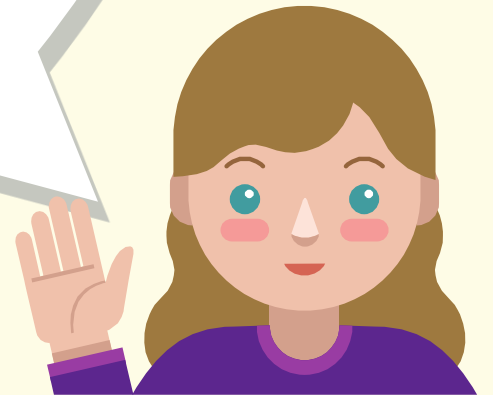


Stress Management & Mental Well-Being



OUTLINE OF SHARING

- Signs of Stress
- Stress Management
- Parenting 101
- Supporting Your Child



Some signs & symptoms of stress...

Physical Health

Decrease or increase in appetite or experience a sudden change in eating habits



Faster heartbeat rate



Feeling tired all the time



Headache or migraine



Stomach upset



Emotional Health

Nervousness



Blaming yourself for everything



Constantly worrying



Negative thoughts



Often feeling down



Stress is...

A feeling that can affect you and your child when you and your child are worried or upset about something

- Examinations or tests
- Expectations from the teachers, your child or you, which might be difficult to meet
- Your child could be having too many things to cope with at the same time
- Face with a sudden family/ health/ emotional crisis
- Your child could be dealing with friendship issues



Stress Management



Why it is important to talk about our feelings and emotions...

- Helps to calm us down
- Reduce worry and anxiety that lead to early stress
- Learn ways to cope with a problem effectively
- Release bottled up emotions positively

5 Ways to Acknowledge Tough Emotions

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- 1 **“It’s normal to feel however you feel. I’m here to talk about it when you are ready.”**
- 2 **“I can tell you feel upset. What do you think would help you right now?”**
- 3 **“I don’t know exactly what you’re going through, but I’m here for you.”**
- 4 **“I can tell you feel [insert emotion]. Let’s take a walk and talk about it.”**
- 5 **“Tell me how you are feeling. I’m listening.”**

It can be very powerful when parents take time to sit and listen carefully to children about what emotions or stress that they are bottling up .

Have a nonjudgmental, open and calm posture which will make your child feel safe to confide in you.

Listen carefully and ask them to express in any way that they are comfortable.

Let them talk, draw, journal out the internal struggle or stress they are experiencing or feeling overwhelmed.



Chat openly with your child to Identify areas of stress, issues at school

Are they struggling with schoolwork, tuition work, activities after school?

Find ways to reduce these stressors and to brainstorm with them some possible solutions

Ask if they would want to have someone to talk to - a teacher, school counsellor or others



Teach your child how to look within

How to check-in with yourself



RATE YOUR ANXIETY

@theanxietyhealer

- 1 Everything is ok.
- 2 I am a bit frustrated, but I can cheer up easily.
- 3 Things bother me, but I am coping ok.
- 4 Today is a not the best day. I need some extra self-care.
- 5 My anxiety is starting to impact my everyday life.
- 6 Intrusive thoughts are very hard to cope with today.
- 7 I am very anxious and it is all that I can think about.
- 8 I cant eat or sleep. It was hard to get up this morning.
- 9 I cant function. I need to reach out for support.
- 10 Life seems unbearable. I need to contact a crisis line.

Positive self-talk is a critical skill for building resilience. It's the voice that reminds us we can get back up again, even when it feels like we can't.



Flip the negative script!



10 Positive Self-Talk Phrases Every Person Should Know

www.thepathway2success.com

1

Every day is a fresh start.

2

I am a work in progress.

3

Challenges help me grow.

4

It's okay to feel how I feel.

5

I'm in charge of my choices.

6

I am grateful for what I have.

7

I am enough.

8

My voice matters.

9

I am resilient.

10

I can do tough things with hard work.



~~This is too hard.~~

**I am still
learning.**

~~I give up.~~

**I can use a
different strategy.**

~~I keep making one
mistake after the other.~~

**My mistakes help
me learn and grow.**

~~I have never
done it before.~~

**This is an
opportunity to try
something new.**

~~There is no way
that it will work.~~

**I can learn to
make it work.**

~~I failed and I
embarrassed myself.~~

**I'm proud I even
tried, that took
courage.**

What does it mean to be a supportive parent?

- Selfcare (physical & mental well being)
- Maintain an atmosphere of respect and tolerance
- Be there for them to turn to when they need help and support



Parenting 101

**Things that work and
things that don't.**



THINGS THAT DON'T WORK

- Bravado approach (trying to do everything for your child)
- Using excuses like “I’m too busy” or “I know nothing about the subject”
- Nagging
- (Non-Verbal signals – eye rolling, throwing hands in the air or huffing & puffing)



THINGS THAT DO WORK

- Self organization (prioritise what is important)
- Keep things in proportion (family & personal balance)
- Stay calm (don't try to be perfect, take a moment prior to making decisions)
- Know your personal stress signs
- Food, sleep, relaxation, teamwork



SUPPORTING YOUR CHILD



SUPPORTING YOUR CHILD

- Help them with their organization (schedule)
- Support them with an effective emotional structure (calmness, motivation)
- Activate support (via friends, family, teachers)
- Identify the learning style that works



SUPPORTING YOUR CHILD

- Take an interest (check schedule)
- Encourage (trust, belief, be realistic)
- Assist without control (suggest some different revision techniques, others involved in revision, offer to “test”)



SUPPORTING YOUR CHILD

- Keep the balance (eating, exercise, sleep, work, personal time, friends, family + act as a human barometer)
- Be observant
- Keep the communication open
- Be a “constructive nagger”
- Keep things in perspective



SUPPORTING YOUR CHILD

Serotonin is a calming brain chemical

- Warm oatmeal boosts serotonin
- Carbs (e.g., whole grain cereals, pasta)
- Reduce simple sugars (e.g., soda)
- Foods that curb stress hormones: spinach, salmon, tuna, black tea, walnuts, almonds, avocados, raw vegetables.

Avoid food with high sugar content (e.g. soft drinks, sweets, cakes)



SUPPORTING YOUR CHILD

- Plan ahead (time, place of exam, equipment needed)
- Eat well, keep the routine
- Discuss exam strategies with your child :
 - relax at the start
 - read instructions
 - plan your time (include “breaks”)
 - answering questions (order, what if you’re stuck)



Contact Tinkle Friend!

Online chat

www.tinklefriend.sg
Monday to Thursday
2.30pm to 7.00pm

Friday
2.30pm to 5.00pm

Helpline

1800 2744 788
Monday to Friday
2.30pm to 5.00pm

