

Managing Stress in the Family: Coping Strategies for Parents

Susan W. White
Center for Youth Development and Intervention
University of Alabama

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Center for Youth Development and Intervention



The CYDI's Mission is to improve prevention and treatment of youth mental health and behavioral problems and strengthen communities.

www.cydi.ua.edu

Parents: Do you or your child want to participate in research / interventions? Do you want to be informed of events?

Join our **CYDI registry** to give us permission to contact you with applicable information!

Are you an educator, clinician, organization, or professional and want to be a CYDI partner?

Complete our **CYDI partnership survey** to let us know you may be interested in partnering with us on future work and would like more info on workshops, events, and research.

Registry:



Partnership Survey:



Studies currently enrolling :

FAST: Facial Affect Sensitivity Training Study

Intervention for 6-11 year olds who struggle with empathy and concern for consequences

fastclinicaltrial@ua.edu
205-348-2472

ORED: Brain Research Study

Research study for 10-17 year olds who are neurotypical or who have been diagnosed with autism or social anxiety

b.rad.laboratory@gmail.com
205-348-4201

EASE: Managing Emotions for Teens and Young Adults with Autism

Intervention for 12-21 year olds with autism who struggle with managing their emotions

npowell@ua.edu
205-348-6551

R15: Social Attention Study

Research study for 11-13 year olds

b.rad.laboratory@gmail.com
205-348-4201

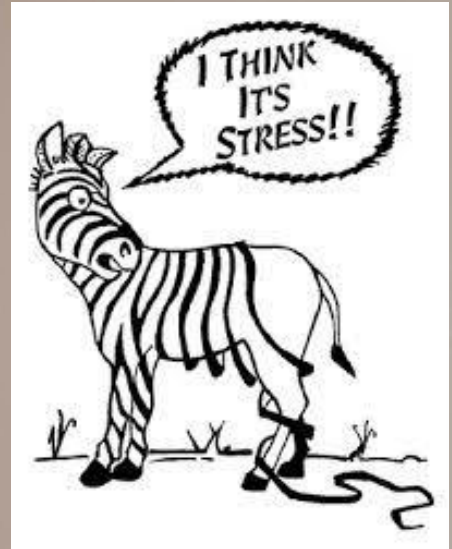
The FEELING Study

Online surveys for teens in high school and their caregivers

Email mxia3@ua.edu or visit our website at:
<https://mxia.people.ua.edu/feeling.html>



Anyone feeling stressed these days?

