

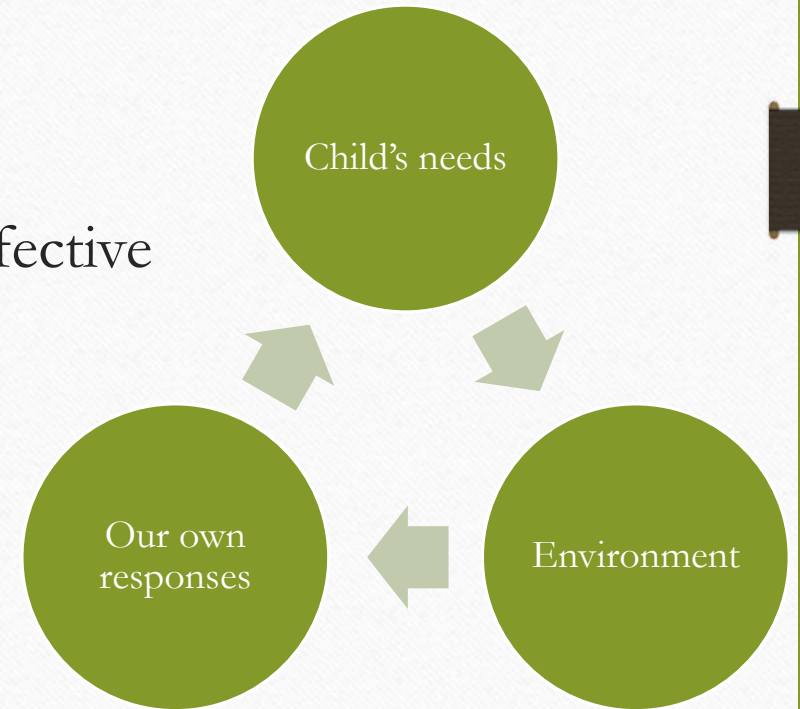
You First

Supporting yourself to support your child



The Obstacles

- Can come from a variety of places
- Pro-active planning is hard to do but can be very effective
- Obstacles are there to be overcome



You have power
over your mind,
not outside events.
Realize this, and
you will find
strength.

Marcus Aurelius

THOUGHTJOY.COM



**YOU CAN'T
STOP THE WAVES
BUT YOU CAN
LEARN TO SURF**

The effect on you

- Experiences and events effect us
- Move away from judgement and towards objectivity
- Awareness and acceptance are the first steps to change
- Parents of young people with additional needs often Find themselves in a 'crisis mind set.'

*The hardest person to be
honest with is yourself.*

#besomebody™

Effects of a Crisis Mindset

We lose perspective.
We can only focus on the short term.

We become focused on immediate problems.
We spend all of our energy 'putting out fires'.

