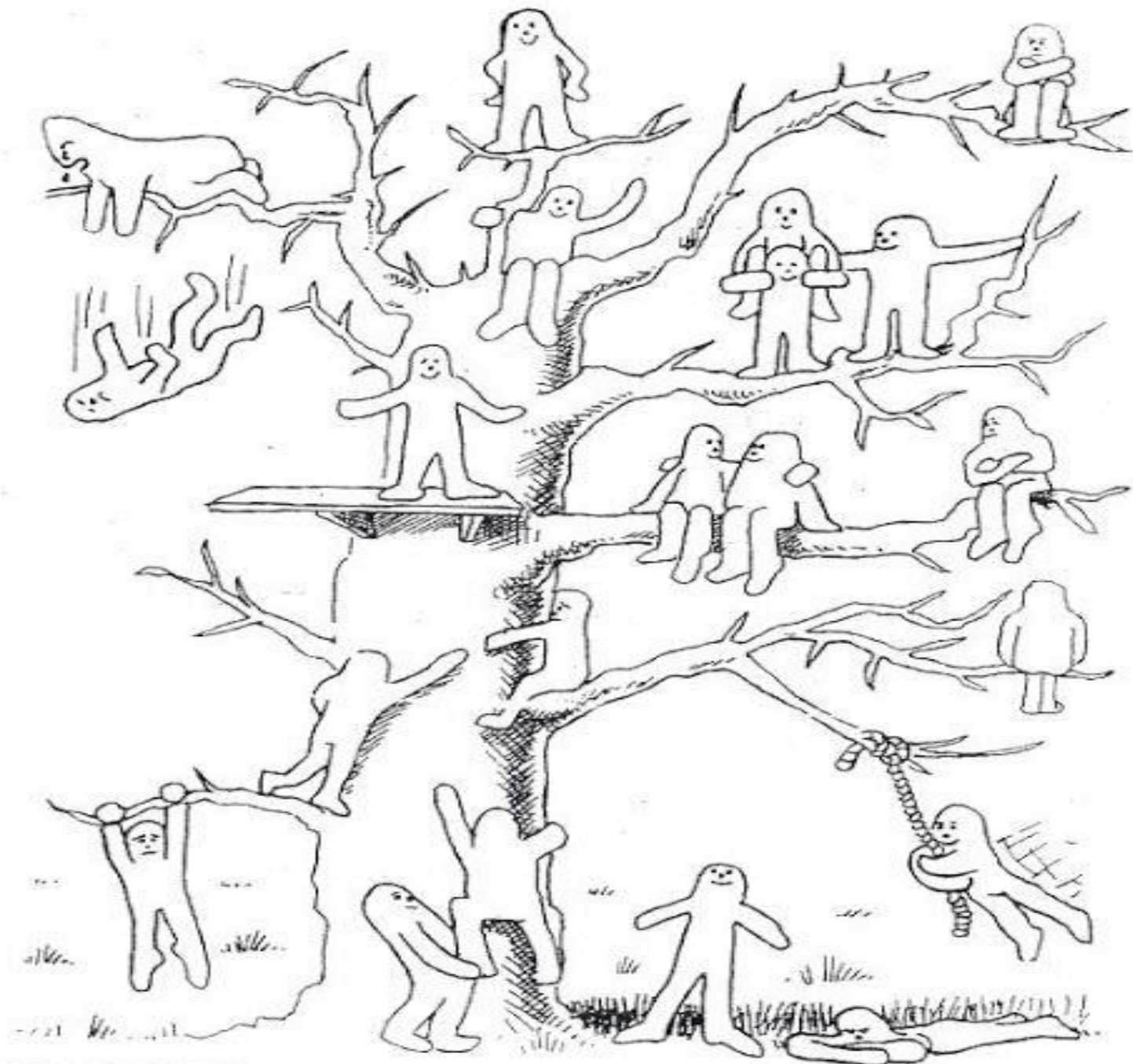
	MON	TUES	WED	THURS	FRI	SAT	SUN	OVERALL MOOD
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								

YOU CAN USE THESE BLOB TREES AS A WAY TO DISCUSS HOW YOUR CHILD IS FEELING ASKING:

