

Emotion Coaching

A parents bite size
guide – session 4

Select an emoji that represents an emotion you experienced this week.

- 1. What was the feeling?**
- 2. What made you feel this way?**



- It is difficult to help teens to develop emotional intelligence if parents don't use the same approaches themselves.
- You cannot be an empathic emotion coach unless you develop awareness of your own emotions.
- Children learn emotional intelligence through watching their parents which is why self-care and parents managing their own emotional wellbeing is so important.
- It can be difficult for adults to identify feelings and even harder for young people.
- Often several or a build-up of emotions are experienced at once.

Expressing and dealing with anger

Have a go at completing these mind-maps.



What are some effective ways to control and manage your own angry feelings?

Our tips of overcoming the feeling of anger

- Let off steam
- Build in a pause
- Box breathing
- Taking 2 minutes
- Labelling your feeling and saying it out loud
- Reconnect your thinking and emotion brain



Common causes of teen's anger

Attempt to get some ideas from your teen before looking at our list of common causes and see if they match up.

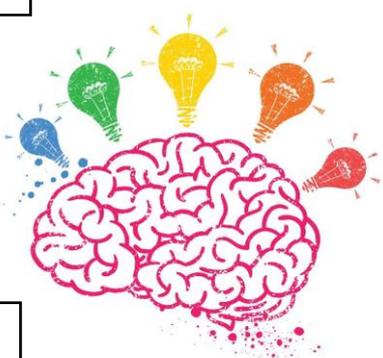


Diagram illustrating common causes of teen's anger, with a central brain icon and several empty boxes for input:

- Top-left box
- Top-right box
- Middle-right box
- Bottom-right box
- Bottom-right box
- Bottom-left box
- Bottom-left box

SHARES list on common causes of anger in teens

Frustration with boundaries

Feeling belittled or treated younger than their age

Wanting to be independent

Peer issues: fear and anxiety from bullying, Jealousy, and feeling left out, sadness and hurt about conflict

Sibling issues, fairness, rights, sharing clothes, music, sports gear, video games

Frustration and worry about comparison to others

Feeling criticised by parents or others

Feeling self-conscious and embarrassed

Not being understood/not feel heard

Fatigue and school pressures

Worry and anxiety

Sadness and disappointment

On-going social issues

Change of routine / normality

Health

Responding to your teens anger

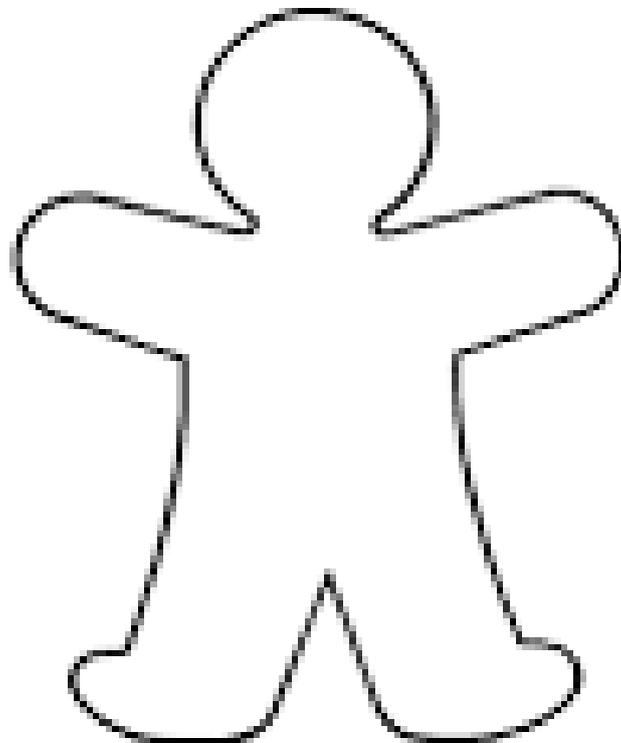
- Anger lets you know what is important to your child
- Don't minimise your child's anger
- Separate angry behaviour from angry feelings.
- Acknowledge the underlying feelings (iceberg).
- Be aware that anger spreads - try to remain calm.
- Different responses to angry behaviour:
- Repair and say sorry if you feel you reacted badly
- Household rules – some are negotiable some are not

Remember not to attempt emotion coaching...

- When angry
- When rushing
- When your teens emotion is too high
- When there is danger or you have a safety concern

What are some of the more subtle signs that your child is anxious?

Spend some time thinking about and labelling this gingerbread man with the subtle signs you may see in your teen when they are anxious.





Tools for worry and anxiety

- Tense and release exercises
- Deep breathing exercises
- Cooling the face (splash with water/ice pack)
- Post box or worry box
- Thinking strategies (poison or antidote thoughts)

Keep in mind

Normal development, individualisation and autonomy might create anxiety for teen and parent.

Teens experience new unknown experiences.

For the parent step back gradually and let young person explore the world.

Label the fear/worry.

Empathise with the situation.

Help them calm/de-stress.

Explore the reason for the fear/worry.

Talk through strategies to reduce the fear/worries.

Assist with problem solving strategies to cope with reason for fear/worry.

“Something that scared your young person might seem silly or irrelevant to you, imagine something really fear provoking like standing in front of an audience to speak, the feeling of fear/worry/anxiety is the same feeling”

SIT WITH IT

ALLOW IT

Some books we recommend

