

ENGAGE
MORE CONTROL | LESS IMPULSE

Raising Resilient Kids...

How do we do it?


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Emotional Resilience

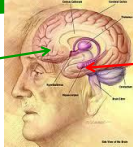


- The ability to 'bounce back' from difficulties
- 'Bounce back' = return to state of emotional control
- To 'return' requires us first to go somewhere

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INTRODUCING THE BRAIN



UPPER/GREEN BRAIN

Cortex
(Managing)

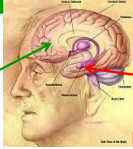
Brainstem / Limbic
(Survival / Emotional)

LOWER/RED BRAIN

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INTRODUCING THE BRAIN



UPPER/GREEN BRAIN

- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy

LOWER/RED BRAIN

- Survival Tasks
- Impulsive
- Irrational
- "Two years old"
- Selfish

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ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO **DIE**


↑

STRESSOR

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TELL THE BRAIN - YOU ARE NOT GOING TO DIE!



Relationships Status Distraction Sensory activity

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HOW TO KEEP THE SURVIVAL BRAIN CALM

Some See me....
 Boys Show me I Belong...
 Hate Tell me what is Happening
 Carrots Give me some Control

7

FIGHT / FLIGHT RESPONSE

Dry Mouth
 Breathing Changes
 Stomach purges
 Bowel/Bladder may empty

Sight and Hearing Sharpen
 Heart Beats Faster
 Temperature Change
 Blood increase in large muscles of arms & legs

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Need Relationship to Identify

Tolerable Zone

Intolerable Zone

= OSR

= REGULATION

Need Relationship to know how to calm

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LOWER BRAIN HAPPY = UPPER BRAIN ENGAGED

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