

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- · Can't sit still for refills or actively refuse them
- · Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love





What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- · Doing what they hate



Anxiety presents itself in many different ways...

The desire to control people and events



Difficulty getting to sleep

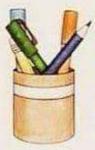


Feeling agitated or angry





Defiance and other challenging behaviors



Having high expectations for self, including school work & sports



Avoiding activities or events (including school)

Pain like stomachaches and headaches



struggling to pay attention and focus



Intolerance of uncertainty





Crying and difficulty managing emotions



Overplanning for situations and events

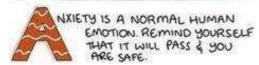


Feeling worried about situations or events



THE JOURNEY TO WELLNESS

ALPHABET guide to WELLBEING!



REATHE! TAKE TIME EACH DAY TO CHECK IN WITH YOUR BREATH.
TAKE LONG, SLOW BREATHS
DEEP DOWN INTO YOUR BELLY.

ALMING. CALM & SOOTHE YOUR BODY & MIND WITH A CUP OF CHAMOMILE TEA.

USEFUL TOOL TO SHIFT
YOUR FOCUS AWAY FROM
UNHELPUL THOUGHTS &
BEHAVIOURS.

AT A BALANCED DIET, RICH IN ANTIOXIDANTS & EXERCISE OFTEN.

RIENDS & FAMILY. SURROUND
YOURSELF WITH SUPPORT &
PRIORITISE HEALTHY
CONNECTIONS & RELATIONSHIPS.

ROUND YOURSELF IN THE PRESENT MOMENT BY TUNING IN TO YOUR SENSES, YOUR BODY & YOUR BREATH.

EALTHY HABITS CREATE POSITIVE DAILY RITUALS OF SELF-CARE NNER CRITIC. GET TO KNOW
YOURS & LEARN TO KEEP
IT IN CHECK WITH SELFCOMPASSION.

OURNAL. WRITE OUT YOUR
FEELINGS, THOUGHTS, FEARS,
COALS & DREAMS TO HELP
YOU PROCESS THEM.

FOR YOURSELF (OTHERS. IT'S OKAY TO SAY 'NO'.

AUGH. FIND TIME FOR FUN.
LET YOUR HAIR DOWNKEEP IT LIGHT & FIND
THE HUMOUR IN LIFE.

INDFULNESS. OBSERVE

YOUR THOUGHTS &

EMOTIONS WITHOUT

JUDGEMENT. BE PRESENT

AME YOUR EMOTIONS.

ACKNOWLEDGE THEM
WITHOUT SUDGEMENT.

BSTACLES PROVIDE YOU A CHANCE TO LOOK FOR OPPORTUNITIES & OPTIONS FOR GROWTH.

LAN & PRIORITIZE. KEEP
LISTS OR SCHEDULES &
DON'T OVER WAD YOUR
SELF. BOOK-IN DOWN
TIME & SELF-CARE.

SENSES A BREAK.

TURN OFF & TUNE
OUT.

D EST! IT'S O SOMETIN UP, GRA BOOK.

EST! ITS OKAY TO DO NOTHING SOMETIMES. PUT YOUR FEET UP, GRAB A CUPPA & READ A BOOK.

LEEP IT'S SO IMPORTANT TO GET ENOUGH SLEEP EACH NIGHT: PRIORITIZE A SOOTHING WIND-DOWN ROUTINE BEFORE BED.

SPEND TIME EACH DAY AWAY FROM YOUR SCREENS, ESPECIALLY BEFORE BED.

NIQUE YOU ARE THE BEST AT BEING YOU TRY NOT TO COMPARE YOURSELF WITH OTHERS

ALERIAN CAN BE A GREAT NATURAL WAY TO HELP ANXIETY, STRESS & SLEEP.

ATER. MAKE SURE YOU ARE DRINKING ENDUCH WATER EACH DAY - NOT DUST IN COFFEES!

AMINE YOUR UNHELPFUL THOUGHTS & CHALLENGE THEM. REMEMBER, NOT ALL THOUGHTS ARE TRUE!

OGA: TUNE IN TO YOUR BODY, NOTICE WHERE YOU FEEL TENSION: HONOUR THIS MIND-BODY (ONNECTION).

ERO TOLERNCE FOR
THINGS IN YOUR LIFE
THAT DON'T HONOUR
YOUR WORTHINESS



THE STRESS RELIEF GIRAFFE



OUT OF CONTROL

SCARED OF LOSING CONTROL

NERVOUS

UNSURE

CALM

WHAT YOUR CHILD CAN DO:

- · Calm breathing exercises
- · Use visualisation mediation techniques
- Body tightening exercises (progressive muscle relaxation)
- · Sigh to become fully present in the moment
- Practice music therapy
- Change location / surroundings
- Use a stress ball / fidget toy
- Give themself a 10-second hug to boost their mood
- · Colour, draw, write, craft, etc.
- Practice positive self-talk / words of affirmation
- Exercise
- Go outside
- Play
- · Hydrate with water