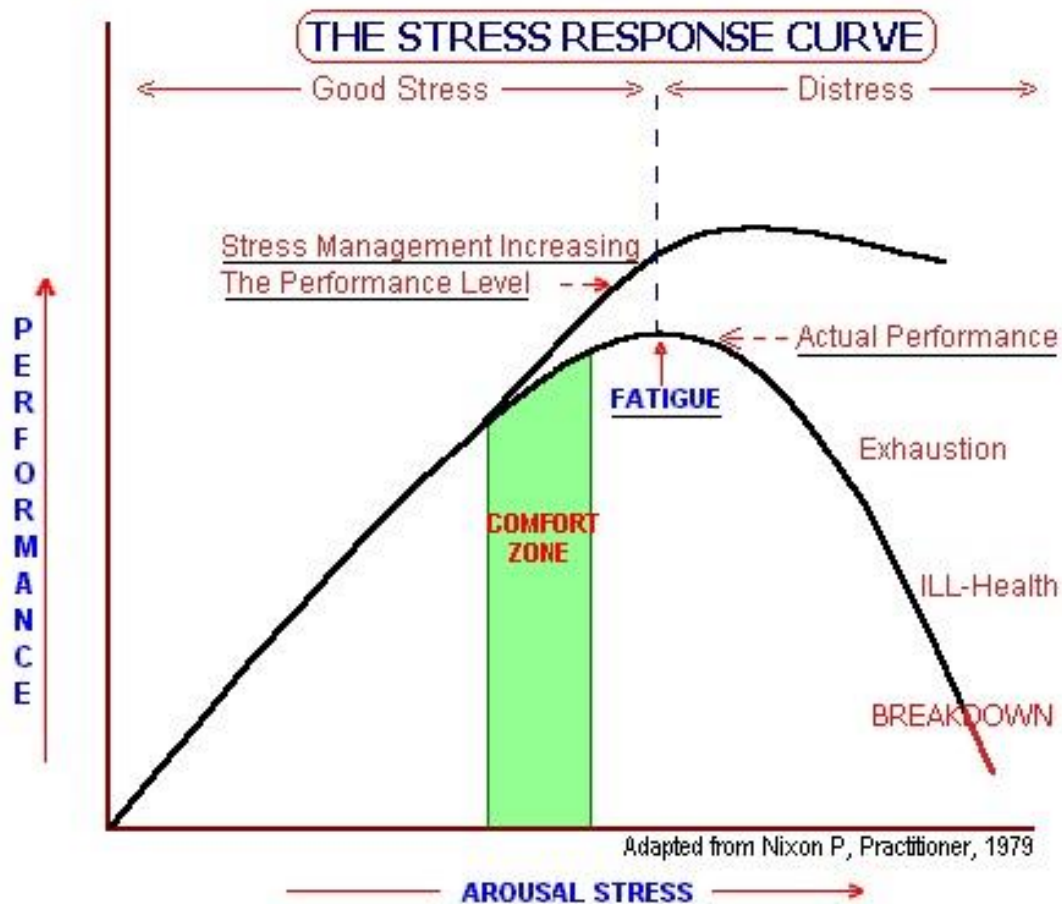


Stress



So what is *stress*?

Not all stress is bad



Stress & the sympathetic nervous system

Human reaction to real or imagined danger or threat of danger: Fight or flight response

How do you know when you are stressed?

- Physical
- Cognitive
- Emotions
- Behaviors



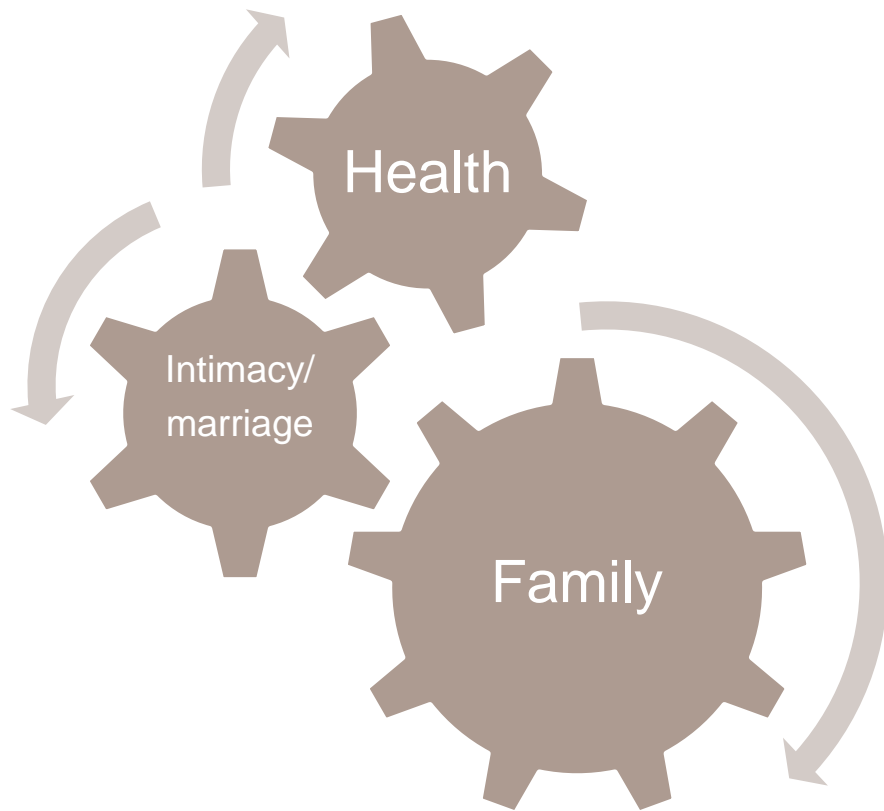


**Executive function
areas disengage
[PFC]**

-problem-solving,
moral reasoning
-expression: impulsive
behavior, substance
use, anxiety, anger

**Fight or flight areas
engage [subcortical
areas]**

-increased heart rate,
readiness to act





What do you
to relieve
stress?