WHICH BLOB ARE YOU TODAY? COLOUR IN THE BLOB YOU ARE

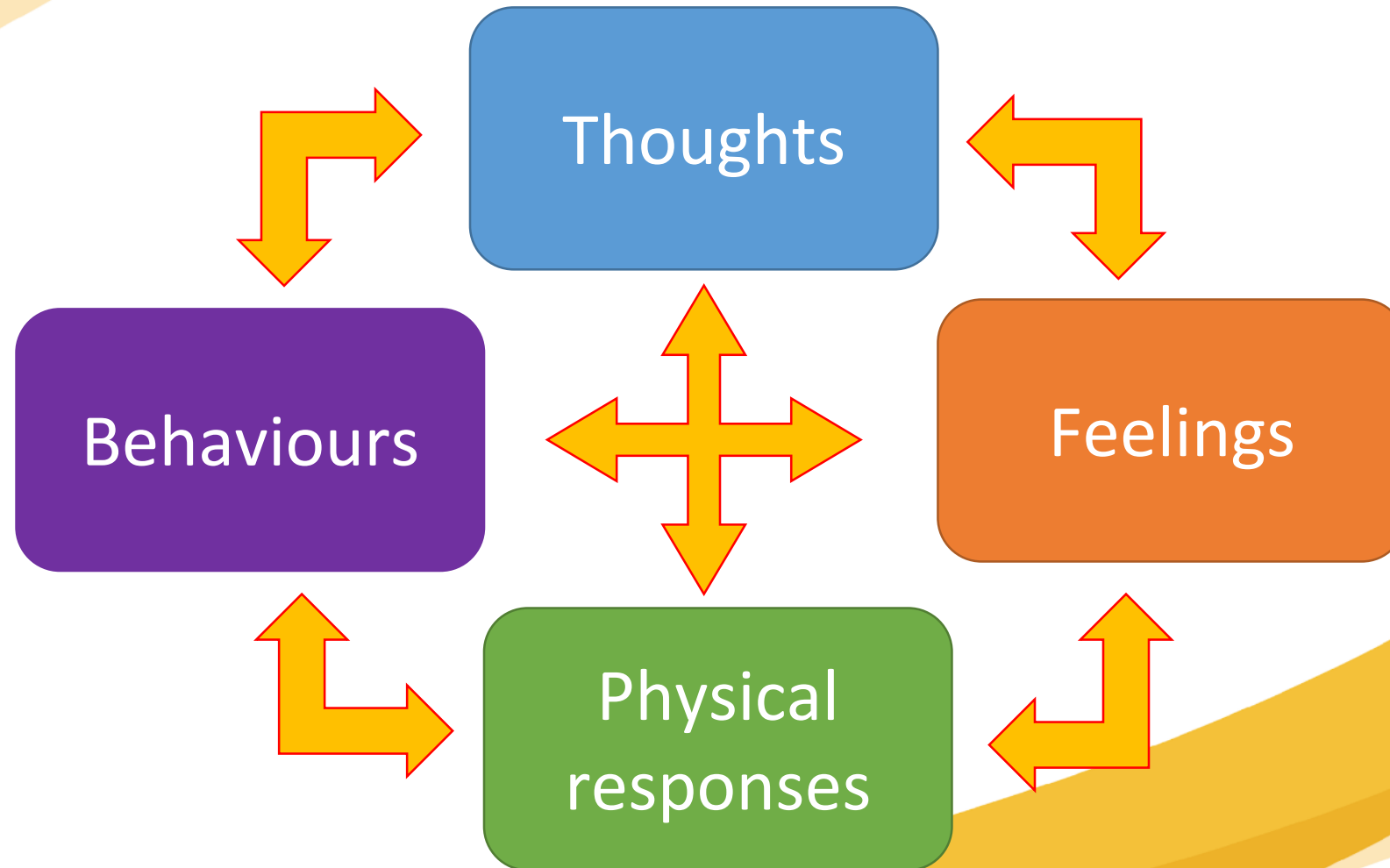
HOW DOES YOUR BODY FEEL?

WHEN YOU FEEL LIKE THIS WHAT DO YOU DO?



# The Cognitive Behavioural Model

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



LUMP IN THROAT

FEELING HOT

HEART BEATS  
FASTER

BUTTERFLIES IN  
TUMMY



DIFFICULTY BREATHING

SWEATY HANDS

NEEDING TO GO TO  
THE TOILET A LOT

DRY MOUTH

**Fight/Flight/Freeze**

# Positive attitudes

## *Why is this important?*

Being able to acknowledge our strengths and accomplishments helps 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 might 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 cannot do it YET!

