



# Coping Strategies

DeAngelis Center Foundation

12/30/24

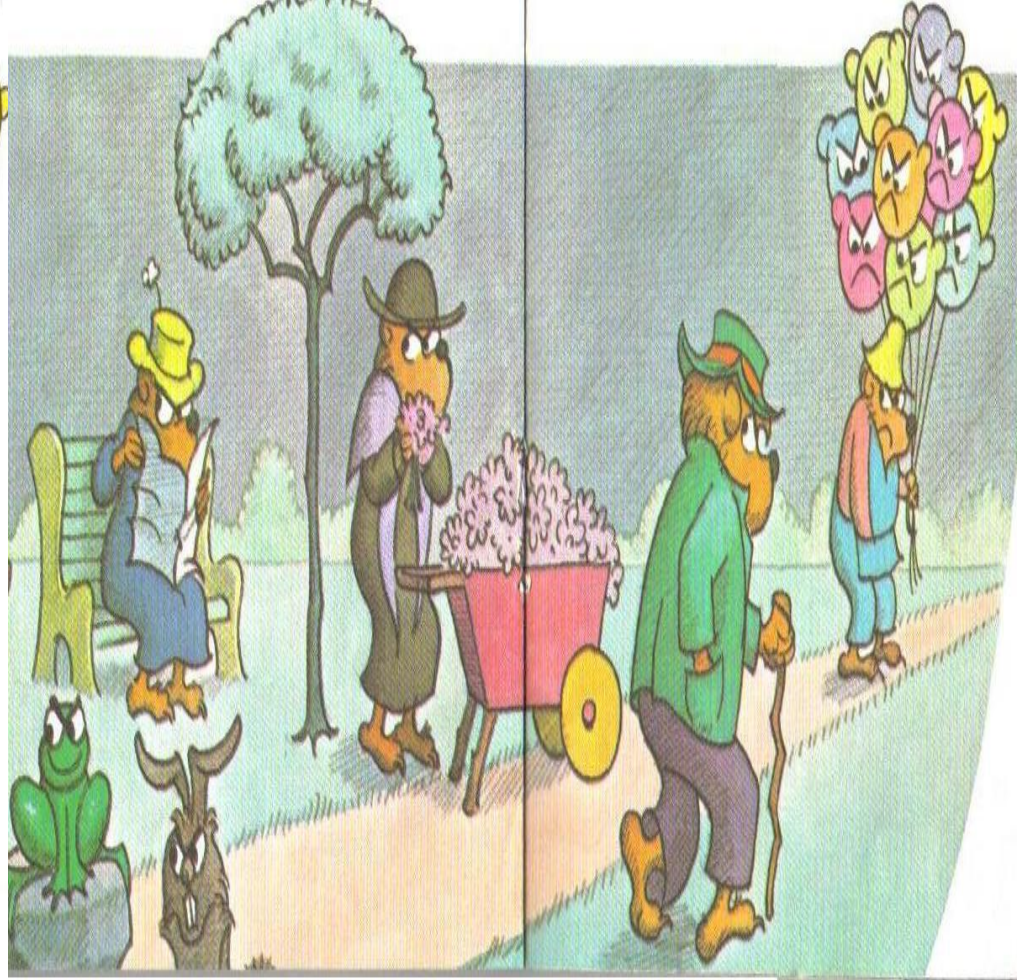
Casey Gardner, MSSW

GT SELC



## How to support your children's coping strategies





Children do  
well if they

**CAN**

- Ross W. Greene

**FLIP  
YOUR**

**LTD**





## Tantrum

- Typically in response to a child not receiving a want/desire out of a situation or not achieving a goal
- Typically for an audience
- A means of testing boundaries
- Typically resolved through consequences, reminders of boundaries, removal from a situation, or distraction
- Child typically not emotionally drained after a tantrum, can resume their normal routine with ease

VS



## Sensory Meltdown

- Reaction to an event, feeling or overload of sensory input
- Is not to achieve a want, need, or goal
- Continues without an audience
- Ends only when child has calmed down/feelings are out
- child appears tired, "spent" after meltdown
- Child (especially if older) may feel embarrassment or shame as a result of their actions

