

The Importance of Coping skills

"Just Breathe"

Elementary students explain the benefits of mindfulness

"Release"

Anxiety and stress through a middle schoolers eyes.



Big Emotions...we all have them.. It's ok to feel them...

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What are the big emotions?

Big Emotions can include **worry, anxiety, fear, frustrations, anger, and excitement**. Big Emotions are not bad emotions, but sometimes they may take a little bit more work to understand and manage.

Allow your child to express all emotions. Help to build awareness and provide support to find healthy ways to handle their feelings. We can not avoid these feelings; instead we need to face them head on!

Video:

[Importance of Developing Coping skills](#)





Breathing & Mindful Exercises

Belly Breathing

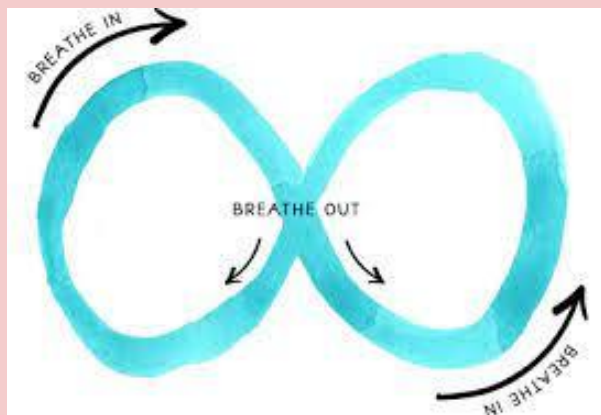
Candle Breath

Lazy 8 Breathing

Five Finger Breathing

Ocean Breathing

Grounding- Using your 5 senses



What are I- Messages and how do I use them...

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An “I” message can **help you communicate your concerns, feelings, and needs without blaming others or sounding threatening.** It helps you get your point across without causing the listener to shut down. An “I” message says “this is how it looks from my side of things.”



Benefits of I- Messages

- helping you to get clearer about your feelings as you communicate them to your children,
- modeling healthy ways of dealing with feelings,
- providing a way for you to express anger without insulting your children or diminishing their self-esteem,
- informing your children of your reaction to their behavior,
- giving your children the opportunity to be responsive to your needs by acting differently, thus helping your children to become less ego-centric as they consider the effect of their behavior on other people,
- opening the doors to honest communication with your children

Talk about it...



Here are some discussion points to help you talk about coping skills with your child:

- Why do you think it is important to calm down when you are feeling upset?
- What are things that make you feel upset?
- What are 3 things you can do to help you feel more calm?
- Do you feel like you can talk to me if you are feeling upset? Why or why not?
- Once you get upset, is it easy for you to calm down? Why or why not?

Developing a coping skills toolbox



- Breathing/ Grounding techniques
- Expressing gratitude
- Making sure your child always has someone to go to to talk when needed.
- Finding a distraction that your child enjoys- exercise, writing, drawing
- I-Messages to help with communication
- Finding the positive/ learning from mistakes
- positive self-talk

100 Free Coping Strategies: [Coping Strategies](#)

It's Okay to Ask for Help:

Sometimes we need help more than is provided by our supportive home and schools.

PerformCare NJ Parent Crisis Hotline: 1-877-652-7624 (immediate access to mental health services at home. No cost to families)

CarePlus NJ- 201-986-5000 (counseling service appointments for children or adults)

New Bridge Medical Center- 1-800-730-2762 (counseling or inpatient care)

2nd Floor Teen Support Hotline- 1-888-222-2228 (student 24/7 access to counselors)

Hearts and Crafts Grief Counseling - 201-818-9399 <http://heartsandcraftscounseling.org/>

MORE GOOD RESOURCES on our school [website](#).

Websites:

<https://www.heysigmund.com/>