Being the Star You Are! Mastering Stressful Moments so You Can Truly Shine!

Course Objectives:

- Label an individual method you can use to master a stressful moment
- Identify a strategy to help children soothe and calm rising emotions

> "It's not stress that kills us; it is our reaction to it." – Hans Selye

You can take steps before stressful moments to increase the likelihood you are able to be a "Star"!

Set goals and standards; What does "shining" look like for you?

- What adult behaviors are hitting the "rumble strips"
- Which are "in the ditch"?

★ **Be very clear about WHY you have made this choice.**

Increase your awareness

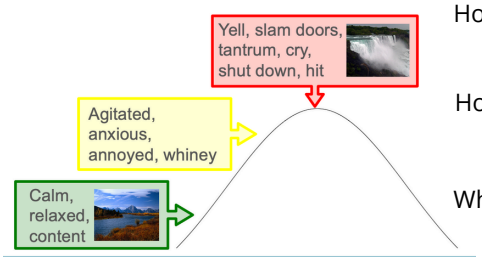
★ **Learn the impact of stress on the human brain**

1. Reactive (Reptilian)
2. Emotional part (Limbic)
3. Higher level thinking part (Neo-Cortex)

- When a highly emotional event occurs, the message reaches our emotional center first.
- As stress hormone builds in our body, we behave differently.
- We can get rigid and "stuck" or exhibit chaotic and disorganized behavior.
- Stress is catchy - When stress hormone increases in our body, it also increases in those around us.
- Nobody has the "perfect" response when under significant stress!

Avoid stress buildup

★ **Recognize the rise of stress hormones**

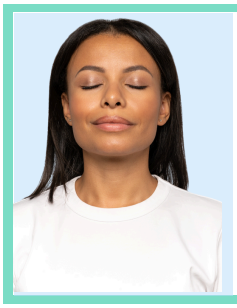


How does the stress feel in your body? Where do you feel it?

How do you behave when you feel very stressed?

What helps you feel calm? What brings the stress hormone back down?

★ **Do something calming in regular intervals: Highlight what might be calming for you:**



Breathe

- Count to 10
- 3 deep breaths
- In-hold-release (slow or fast)
- Short guided meditation session
- Tense and relax muscles
- Lift (push up, lift jars to music…)

Move

- Walk away
- Clean
- Squeeze something
- Do a silly gesture
- Give yourself a hug
- Stretch
- Self-massage
- Wash your hands

Express yourself

- Call a confidant
- Positive self-talk
- Write it down
- Sing a song

Take a break

- Touch a sensory item
- Drink water
- Draw a picture

Visualize: See, hear, feel a relaxing moment

- Beach
- Meditation
- Fishing
- Dancing
- Walking in the woods
- Cuddling

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Make a plan to master a stressful time of day

- Identify your most stressful time of day
- Try different things and observe/document: "What is working?" "What is not working?"
- Design a routine, incorporate strategies. Observe the results. Make adjustments, as needed.

What seems to help lower stress during this time?

What is not working during this time?

Which strategies, routines, or processes have you or could you put in place to help?

There are things you can do *during a stressful moment to* be a *Star*!

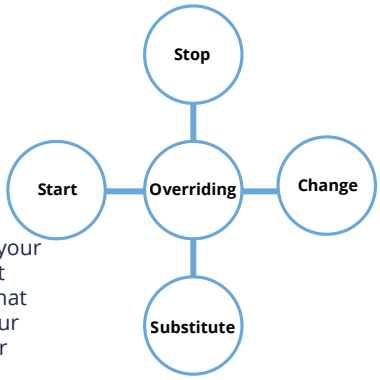
Maintain self-control

Definition: "Any effort by a human being to alter its own responses. Self control **prevents** your normal or natural response from occurring and **substitutes** another response or lack of response in place." -Losing Control by Roy Baumeister

★ Humans, can choose how they wish to respond

"Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you. Between stimulus and response there is a space. In that space Is our power to choose our response." -Viktor Frankl, Psychiatrist and Holocaust Survivor

Self Control = Overriding



Mindfulness Trick

Stop: Hit the pause button.

Take: Breathe in the deepest breath you can.

Observe: Notice where/what emotions are felt.

Proceed: Respond with intention.

★

Increase the time between when the event occurs and you respond

Breathe

Move

Take a break

Express yourself

Visualize

"Pausing opens up vital space... Pause before you respond. Therein lies the power to change your habits." - Stephen Covey

★ **Positive self-talk**

- In the big picture...
- This is normal behavior... all kids do this at some point...
- This stage will soon pass...
- The child is just learning to deal with disappointment...
- I am building critical self-regulation skills...

★ **After**

- Label what you observed and learned
- Make amends
- Make a plan of action for your future response to these stressors

Label an individual method you can use to master a stressful moment

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