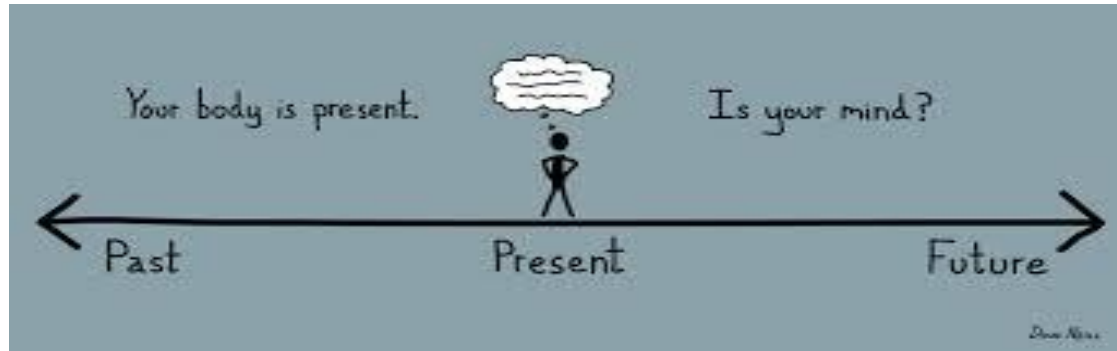
- Exercise
- Connect with friends
- Walk the dog
- Watch tv
- Read
- Yoga
- Make time to unwind
- Rely on faith



What is mindfulness?

“Paying attention, on purpose, in the present moment, without judgment or reaction to whatever appears in the field of your experience”

-Jon Kabat-Zinn



Mindfulness in Everyday Life



- **S** top, pause – come to stillness
- **T** ake a breath
- **O** bserve, open to present experience: *sensation, emotion, thought, situation*
- **P** roceed: how can I best take care of myself, this moment?



▫ **W.I.N.**

W hat's

I mportant

N ow

Specific strategies

- Brief moments of quality time
- Physical activity
- If a consequence is issued, it cannot be retracted
- Take temperature at the door





Meltdowns (response to stress) in kids



Prevention

- ❑ A meltdown is a reaction, not an attempt to get (not misbehavior)
- ❑ Identify primary triggers, minimize them
- ❑ Prep child in advance (remind of strategies)

How to respond

- ❑ Reduce stimulation
- ❑ Acknowledge the feeling, show respect
- ❑ Simple statements, use their name (grounding)
- ❑ Maintain warmth and acceptance

How not to respond

- ❑ Ask questions
- ❑ Why / how...
- ❑ Tell child he needs to stop (instead “I see you are upset”)
- ❑ Say “calm down” (instead – “let’s breathe together”)



Where to get more help

- CYDI: www.cydi.ua.edu
- National Suicide Prevention Lifeline: 1-800-273-TALK
- National Domestic Violence Hotline: 1-800-799-7233
- National Child Abuse Hotline: 1-800-4AChild



Resources

Mindfulness resources:

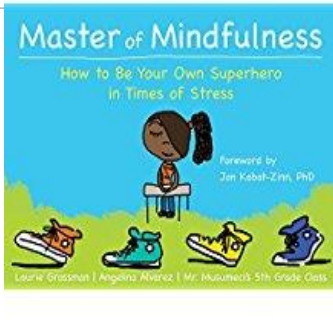
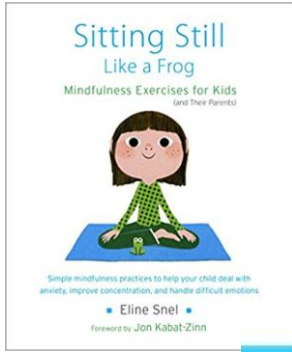
<http://www.mindful.org/>

<http://www.mindfulnet.org/page2.htm>

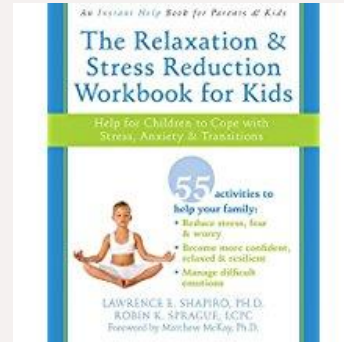
<http://www.mindfulnessforteens.com>



Resources



- *Breathe Like a Bear* by Kira Wiley
- *Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents)* by Eline Snel
- *What Does it Mean to be Present?* by Rana DiOrio
- *Master of Mindfulness: How to Be Your Own Superhero in Times of Stress* by Laurie Grossman, Angelina Alvarez, Mr. Musumeci's 5th Grade Class, & Jon Kabat-Zinn, PhD
- *The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions* by Lawrence E. Shapiro, Robin K. Sprague, & Matthew McKay
- *The Gift of Nothing* by Patrick McDonnell



thank you!

Susan W. White, Ph.D., ABPP

swwhite1@ua.edu

Center for Youth Development and Intervention at UA