



The Gryphon School

You have an opportunity to influence your emotional development because your brain is still developing - and will continue to develop into your mid twenties. This is called **neuroplasticity**.



For more information please visit

www.iwara.co.uk

Need help now?

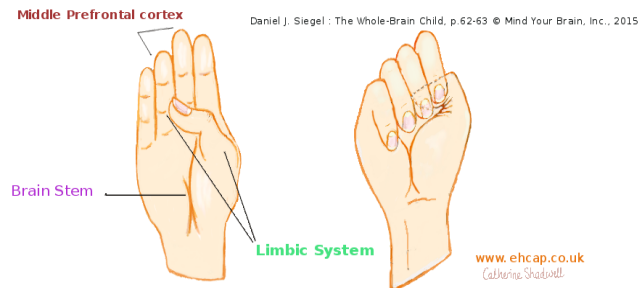
You can call or email **Samaritans**

116 123 jo@samaritans.org

Prefer to chat on line?

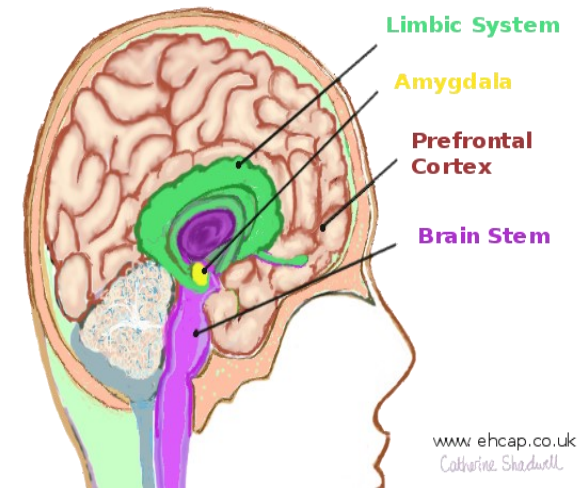
kooth.com

Professor Dan Siegel has developed an easy to use metaphor for brain function and emotion regulation called The Hand Model. Click on the image below to link to a video.



Coaching Emotions

For young people, parents, carers, teachers and teaching assistants



Learn different ways to respond when you are feeling strong emotions

Discover how to use emotions as opportunities for connection

Learn how the human brain develops in pregnancy, during childhood and into mid twenties



Alpiri®

Coping Plan for emotions

This Plan needs to be completed with someone you feel at ease and safe with (a close friend, a member of your family or a trusted person at school/college). Try and do it when you are feeling OK – then keep it somewhere you can easily find it so that you can refer back to it when you're not feeling OK.

STEP 1: My warning signs

Warning signs are changes in thoughts, feelings, moods, behaviours or physical symptoms that suggest you may be heading towards a crisis. Knowing your warning signs can help you take action early.

If you're having trouble working out your own warning signs, it can help to work with a GP, teacher, trusted adult or key adult at school/college, psychologist or psychiatrist. Your close friends and family are also in a good position to spot any changes that you might not be aware of.

SUGGESTIONS :

Feeling like a burden, Feeling hopeless, Feeling like I've hit rock bottom, Feeling trapped, Having trouble sleeping or sleeping too much, Drinking to cope, Taking drugs, Withdrawing from family and friends, Conflict with people, Dramatic mood changes, Struggling to keep up with my usual routine, Worrying about little things, More fussy than usual about my food, Heart rate up, Sweaty, Head aches, Tummy pains, Binge eating, Feeling unusually tired

John Gottman (psychologist) describes four relationship styles—

- Emotion dismissing
- Emotion disapproving
- **Emotion coaching**
- Laissez faire

Emotion Coaching is all about being aware of emotions, tuning in to emotions in ourselves and others from happiness to sadness and anger. Emotions are a natural and valuable part of life. **For wellbeing aim to emotion coach at least 30% of the time**

STEP 2: My moments of calm (when I'm feeling good and my lid is down)

When you're having thoughts or feelings that overwhelm you, it's easy to get caught up in the pain you're feeling and forget the positives in your life. Thinking about moments when you feel calm, happy and 'tuned in' may help you 'bring your lid down'.

SUGGESTIONS:

when I'm being creative, helping others, painting, sitting still, walking slowly thinking about my feet on the ground, yoga, massage, meditation, mindful breathing

STEP 3: Make my environment safe

Having a safe space is important. This includes making the environment around you safer, or taking yourself out of unsafe situations or stressful situations (especially if it's stress that goes on and on).

Give my medication to someone else to look after, Lock up or get rid of anything that could be used to harm myself, Avoid people who upset me, Avoid driving when I'm feeling stressed out,

STEP 4: Things I can do by myself (to help bring my lid down)

Work through activities that you find help you feel well. If an activity isn't helping you, try another one.

You might also like to try some activities that other people find useful like doing some exercise, taking a shower or watching a favourite movie, drawing, painting, gardening, Practice relaxation techniques like breathing exercises, mindfulness and meditation

STEP 5: Connect with people and places

It can be hard to socialise when your emotions are all over the place but just being around other people can improve your mood.

Connecting with others doesn't have to be about talking and interacting. *You could try going to a busy park or café, or invite a friend over to watch a movie or play sport.*

Make a list of people you could spend time with or social places you could go

STEP 6: Friends and family I can talk to

Write down the names and contact phone numbers of people you feel really safe with – the people you go to when things are really tough. It can be really helpful to discuss this plan with them and give them a copy.

STEP 7: Professional support

Professional support is always available when things become too much. If one service doesn't work for you, try another.

In an emergency, always call triple nine (999).

- ◆ **Child Line – free on line, on the phone support for young people under 19 years whatever the issue 0800-111**
- ◆ **Samaritans - offer a safe place for you to talk any time you like, in your own way, no matter how old you, free any time, from any phone 116 123.**
- ◆ **More Links - www.iwara.co.uk**

www.emotioncoaching.co.uk