



Seeds to grow **MENTAL HEALTH**

Managing Emotions

FOR PARENTS/GUARDIANS VOLUME 2

EMOTIONS & SKILLS

The first newsletter provided ways that parents/caregivers could talk with their children to help them identify their emotions and feelings. We looked at how our emotions and our thoughts about those emotions, lead to our behaviours.

An emotional emergency is when something tough happens in your life, and your thoughts cause your body to react to what you are feeling. Your emotions or behaviours might get out of control and you may not react the way you normally would.

“The FIZZ” and “What’s My Temperature” were also talked about. These tools can be used as a way to help us know when we are having an emotional emergency. Having skills and tools ready for stressful emotions are very important. It helps us to cope and feel better. These skills are like a lifejacket that keeps us floating in rough, emotional times. Skills are survival tools for emotional emergencies.



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The Decider Skills Manual 2019.

Each skill we learn will pump up our lifejacket and help keep us floating during an emotional emergency. To help us pump up our lifejackets, we will focus on the first skill called STOPP. **This newsletter highlights ideas and activities that are being shared with your child’s school. Please use this newsletter to help you continue talking with your child about the emotions they are feeling, and how to talk about these feelings.**

In the next newsletter, we will start to talk about skills that can help children be more aware of their feelings and reactions. Instead, children will be encouraged to live in the moment by focusing on the present. These skills will help to shift the focus away from the stress from the past or worries about their future.



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 **WINDSOR-ESSEX COUNTY
HEALTH UNIT**
Bureau de santé de Windsor-comté d'Essex

wechu.org



WHAT IS "STOPP"?

Learning these skills can help your child make sense of big problems by breaking them down into smaller parts. These skills can help children understand how their thoughts and emotions affect their behaviour. This can help them to change their behaviour and the way they feel about situations. It is a helpful way to react better and deal with our emotions and behaviours.



The "STOPP" skill puts space between our emotions and how we act. It needs to be used as soon as you start to feel "The FIZZ" or the physical signs of emotion in your body. Watch this video to learn more about "STOPP" skill.



STOP

Stop and step back.

Don't act immediately.

Pause.



TAKE A BREATH

Take one slow, deep breath.

- IN through the nose
- Hold it
- OUT through the mouth.



OBSERVE

What am I thinking about?

What am I focusing on?

What am I reacting to?

What am I feeling in my body?

Am I feeling THE FIZZ?
What number am I on THE FIZZ scale?



PULL BACK

Zoom out! See the big picture.

Is this fact or opinion?

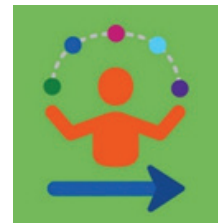
Is there another way of looking at it?

What would someone else say about it?

What advice would I give a friend in this situation?

What meaning am I giving this event for me to react in this way?

How important is it right now, and will it be important in 6 months?



PRACTICE

Practice what works. Proceed only when you are sure...

Do I have to act now? Can I wait and see?

Consider the results of any action.

Do what is BEST for this situation.



THE STOPP APP

The STOPP skill is a perfect example of how to get a better outcome. The STOPP app, is a mobile app version of the skill, which gives users a strategy to use anytime they need help. This can be help to manage thoughts, feelings, and behaviours. The app can also be used to manage many different impulses.



*The app is free
to download on
iOS, Android, and
Windows devices.*



Activities to do at Home

School Mental Health Ontario and STOP, Think, Go



School Mental Health Ontario has many resources parents/caregivers can use. The resources help children develop skills they can use in all life stages. There are activities similar to the STOPP skill that can be used at home. Visit the [School Mental Health Ontario](#) website to find more activities.

STOP, Think, Go



This activity uses a traffic light to help with problem-solving skills.

Self-control and managing emotions and their reactions are skills children develop during their childhood. Small improvements in these skills can have big impacts for a child at home and at school. Here is an activity to work on these skills:

Get ready:

- Get paper, markers, magazines, and scissors.
- Make a traffic light with your child – draw one, build one, or find a picture of one.

RED = STOP!

- Take a deep breath.
- Talk about the problem?

YELLOW = THINK!

- Slow down, take some more breaths!
- Think about what might happen for each of your possible solutions.

GREEN = GO!

- Try out your solution.
- Talk about some problems your child might face and how the traffic light might help (e.g., fight with a sibling, I want the toy, I want a snack now, I want to watch TV now).

Put the traffic light you made somewhere easy to see, like on the fridge. Help your child use the traffic light and this skill when there is a problem or a conflict.

USING STOPP BY THE DECIDER AT HOME

Create a STOPP sign at home. Remind your children to use the STOPP skill when they feel the FIZZ or when their emotional temperature is rising.



STOP

Take a Breath



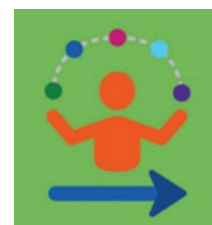
OBSERVE

What am I thinking?
What am I reacting to?
What am I feeling in my body?



PULL BACK

Put in some perspective.
See the bigger picture.
Is this fact or opinion?
How would someone else see this?



PRACTICE WHAT WORKS

What's the best thing to do for me, for others, for this situation?