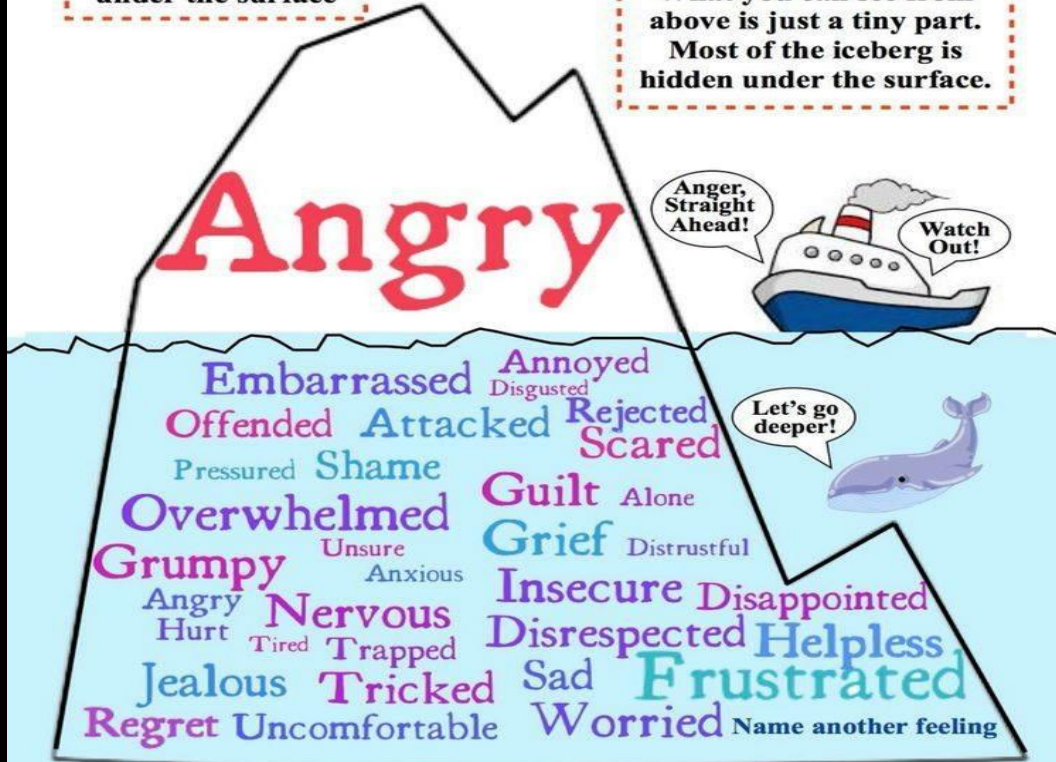
Children never, ever CHOOSE the meltdown, or any anxiety related behaviour, in the same way that YOU would never, ever choose to have a meltdown in front of your family, colleagues or friends! A meltdown is not a choice, its a byproduct of a brain that isn't coping with something. And that brain needs to be showered in love, compassion and safety. Not punishment, fear or shame.

# Emotional Icebergs

## Anger Iceberg

Sometimes when we are angry, there are other emotions under the surface

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean. What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.





