

Talk To 10 Session #7 - Circles of Emotions

WHY DO WE NEED TO UNDERSTAND OUR CIRCLES OF EMOTION?

Emotions are an **internal human experience** and they serve to:

- 🎧 Tells us that something has changed in our environment and we need to pay attention
- 🎧 Emotions are **not** good and bad, **they are pleasant and unpleasant**
- 🎧 Emotions are data and have plurality
- 🎧 Remind us that we can circle in and out of emotions - we don't have to be fused to them

EMOTION REGULATION AS A KEY DRIVER OF WELLBEING

When **emotions are well regulated**, they drive adaptive coping behaviours.

Functional behaviours come from a mind and body that feels calm, anchored, safe and engaged.

To develop sound emotion regulation, young people need to develop their capacity to:

- 🎧 Make emotions explicit - identify, name and describe - before they can respond
- 🎧 Understand their reactions to emotions
- 🎧 Discuss their emotions and their impact on themselves and others
- 🎧 Role-play emotions

Important to note that parents and teachers are in a prime position to teach these skills, and that adults' own emotions are actually more important than that of child in the process of developing these skills in children.

STRATEGY: ADULT RESPONSE STYLE TOWARD EMOTION NURTURING

HIGH EMPATHY

Emotion Nurturing

- Valuing all emotions, but not all behaviours
- Teaching that paying attention to emotions helps gather information about an event
- Providing guidance and support to help problem-solve if needed

Emotion Permissive

- Showing lots of emotions but with no limits and little guidance
- Fails to teach child how to regulate intensity of emotions
- Belief that emotions sort themselves out and no need to regulate them

HIGH
GUIDANCE

LOW
GUIDANCE

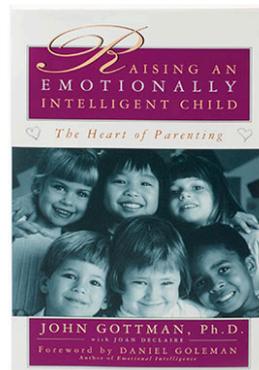
Emotion Disapproving

- Judging and criticising the child's emotions
- Judging or pushing away their own emotions, unless they are very strong
- Believing that expressing emotions are a sign of weakness

Emotion Dismissive

- Avoid or dismiss emotions
- Tell child no need to be sad, angry or anxious
- Miss opportunities to connect by ignoring emotions

LOW EMPATHY



<https://www.google.com/search?q=raising+an+emotionally+intelligent+child&oq=Raising+an+Emotion&aqs=chrome.0.0i355i457j46j69i57j0l4j69i60.6223j0j4&sourceid=chrome&ie=UTF-8>

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Lifeline 13 11 14

Kids Helpline 1800 55 1800

National Alcohol and Other Drug Hotline 1800 250 015

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