I can relax and breathe

I can have another go

I can take my time

I trust myself

I put in the effort

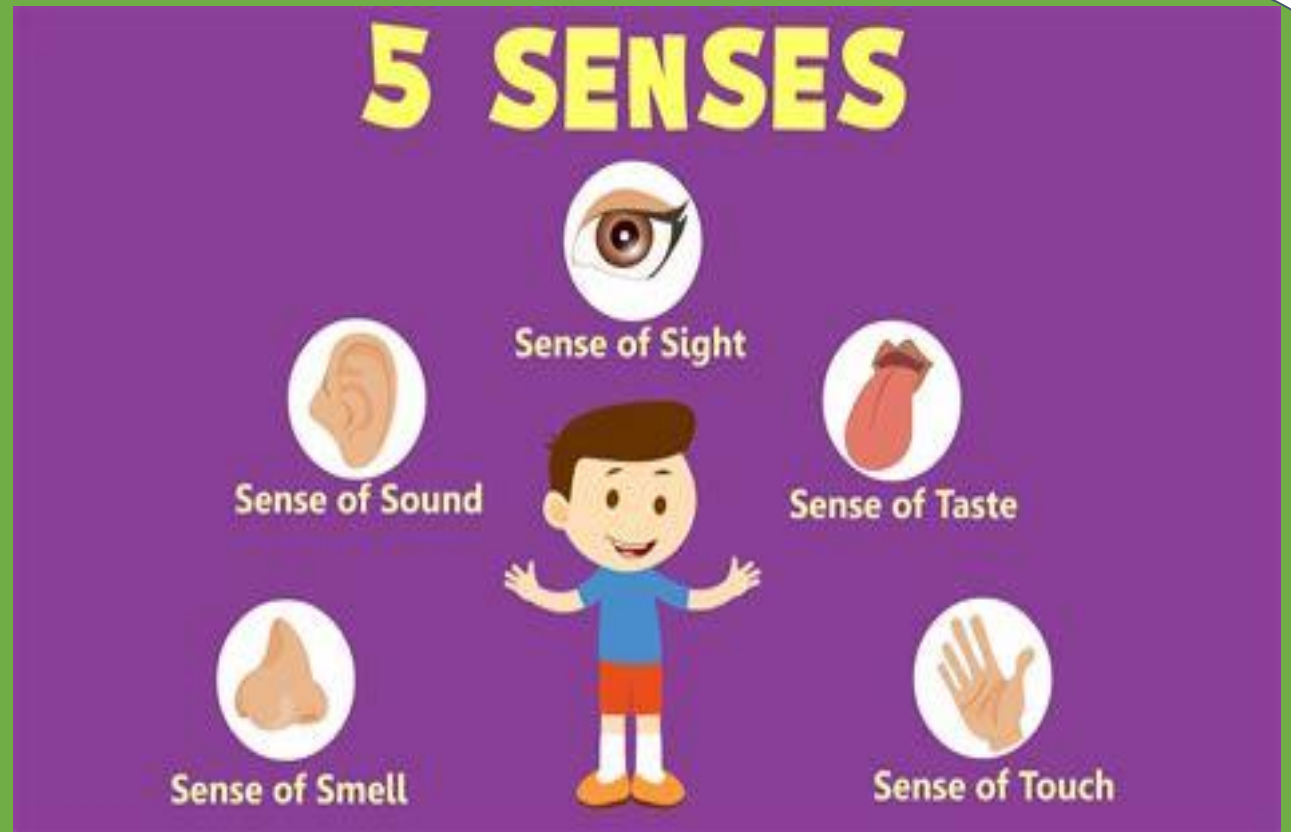
## **Grab a pen and paper:**

- Rate each of these positive affirmations from 1-10
- Rate the affirmation you would find most 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 ground and relax particularly when feeling overwhelmed.

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





## Being in Nature

Being in nature helps to reduce stress. It helps us with our emotional wellbeing. Research has also demonstrated that it contributes to your physical wellbeing, reducing blood pressure, muscle tension, and the production of stress hormones.



