Leading in the Family Emotional Self-Regulation in and Care-giving

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Welcome to the Webinar

• If you are joining just by phone we won’t be able to hear you or even know that you are there, but you can hear us!

• Use question box to comment or ask questions

• Raise hand if you’d like to speak

• Get a pen and paper handy for exercises

• Poll – who’s here
It isn’t a matter of IF we influence others, but of HOW

How do you want to lead in your family?

Today’s presentation

Your Brain, your child’s brain: Basic Brain Architecture

Emotional Intelligence – what is it?

Choosing to Rewire

- Self Awareness Tools
- Self Management Tools

So what does this mean for you and the children in your life?
Reminders

Many of the references to our physiology are simplified for the purpose of this presentation.

Multiple sources of research and theory are provided at the end for the participant to explore on their own.

You are encouraged to submit your questions to me via email at bdale@pcamn.org.

If I do not readily know the answer, I will direct you to someone who does.
Synaptic Density

Synapses are created with astonishing speed in the first three years of life. For the rest of the first decade, children’s brains have twice as many synapses as adults’ brains. Drawings supplied by H.T. Chugani.

Our Brain

• Adapts to our Environment
• Is interactive – Serve and Return
• Uses a lot of energy to build a new pathway
• Conserves energy by wiring automatic responses
• Is Wired for Fear and Survival
  • Fight, Flight, Freeze
  • Cortisol and Adrenaline increase strength, stamina, speed, reaction time and focus; decrease thinking capacity
Early Trauma (or health!) has lifelong impact
Integration is key....

Left brain – Right Brain
“Upstairs Brain” – “Downstairs Brain”
For images and more info see Siegel and Payne Bryson, “The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind”

What Happened to You?
“[E]arly experience is not fate. By making sense of your past you can free yourself from what might otherwise be a cross-generational legacy of pain and insecure attachment, and instead create an inheritance of nurturance and love for your children.” – Siegel and Payne Bryson

Parents get clear on their past → Coherent Narrative → Kids with secure attachment to parents → Kids Thrive

“It’s never too late to begin working on your coherent life narrative, and as you do, your children will reap the rewards.” – Siegel and Payne Bryson
Activity

Think of a time you were at your best in a tough parenting/child caring situation. What skills, practices and/or habits helped you do well?

• Write them down.
• Raise your hand when done.

Activity Part II

Think about a time you were at your worst in a parent interaction. What habits or practices got in the way?

• Write them down.
• Raise your hand when done.
Why Emotional Intelligence Matters

Emotions drive thoughts
Thoughts drive behavior
Behavior drives results / outcomes

Emotions
Thoughts
Behavior
Outcome

I would also add another block before “Emotions” ...that our stress chemicals influence our emotions and skill options....

Emotional Intelligence

Self Awareness
Knowing when you’re emotionally triggered and how you react to stress, work demands and forced change.
Seeing the effects of your reaction on others at work and home...
Acknowledging your strengths and limitations.

Self Management
Employing tools to counteract aggravation, uncertainty, and emotional triggers.
Harnessing your intuition and creativity.
Maintaining your resiliency in the face of pressure.

Awareness of Others
Tuning into where others are.
Showing empathy by sensing others feelings and perspectives.
Reading organizational currents accurately.

Relationship Skills
De-escalating conflict and resolving differences effectively.
Inspiring and influencing others.
Working collaboratively in teams.

From InsideOutcomes, www.insideoutcomes.biz
Self Awareness Tool: Knowing and Owning Your Emotional Reactions

1. Know what triggers you in work relationships/situations.
   - Words
   - Attitudes
   - Non-verbal cues
   - Actions
   - Negative thoughts

2. Know how it feels in the body when you get triggered
   i.e., tight jaw, knot in the stomach

3. Know if you implode or explode when you get triggered

4. Own your trigger rather than blaming someone else

Self Awareness Tool: Developing Emotional Literacy

1. Recognizing a feeling as it happens is the keystone of emotional intelligence.

2. Notice and name emotions – use emotional literacy list. (practice now)

3. Create a time for daily check in on emotions and impact on self.

4. Ask a partner or good friend to tell you what they see.
Emotional Band Width

Normal Range of Emotions – If they stay IN the Band, then you are able to cope, to apply skills, to stay “present”

NO COPING SKILLS HERE!!!
The Rising Tide of Stress

Creating a Pause

“Freedom is the ability to pause between stimulus and response and in the pause to choose.”

Rollo May
From Self Awareness to Self Management

**Self awareness** is the first step in creating the PAUSE
Knowing and owning triggers

**Self management** creates space for the pause, resulting in having CHOICES on how to react

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Cross Your Arms

*Practice Makes the Awkward Possible*
WIIFM

What new habits do you want to practice?

What do you want to be able to do easily in tough situations?

Self-Management

The Significance of Managing Triggers

In the moment . . .
  ➢ we have 10 to 15 seconds to stop the trigger

In the aftermath . . .
  ➢ it takes five to six hours to recover
Self Management Tools

- Breath
- Mindfulness
- Self-kindness
- Going to the Balcony/Bird’s Eye View
- Keeping the End in mind
- Integrating: How we tell our story
- Flipping your lid
- What do you already know works for you?

Quieting the Mind

Practice
Meditation, exercise, yoga, music, prayer, nature, pets, spiritual practices, Ti Chi/Qigong

Practice
What do you want to intentionally repeat so it becomes more automatic?
Awareness of Others

- Notice when your children are triggered. Are you triggered in response to their trigger?
- Remember: their thinking capacity is reduced

How do you hope this information will impact your interactions with children and youth in your life?
How does it change how you tell your own story?
Lock it in: Adults learn best by sharing what we learn – what do you want to keep from this workshop? Who will you tell about it?
THANK YOU!!

Resources

Authors and Major Contributors

- Daniel Goleman *Emotional Intelligence*
- Chade-Meng Tan, *Search Inside Yourself: The Unexpected Path to Achievement, Success, Happiness (And World Peace)*
- Daniel J Siegel, MD, *Brainstorm: The Power and Purpose of the Teenage Brain*
- Richard Davidson's *The Emotional Life of The Brain*
- InsideOutcomes.biz Emotional Intelligence for Leaders Course
- National Scientific Council on the Developing Child
Thank You – Go forth and be amazing!

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