

# Helping Me Help My Child's Wellbeing

St. James School Parent Evening  
Thursday 16<sup>th</sup> November 2023

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**RESET**



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## World Health Organisation

- WHO predicts by 2030, depression will be the highest level of disability of any mental or physical disorder
- Year 12 students in 2030 - are today's 8 year old children



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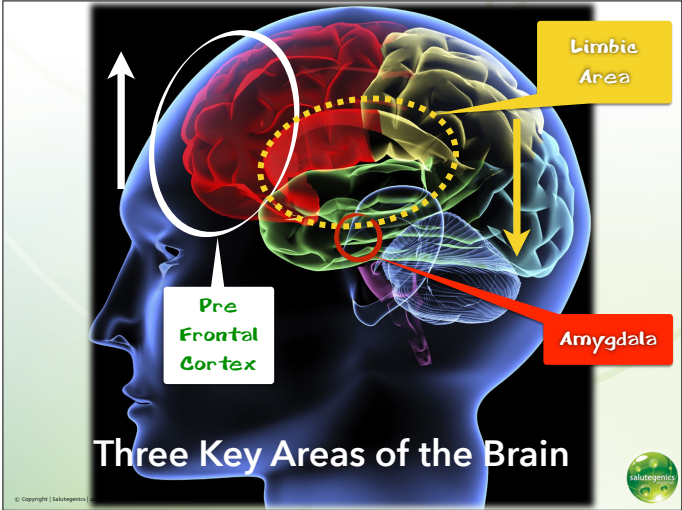
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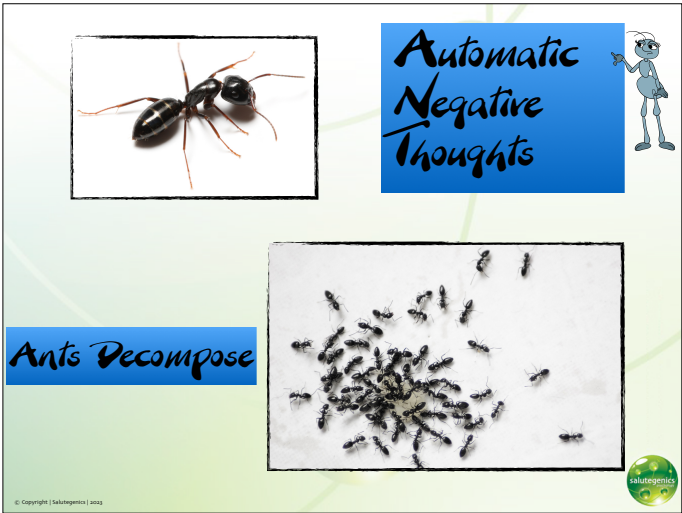
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## ANXIETY + PANIC

ANXIETY IS OFTEN AN OVER-ESTIMATION OF A THREAT... COMBINED WITH AN UNDER-ESTIMATION OF OUR ABILITY TO COPE WITH IT & TO HANDLE THE CONSEQUENCES.

PERCEPTION → [THREAT] [ABILITY TO COPE] → REALITY

@journey\_to\_wellness\_

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## PULSE CHECK

### The Mood Meter

Enraged	Panicked	Stressed	Jittery	Shocked	Surprised	Upbeat	Positive	Exuberant	Ecstatic
Livid	Furious	Frustrated	Tense	Stunned	Hyper	Cheerful	Motivated	Inspired	Elated
Fuming	Highly offended	Angry	Nervous	Resistant	Energized	Lively	Excited	Optimistic	Delighted
Anxious	Apprehensive	Worried	Irritated	Annoyed	Pleased	Focused	Happy	Proud	Thrilled
Repulsed	Troubled	Concerned	Uneasy	Puzzled	Pleasant	Joyful	Hopeful	Playful	Blissful
Disgusted	Gloom	Disappointed	Down	Apathetic	At Ease	Easygoing	Content	Loving	Fulfilled
Hostile	Morose	Discouraged	Sad	Bored	Calm	Secure	Satisfied	Grateful	Touched
Alienated	Miserable	Lonely	Dejected	Tired	Relaxed	Chill	Restful	Blissed	Balanced
Indifferent	Depressed	Sullen	Exhausted	Fatigued	Mellow	Thoughtful	Peaceful	Comfortable	Carefree
Disheartened	Hopeless	Isolated	Spent	Drained	Sleepy	Complacent	Tranquil	Cosy	Serene

← LOW PLEASANTNESS      HIGH PLEASANTNESS →

← LOW ENERGY      HIGH ENERGY →

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## Parallel Processing

When the Autonomic Nervous System of an individual elicits a sympathetic response, the bystander brain mimics that neural response

Triggered Brain [child]      Bystander Brain [parent]

**CALM**  
Remain Regulated

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## Orlando the Optimistic Octopus



- Optimistic
- Positive energy
- Identifies Ideas
- Complimenting
- Helpful
- What Went Well



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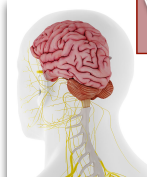
## Connection Leads Co-Regulation

**LISTEN**  
3 minutes



Neurological state of one brain impacts the other

**ASK 5**  
Who/What/  
Where/When/  
How



Social assistance required to regulate one another

3.5 Ratio Rule for Co-Regulation

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## Check Self-Talk Language



**ABSOLUTE**

HAVE TO  
MUST  
ALL THE TIME  
EVERY TIME  
SHOULD  
CAN'T STAND IT  
FOREVER  
INFINITELY  
EVERYTHING  
ALWAYS

Approximation



Sometimes  
Often  
At this time  
Frequently  
Might/May  
Most times  
Occasionally  
At times  
For now

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