

Stress Regulation

Social-Emotional Practice

Developing tools to positively manage and cope with stress, anger, frustration, and conflict situations is critical to how well you are able to implement and transition to conscious approach to parenting. So much depends on your ability to remain *calm* and *centered*.

TIP 1: Create a list of local and online resources offering support, services, and ideas so you can find outlets for relaxing and stress-management. There are a variety of CDs, podcasts, uplifting online radio shows, phone apps, discussion forums, community groups, meditation meet-ups etc. to choose from.

What works for some, *may not work for all!* Don't give up if it takes you some time to figure out what soothes you best. Simply, commit to the habit of putting it into practice.

TIP 2: LEARN TO BREATHE. Two, free and ready-to-practice, tools that you can use anytime on your own or with your children are **deep breathing** and **EFT – or meridian tapping**.

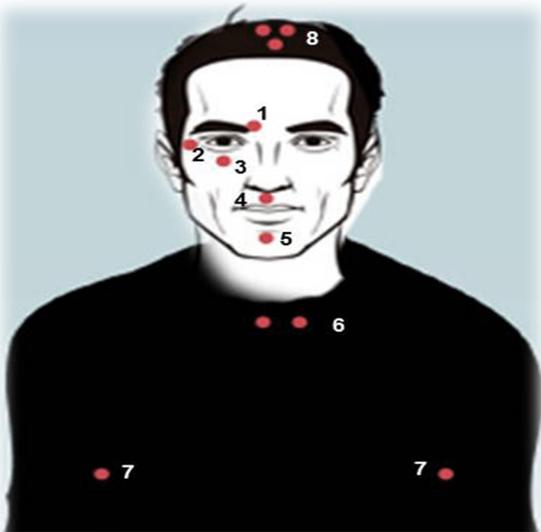
DEEP BREATHING

The nervous system and our neurological functioning can be calmed by mindful breathing and sensory stimulation: Teach your kids how to breathe deeply by modeling it for them.

- ❖ Inhale slowly and deeply, breathing deep into your diaphragm (below your ribcage).
- ❖ Exhale deeply as you contract your belly.
- ❖ Inhale again, slowly, as you count to four, expanding your belly fully.
- ❖ Continue inhaling slowly as you expand your chest, raising your shoulders up to your ears.
- ❖ Stay in this position, closing your eyes and holding for a moment.
- ❖ Then exhale slowly (twice as long as your inhale) as you relax your shoulders and contract your belly.
- ❖ Repeat at least three times or until you feel a sense of calm and well-being return.

EFT

EFT is an energy therapy (like acupressure) that involves tapping the meridian points on the body to correct energetic imbalances that can result in negative habits and emotional disturbances. You can use EFT to help clear limiting beliefs, addictions, physical ailments and more. Try it on everything from headaches and anger to low self-esteem. **TEACH** your kids to just *tap it out!*

	<p style="text-align: center;">EFT TAPPING SEQUENCE</p> <p>Opening Statement: <i>“Even though I... (name the problem), I deeply and completely love and accept myself.</i></p> <p>Repeat 3x while tapping the Karate Chop Point. Continue while tapping the points below (7-10x) in the following sequence:</p> <ol style="list-style-type: none">1. Eyebrow2. Side of eye3. Under eye4. Under nose5. Under chin6. Collarbone7. Under the arm8. Top of the Head
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