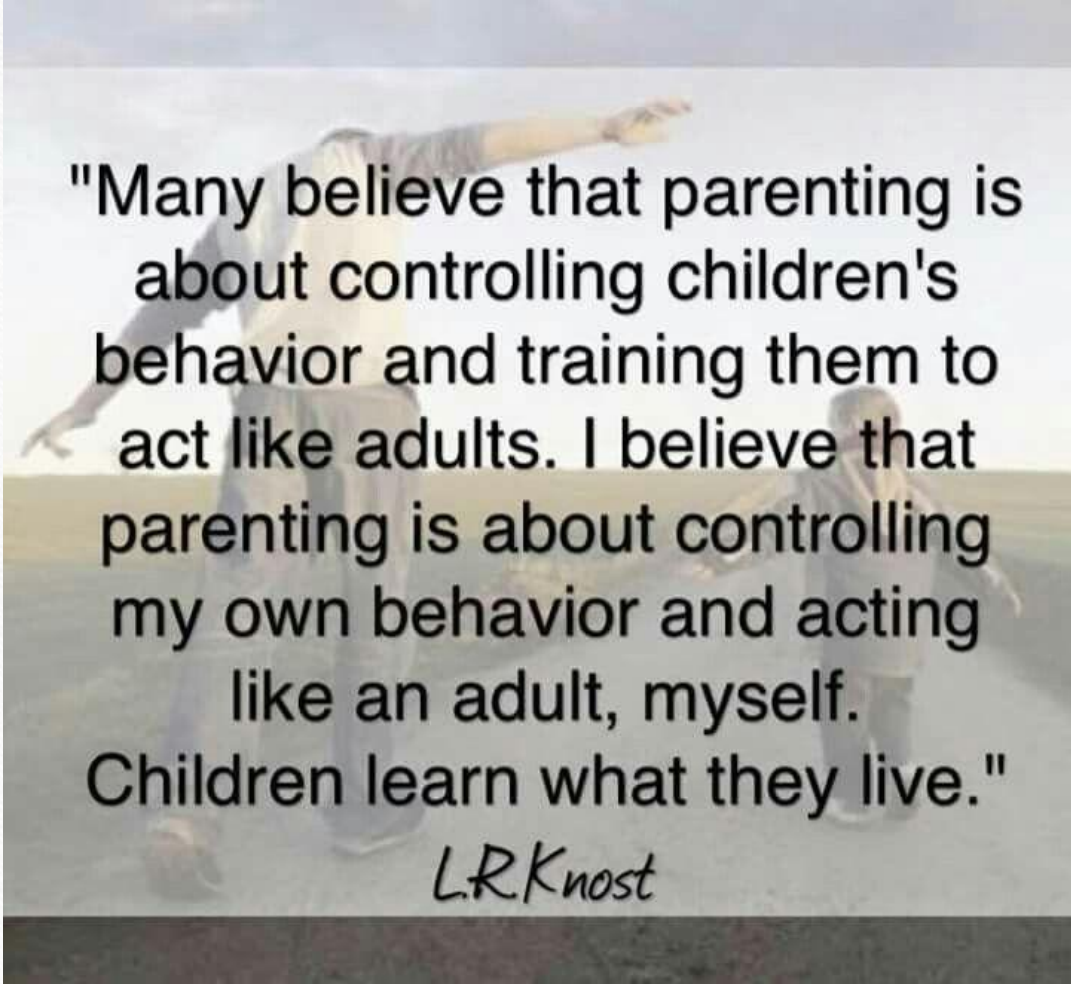
Our pace becomes too rapid.
We do not dare to stop and reflect.
We are unable to learn from our experience.

We use our resources inefficiently.
We try to go everywhere & try everything.

RDIconnect™

Parent – child relationships

- Relationships are 2 way, dynamic and fluid
- Unexpected, non-typical behaviours can shape how we respond
- Some common themes can include: over compensation, highly directive, reduced opportunity for connection,
- Our beliefs shape our approaches

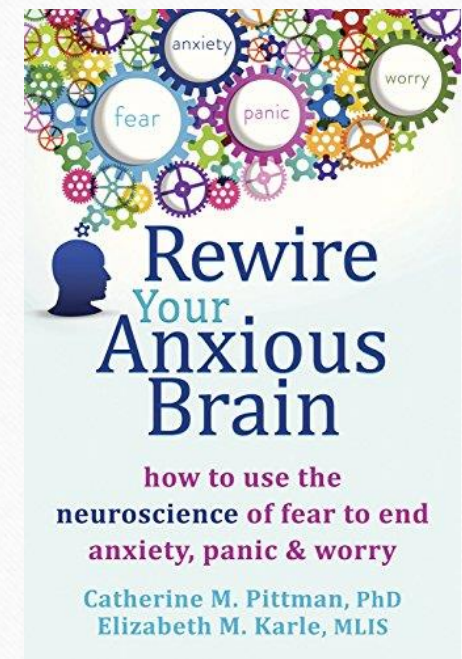
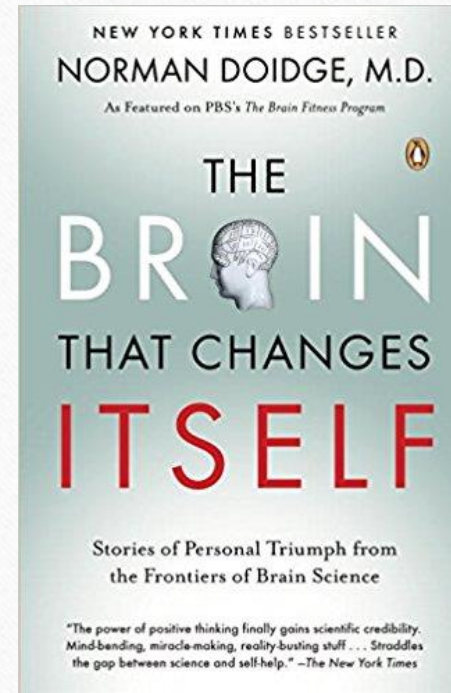