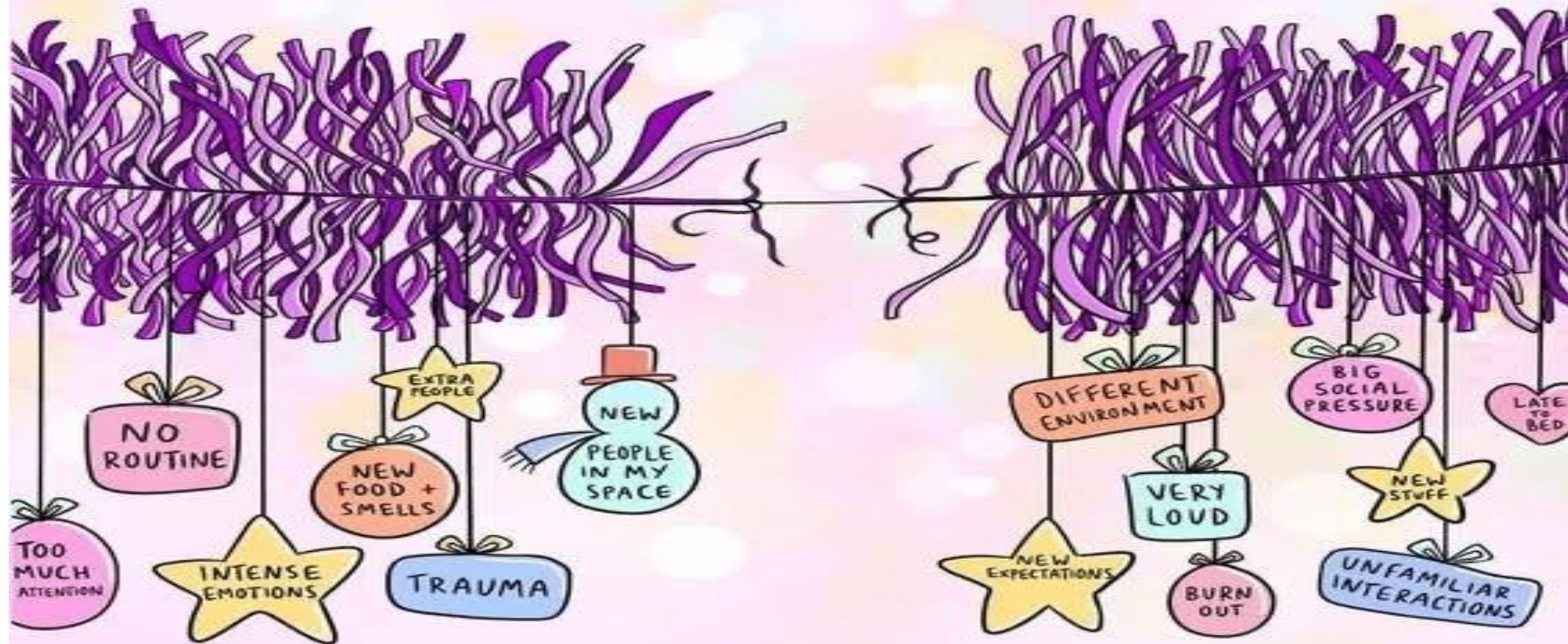
BENEATH EVERY BEHAVIOR THERE  
IS A FEELING. AND BENEATH EACH  
FEELING IS A NEED. AND WHEN  
WE MEET THAT NEED RATHER  
THAN FOCUS ON THE  
BEHAVIOR, WE BEGIN  
TO DEAL WITH  
THE CAUSE,  
NOT THE  
SYMPTOM.

ASHLEIGH WARNER



tinybuddha.com

The holidays can be tough  
for neurodivergent folk.



Be kind and remember-  
We're doing the best we can.

NeuroWild

Regulation Activities to support calm or focused feelings, feelings of contentment, happiness, positivity, and being ready to learn or join friends may include: Write in a journal. List out accomplishments. Help someone, read, draw, etc

I did this backwards for years! I would ask kids to finish a non preferred task in order to earn a break - 99% of the time, the “break” was an activity they chose that helped them regulate. By having them regulate first, the task can be completed quickly

# Regulation **MUST** come First



Don't forget the power of co-regulation



# Calming Strategies

**Breathe** - Your lungs are always with you!

- Hot Cocoa
- Lazy 8s
- Trace Your Hand / 5 finger breathing
- Inhale scent of flowers/blow out candle
- Square Breathing



inhale

exhale

# "Hot Chocolate Breath"



① HOLD OUT YOUR HANDS LIKE YOU'RE HOLDING A MUG OF HOT CHOCOLATE

② BREATHE IN SLOWLY THROUGH YOUR NOSE, LIKE YOU ARE SMELLING THE COCOA

③ BREATHE OUT SLOWLY THROUGH YOUR MOUTH, LIKE YOU ARE TRYING TO COOL THE HOT CHOCOLATE DOWN.

→ REPEAT ←

Breathing  
TECHNIQUE

Take a deep breath and be calm.



Smell the flower



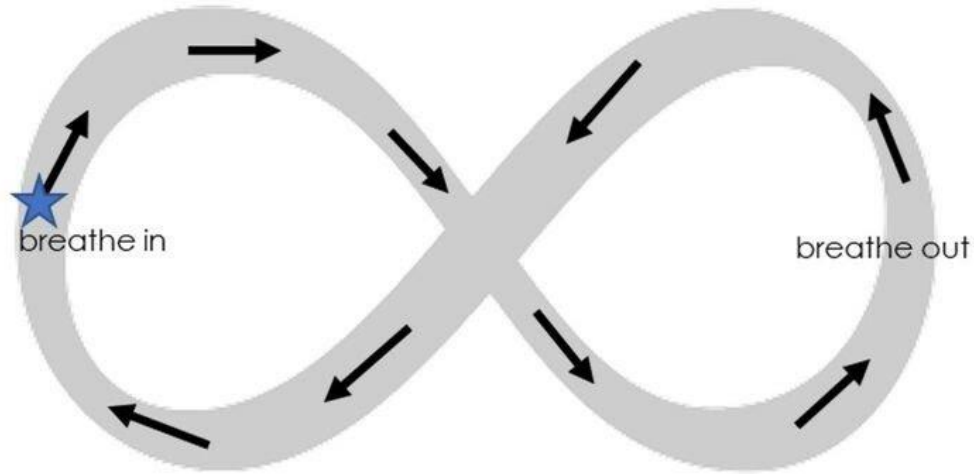
Blow out the candle

# A Breathing Exercise





# Lazy 8 Breath







I wonder how it would feel if we take a sip of water together?