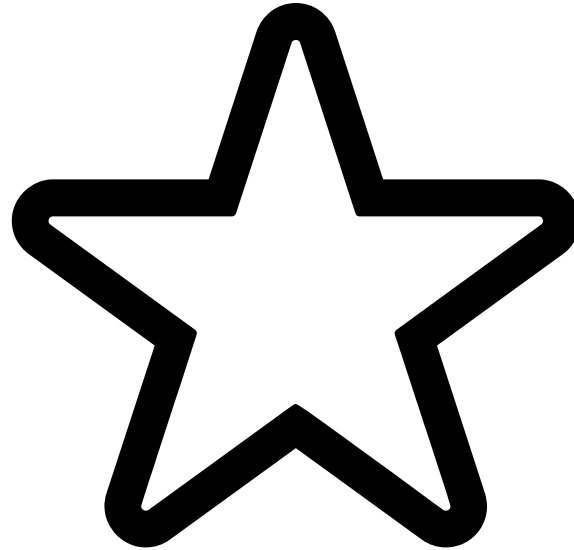
If you have access to a garden, try taking a 5 minutes to sit in the garden today without music or any distractions and just notice the nature around you.

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

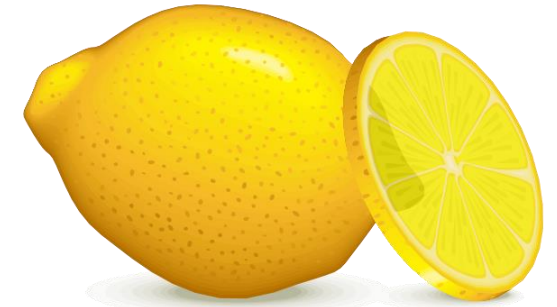
Taking some deep breaths helps our bodies to relax and re-set.

Follow the outline of the star to take 5 deep breaths

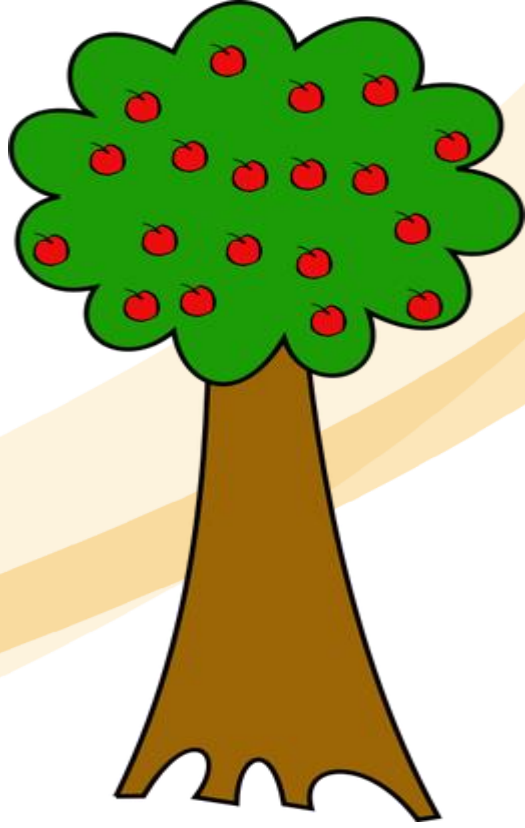


Remember to breathe in through your nose and out

**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're reaching  
up to get an apple from a  
tree, reach your arms  
above your head

