

# Helping Your Teen Learn Emotional Regulation



# Objectives

Learn how the teenage brain is different than any other point in development

Engage with your teen without conflict

Teach emotional regulation by example

Know when to seek professional help



Where to begin

“Happy families are all alike; every unhappy family is unhappy in its own way” Leo Tolstoy in Anna Karenina

Background

A family vision

Story – Patience and the Bamboo Tree

Accept and improve



# The Teen Brain

## Developmental Research

Psychosocial Development

Attachment Theory

Social Learning Theory

Cognitive Neuroscience

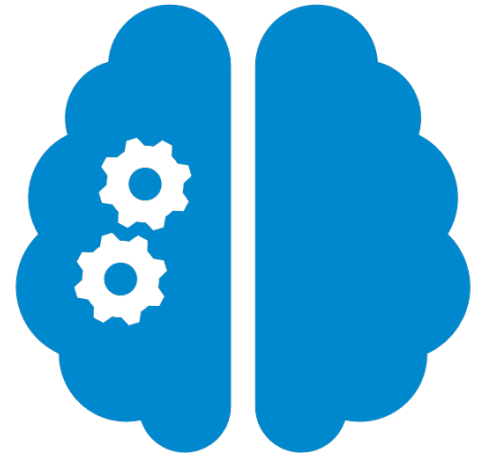
## Biological

Neurological development – Back to Front

Hormones vs Structure

Executive Function and the PFC

Autonomic Nervous System



# The Teen Brain continued

Psychological

Causes of Stress

The ABCs

Affect

Behavior

Cognition

Emerging Social Awareness



# What is Emotion Regulation?

“The curious paradox is, when I accept myself just as I am, then I can change.” Carl Rogers

E-motion

Three minds

Rational

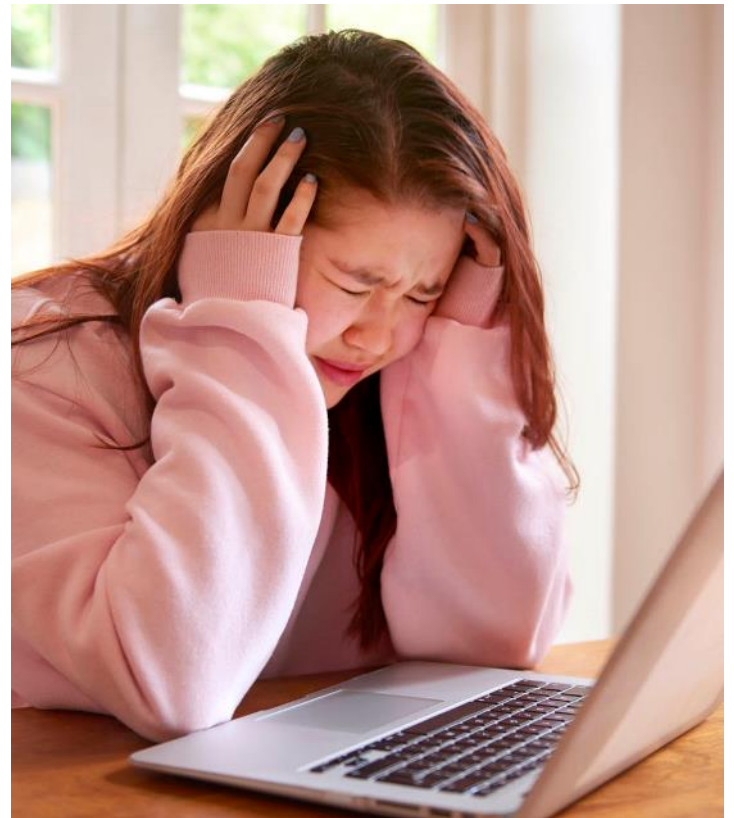
Emotional

Wise

Validation Vs Change

Intrapersonal

Interpersonal



# Engage with your teen without conflict

“If indeed you must be candid, be candid beautifully” – Kahlil Gibran

Common Dilemmas

Walking the Middle Path

Acceptance and Change

Keys to Interpersonal Effectiveness

Conflict is normal

Don't take it personally

Seek first to understand... then to be understood

Collaborate and negotiate

Dear man, give, fast



# Teach emotional regulation by example

“Between stimulus and response, there is a space. In that space lies our freedom and our power to choose our response. In our response lies our growth and our happiness.” – Viktor Frankl

Freedom to choose

Mood labeling vs Mood management

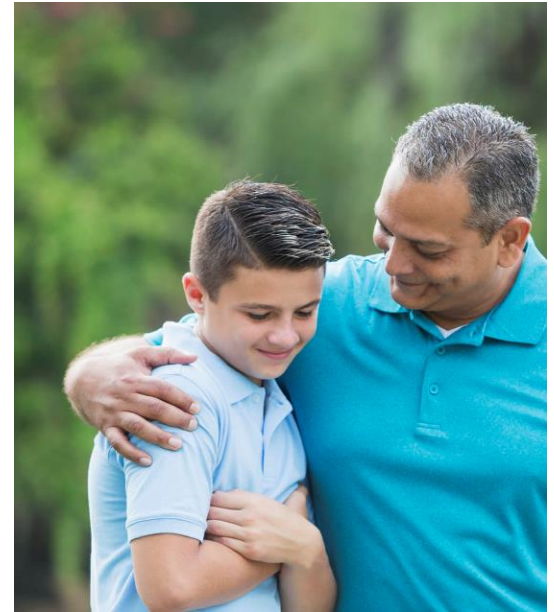
Practice Mindfulness

Practice Empathy

Self-Care

Ride the wave

Metatalk





# Know when to seek professional help

Common outcomes

How is your child coping during COVID-19?

Signs of the uncommon

Substance use

Suicide and self-harm

Find a health care provider or treatment for substance use disorder and mental health



[Click here for National Suicide Prevention Lifeline:](#)

1-800-273-TALK (8255)

[Click here for SAMHSA's National Helpline :](#)

1-800-662-HELP (4357)

# Resources

[Click here for 7 Habits of Highly Effective Families with John and Jane Covey](#)

[Click here for Adolescent Development Explained](#)

[Click here for Adolescent health](#)

[Click here for Sarah-Jayne Blakemore: The mysterious workings of the adolescent brain](#)

[Click here for Mental Health During COVID-19: Signs Your Child May Need More Support](#)

[Click here for The art of managing emotions | Daniel Goleman | WOBI](#)

[Click here for Sci Show - The Teenage Brain Explained](#)

[Click here for Support for Teens and Young Adults](#)

# References

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**Thank you!**

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