Keep Calm:  
“A dysregulated  
adult will NEVER  
help regulate a  
dysregulated  
child”

Eileen Hunter  
Sweeney



These strategies will  
work for grown ups  
too



**Brad Johnson**



@DrBradJohnson

Education so often is focused on showing students who they aren't, not a good math student, not a good reader, etc. Instead of focusing on who they are. Their talents, strengths and passions.



## **QUICK DE-ESCALATION PHRASES FOR KIDS:**

**You're not in trouble.**

**I'm not mad at you.**

**How can I help you right now?**

**What happened?**

**Let's talk about this.**

— **Dwayne Reed**

Educator



We are seeing LOTS of worries





Oh, good grief... these tights  
are too tight. i think i'm  
gonna die!!

# ANXIETY GIRL!

able to jump to the worst conclusion  
in a single bound!

MY ANXIETIES HAVE ANXIETIES.



# Stay Grounded Using Your 5 Senses



Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

 5 Things You Can See 

 4 Things You Can Feel 

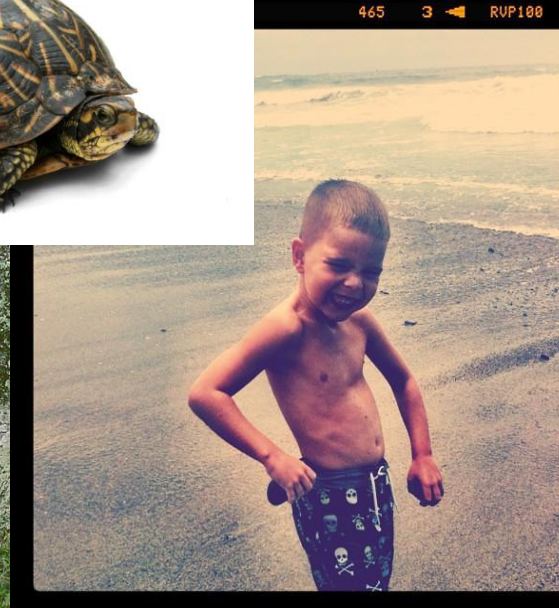
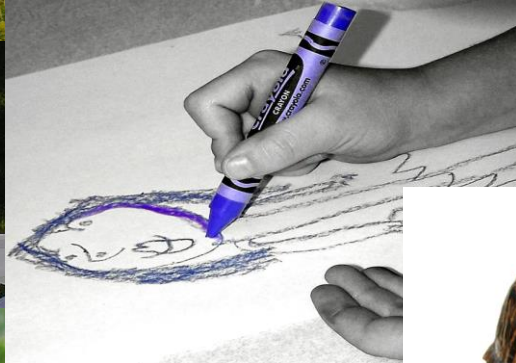
 3 Things You Can Hear 

 2 Things You Can Smell 

 1 Thing You Can Taste 

# *Nine Types of Rest*

- 1 time away
- 2 permission to not be helpful
- 3 something “unproductive”
- 4 connection to art and nature
- 5 solitude to recharge
- 6 a break from responsibility
- 7 stillness to decompress
- 8 safe space
- 9 alone time at home



# WHAT TO TELL MYSELF WHEN I'M FEELING DISCOURAGED

1. This is **tough**. But so am I.
2. I may not be able to control this situation. But I am **in charge** of how I respond.
3. I haven't figured this out...yet.
4. This challenge is here to teach me something.
5. All I need to do is take it one step at a time. **Breathe.** And **do** the next **right thing.**

I'VE MISSED MORE THAN  
**9000 SHOTS**

**IN MY CAREER.**

I'VE LOST ALMOST  
**300 GAMES.**

**26** TIMES, I'VE BEEN TRUSTED  
TO TAKE THE GAME WINNING  
**SHOT AND MISSED.**

I'VE FAILED OVER AND OVER AND OVER  
**AGAIN IN MY LIFE.**

AND THAT IS WHY  
**I SUCCEED.**

MICHAEL JORDAN



CALLING DREAMS

# Flipping the Scene

Imagine the advice you'd have for friends if they came to you with the same problem.



People are often more tolerant of the imperfections of others than their own.

