

AMY BEHRENS

Parent Coach and Educator



5 WAYS

TO LIGHTEN YOUR EMOTIONAL BACKPACK

Take 5 minutes:

- close your eyes
- feel your feelings
- visualize something that helps you feel more relaxed

be mindful of
your own state of being
picture your inner landscape

Remain calm & centered to:

- weather their storm
- make wise decisions
- provide undivided attention
- listen to feelings

stay centered

imagine yourself as an anchor

Use perspective to:

- gain understanding of the situation
- assess effective ways to respond

maintain perspective

take the balcony view

Keep things light & playful:

- use laughter as release
- shift the energy through playful words, movement, or challenges

redirect

think of a rainbow unicorn



Reach out for help:

- identify your needs
- ask a partner, friend, babysitter, neighbor, or your child's school for additional support

ask for help

imagine a helping hand