3) Imagine you're a turtle and  
scrunch your shoulders up to  
your ears



4) Wiggle your toes pretend you are  
wiggling them in the sand

SOMETIMES WHEN WE WORRY ABOUT THINGS IT'S GOOD  
TO REMIND OURSELVES WHAT WE CAN CONTROL AND  
WHAT WE CAN'T CONTROL

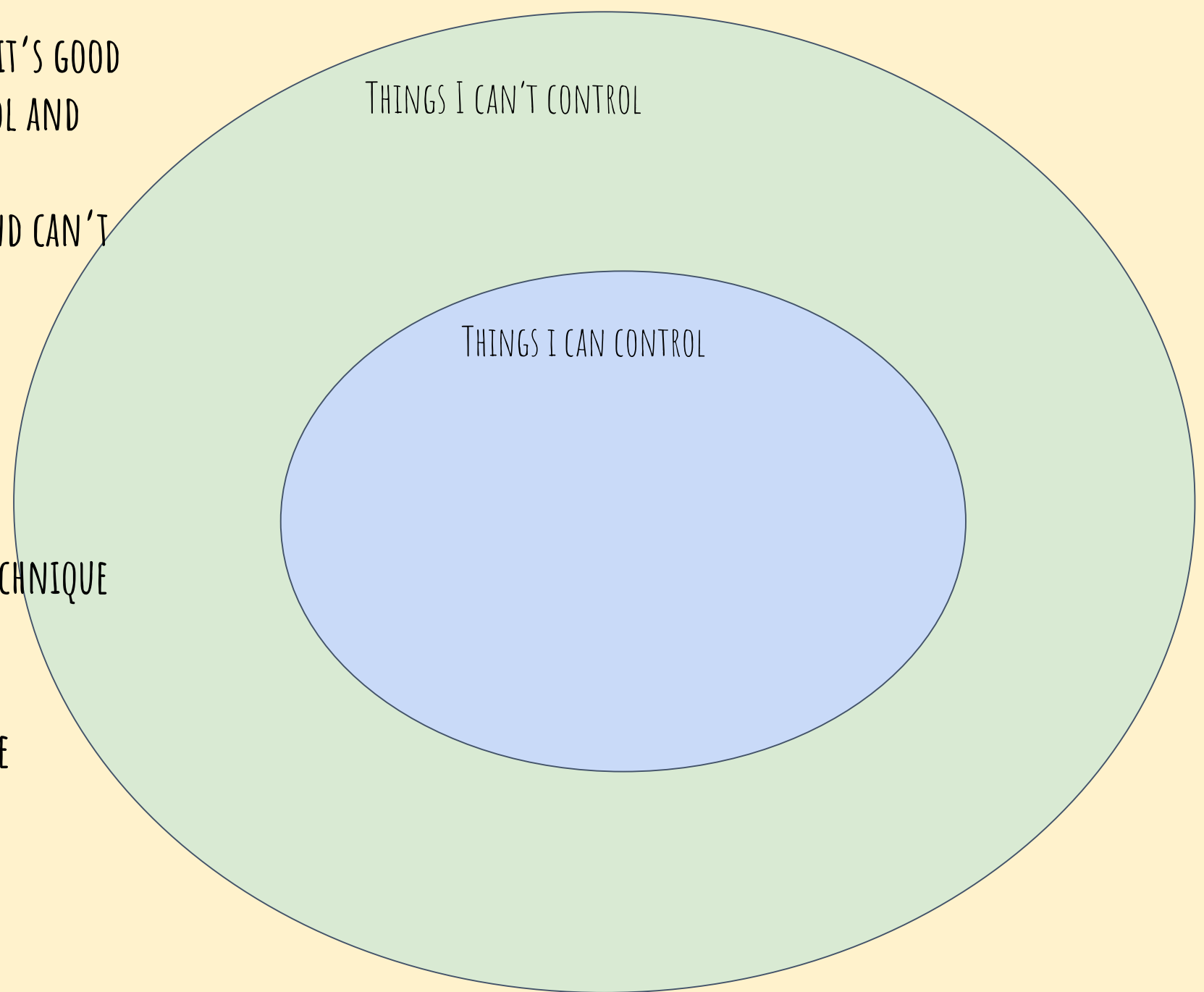
NOTE DOWN IN THE CIRCLE WHAT YOU CAN AND CAN'T  
CONTROL

WITH THE THINGS YOU CAN'T CONTROL:

- CHANGE FOCUS OR LET GO OF WORRY
- DO SOME COLOURING
- DO AN ACTIVITY YOU ENJOY
- BREATHING EXERCISE OR GROUNDING TECHNIQUE

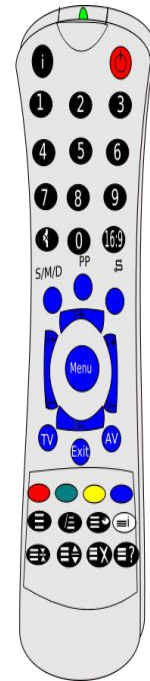
THINGS YOU CAN CONTROL:

- THINK ABOUT THE SOLUTIONS
- WEIGH UP PROS AND CONS AND PICK THE  
SOLUTION THAT SUITS YOU BEST



# Worry Remote

**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.....”  
Then press **Play** to move forward knowing that you have can face it.



Harder to treat / deal with

Tools to release stress

FREQUENCY beats intensity



- ↑ Stressors
- Workload
  - illness - you or others
  - negative feedback
  - conflict
  - Uncertainty
  - interruptions
  - deadlines
  - unclear expectations
  - money worries
  - others letting you down
  - family member's issues
  - conflicting priorities
  - Lack of sleep

# Questions - Ideas - Feedback

Contact us on:  
[MHST@achievingforchildren.org.uk](mailto:MHST@achievingforchildren.org.uk)



Thank you