B. Dalton Copyright



# Will this still matter...

- In 5 minutes?
- In an hour?
- At the end of the day?
- In a week?
- In a month?
- In 6 months?
- In a year?
- In 5 years?
- In 10 years?

So, is it worth  
the stress?

When someone spews something  
really hurtful  
don't pick it up  
and hold it  
and rub it into your heart  
and snuggle with it  
and carry it around for a long time.  
Don't even put energy into  
kicking it to the curb.  
You gotta see it  
and step OVER it  
or go AROUND it  
and keep on going.

~ Brené Brown

(paraphrased from a live talk at SXSW)

# POSITIVE WORDS THAT CAN CHANGE HOW YOU SEE YOUR CHILD



Strong Willed  
Stubborn  
Wild  
Emotional  
Dramatic  
Unpredictable  
Talkative  
Quiet  
Forceful  
Clingy  
Bossy  
Intense  
Loud  
Impatient  
Dreamy  
Hyper-Sensitive  
Shy  
Aggressive  
Fussy  
Serious  
Troublesome  
Restless  
Brooding



Spirited  
Persistent  
Energetic  
Caring  
Expressive  
Spontaneous  
Communicative  
A Thinker  
Determined  
Loving  
A Leader  
Focussed  
Expressive  
Passionate  
Imaginative  
Responsive  
Reflective  
Assertive  
Selective  
Contemplative  
Challenging  
Active  
Serious

## Questions to replace "HOW WAS YOUR DAY?" to get more from your children





Self-Advocacy:  
Know Yourself,  
Know What You  
Need, Know How  
to Get It

We need to help kids identify what it is that they need:

A snack (hangry), a drink, a brain break, time and space,

Decrease sensory input (lower lights, too much noise) etc

How to be assertive and not aggressive

Y'all have heard of red flags... Well, here are some green ones.



@sitwithsharon



# SUCCESS IS LIKE AN ICEBERG

WHAT PEOPLE SEE

WHAT PEOPLE DON'T SEE



SACRIFICE



STAYING HEALTHY



GOOD HABITS



FOCUS



DISAPPOINTMENT



GROWTH MINDSET



PERSISTENCE



DAILY GOALS



MEETING TARGETS



EXPENSES



TEARS



DETERMINATION



TIME MANAGEMENT

REJECTED

REJECTIONS



SLEEPLESS NIGHTS





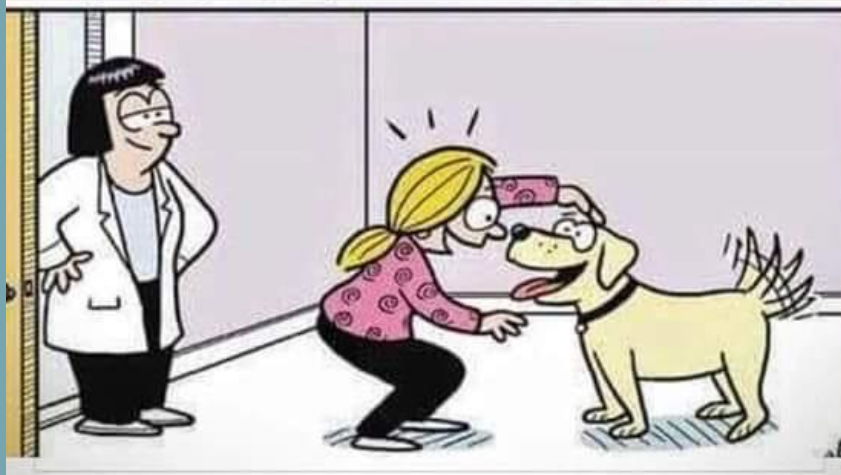
ON PARTICULARLY ROUGH DAYS  
WHEN I'M SURE I CAN'T POSSIBLY  
ENDURE, I LIKE TO REMIND MYSELF  
THAT MY TRACK RECORD FOR  
GETTING THROUGH BAD DAYS SO FAR,  
IS 100%  
AND THAT'S PRETTY GOOD.

*-Unknown*

*Beach Cottage Life*  
René Marie Photography  
[www.etsy.com/shop/BeachCottageLife](http://www.etsy.com/shop/BeachCottageLife)



YOUR STRESS LEVEL IS HIGH.  
FOLLOW ME TO THE LAB...







Thank you for coming today!

Thanks to the DeAngelis Center Foundation for sponsoring such community events.

Talk with your child's teacher or school about what coping strategies they use there: for example is there a cozy corner in each class?