PARENTAL STRESS

Don’t Flip Your Lid

Presented by:
Melody Morin, E-MBA, MSC Registered Psychologist
Our foundation is one of respect for all with a commitment to listen fully and learn from the diverse viewpoints of our team and those we service in our community.

At the heart of our work is the importance we place on insight, compassion, trust and warmth. We want to foster lasting change in the lives of families and transform our community. We believe that everyone should have access to affordable mental health resources.

We believe strongly in dismantling the stigma around mental health and in empowering caregivers and professionals to help children to reach their full potential. We continually identify important questions, seek out the answers, and evaluate and document what we learn.
ACTIVITY:

Reflection

What level of stress are you currently experiencing?
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How is stress impacting your abilities as a parent?
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ACTIVITY:

Areas of Stress

1. On a scale of 1 to 10, with 1 being **low importance** and 10 being **high importance**, where would you rate each of the domains in your life?

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2. On a scale of 1 to 10, with 1 being **low** and 10 being **high**, where would you rate the level of stress in each of the domains in your life?

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3. Observing the domains with the least importance to the highest level of importance and the levels of stress you are currently feeling, where do you feel your life may be “out of balance”?

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4. How is **YOUR** perception influencing your stress?

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Stress and Performance

Stress plays an important role in our performance. The “Yerkes-Dodson Law” indicates that physical and mental stress can increase our performance level and that everyone has an “optimal” level of stress. Too much stress and people will find that they will suffer from exhaustion and breakdown, which is also known as burnout. On the opposite side, not enough stress can result in decrease levels of performance.
ACTIVITY: Reflection

Using the Stress Curve, think of a time where you fell within each area of the curve. What was situation and outcome and what could you have done differently?

Too little
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Optimum
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Too much
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Distress
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<th>Cognitive</th>
<th>Emotional</th>
<th>Behavioral</th>
<th>Physical</th>
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## Grief and Loss Related to Change

### What Are You Currently Grieving?

<table>
<thead>
<tr>
<th>What Are You Currently Grieving?</th>
<th>What Stage of The Grief/Loss Curve Are You In?</th>
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Dealing with Stress

Addressing and coping with stress is a key way in which we can ensure our overall wellbeing. When we allow stress to carry on for too long, or when stress becomes chronic, we increase the likelihood of suffering from a variety of health issues, in addition to burnout. The key to preventing burnout is Prevention.

Activity:

How to Deal with Stress

- Meditate
- Set Goals
- Talk to Friend
- Exercise
- Avoid Caffeine
- Sleep Better
- Breathe Deeply
- Eat Right
### Activities

**That you engage in to deal with stress**

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<thead>
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<th>Positives Activities</th>
<th>Negatives Activities</th>
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*You can’t always influence what others may say or do to you but you can influence how you react and respond to it.* - Unknown
Control AND Influence WHEEL
Importance of the Vagus Nerve in Relaxation:

- Pons
- Medulla Oblongata
- Vagus Nerve
- Superior Ganglion of Vagus Nerve
- Inferior Ganglion of Vagus Nerve
- Lungs
- Cardiac Branch
- Pulmonary Plexus
- Liver
- Stomach
- Colon
- Small Intestine
- Esophageal Plexus
- Spleen
- Celiac Plexus
- Kidney
ACTIVITY:
Mindful Parenting

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Use the table to identify where your strengths are within mindful parents and where are there opportunities for improvement. This activity will allow you to focus on your relationship with your child/children. If you have more than one child, complete this activity with each child as each relationship with our children tend to be different.

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<thead>
<tr>
<th>Area</th>
<th>Strengths</th>
<th>Opportunity</th>
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<tbody>
<tr>
<td>Listening With Full Attention</td>
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<td>Non-Judgmental Acceptance Of Self And Child</td>
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<td>Non-Judgmental Acceptance Of Child</td>
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<td>Emotional Awareness Of Self</td>
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<td>Emotional Awareness Of Child</td>
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<td>Self-Regulation Within The Relationship</td>
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<td>Compassion For Self</td>
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<td>Compassion For Child</td>
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**ACTIVITY:**

*Catching Your Feelings*

Date:______________

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<tr>
<th>Situation</th>
<th>Feelings</th>
<th>Thoughts</th>
<th>Behaviour</th>
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WHEN TO SEEK Support:

1. Overwhelming and prolonged sense of helplessness and sadness
2. Problems/concerns do not seem to get better despite your efforts and help from family and friends.
3. Don’t feel like “yourself”
4. Feel “stuck”
5. Would like to prevent potential emotional struggle
6. Finding it difficult to carry out everyday activities
7. You worry excessively, expect the worst, or are constantly on edge
8. Your actions are harmful to yourself or to others.
9. Experienced a loss
10. Need a neutral and unbiased individual to talk with and provides suggestions based on science
    • For example, you are unable to concentrate on assignments at work, and your job performance is suffering as a result.
    • For instance, you are drinking too much alcohol, abusing drugs, or becoming overly argumentative and aggressive.
The **Institute of Child Psychology** was founded to educate parents and professionals on issues pertaining to children’s mental health, and to promote the psychological and emotional well-being of children and adolescents.

Our mission is to empower parents, teachers, therapists, social workers and psychologists by giving them pertinent insights, skills, and tools necessary to help children thrive.

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