"Many believe that parenting is about controlling children's behavior and training them to act like adults. I believe that parenting is about controlling my own behavior and acting like an adult, myself. Children learn what they live."

L.R. Knost

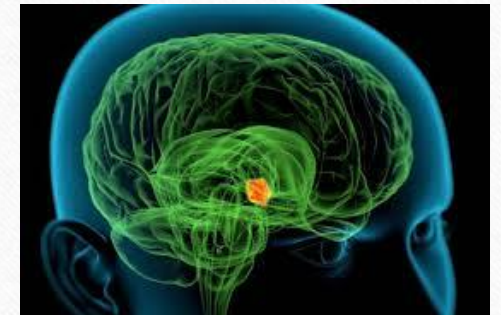
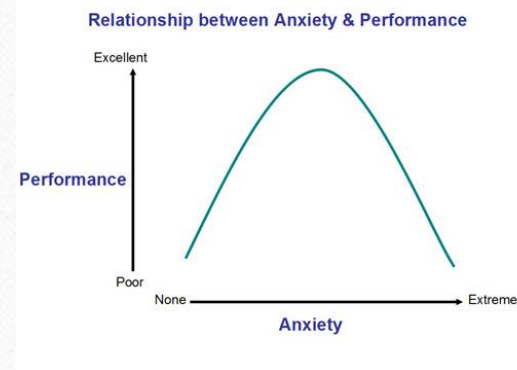
The power of the brain

- Neural Plasticity
- Neurons that fire together, wire together
- Decision + Action = Change
- The science of happiness
- 2 types of anxiety



Anxiety / Anxiety Response

- Anxiety is essential to human survival
- Emotions are not experienced in the brain the same way from person to person
- Anxiety? Or excitement with bad press?



Para & Sympathetic Nervous Systems



Hobbies / Activities



- Vital in maintaining a healthy CNS balance
- Challenge and flow



Breathing is good for you!

- The Neuroscience of Breathing
- Little and often can be as effective as length spells of meditation
- Breathing exercises to try

Mindfulness

- ‘a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.’
- The practice – letting thoughts go.....them having them.... then letting them go..... = Exercise for the Brain
- What works for you – avoid the fad



‘Fossilised thinking’

- Non genetic, Patterns, Therefore under control.
- Starts with bring nice to yourself
- Mirror Moment & A-Z exercise



Visualisation

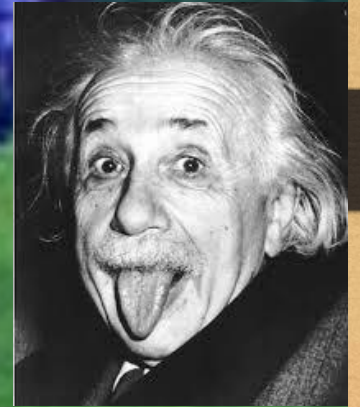


Visualisation

“Logic will get you from A to B. Imagination will take you everywhere”

Albert Einstein

- ‘In vitro’ and ‘In vivo’ – the brain doesn’t know the difference.
- Direct link between images and reactions...



The Power Of
Imagination









Visualisation



"...WHEN YOU WANT SOMETHING,
ALL THE UNIVERSE CONSPIRES IN
HELPING YOU TO ACHIEVE IT."

— PAULO COELHO, 'THE ALCHEMIST'

VS

The Reticular
Activating system
(RAS)



Coping with Crisis

- Calm is hard to achieve but possible to display
- Make use of mantras and anchors
- Breathing in the moment helps escape negative thinking patterns

Summary + Going Forward

- What decision have you taken today?
- What action can you take right now to start a change?
- Goal Setting – short, medium and long term