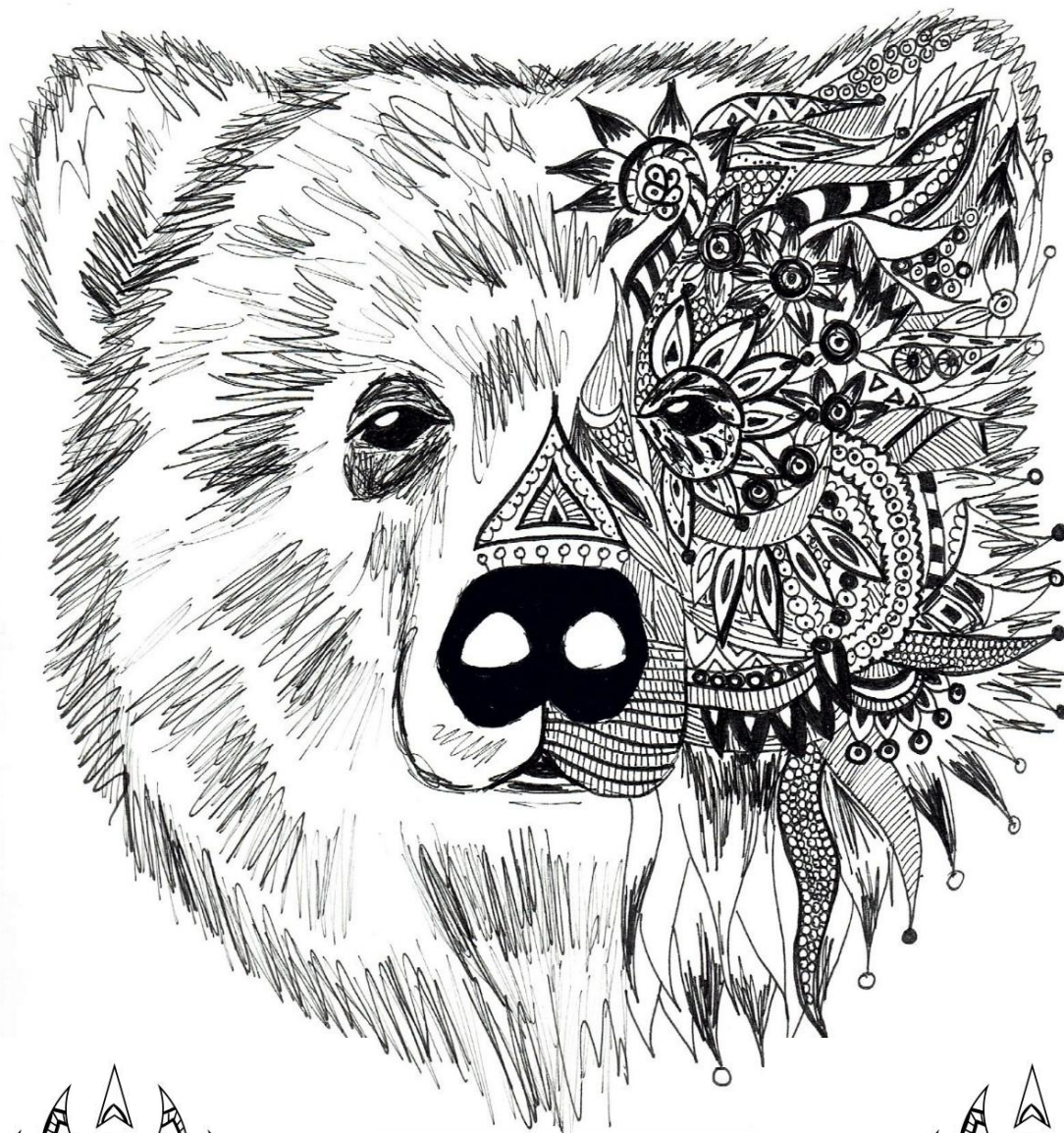


B.E.A.R.S. PARENT WORKBOOK



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B.E.A.R.S.

*B*alanced program for

*E*motional

*A*cceptance and

*R*egulation for all

*S*taff, students and parents

Our Program is...

based in

Growth Mindset

a coin termed by Dr. Carol Dweck to describe underlying beliefs people have about learning and intelligence. Neuroscience has shown that neuron networks change based on experiences and if you believe your mind can grow, your behavior can change.

RULER

Yale Center for Emotional Intelligence describes that 5 skills of emotional intelligence:

- R**ecognizing emotions in ourselves and others
- U**nderstanding the causes and consequences of them
- L**abeling emotions accurately
- E**xpressing emotions appropriately
- R**egulating emotions efficiently

Acceptance and Commitment Training

"ACT" uses mindfulness skills to help people live and behave in ways that are consistent with their values to develop psychological flexibility.

We cannot change our thoughts, feelings, emotions or experiences, but we can change our relationships to them.

GROWTH

Mindset is

Believe that you can grow and change based on your effort and you are not stuck in one spot because of your experiences.

This supports our BEARS Program because
When we ... We...

Learn from our
Mistakes

M

Are able to
DEFUSE

Improve
through hard work

I

View ourselves in
CONTEXT

Never
give up

N

We exercise
COMMITTED ACTION

Are
Determined

D

We see our
VALUES

Self-reflect
for success

S

We exercise
ACCEPTANCE

Put forth
Effort

E

We are in the
PRESENT MOMENT

Try
our best

T

We seek
PSYCHOLOGICAL FLEXIBILITY



LEARN DIFFERENT CHOICES TO MAKE NEXT TIME



TAKE RESPONSIBILITY



TALK ABOUT IT TO AVOID SHAME

GROWTH MINDSET

In action!



BREATHE



FORGIVE YOURSELF



KEEP IT IN PERSPECTIVE

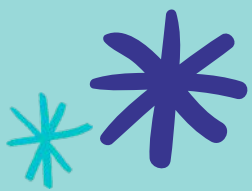


APOLOGIZE



TRY AGAIN

REMEMBER THAT YOU MADE A MISTAKE, YOU ARE NOT YOUR MISTAKE

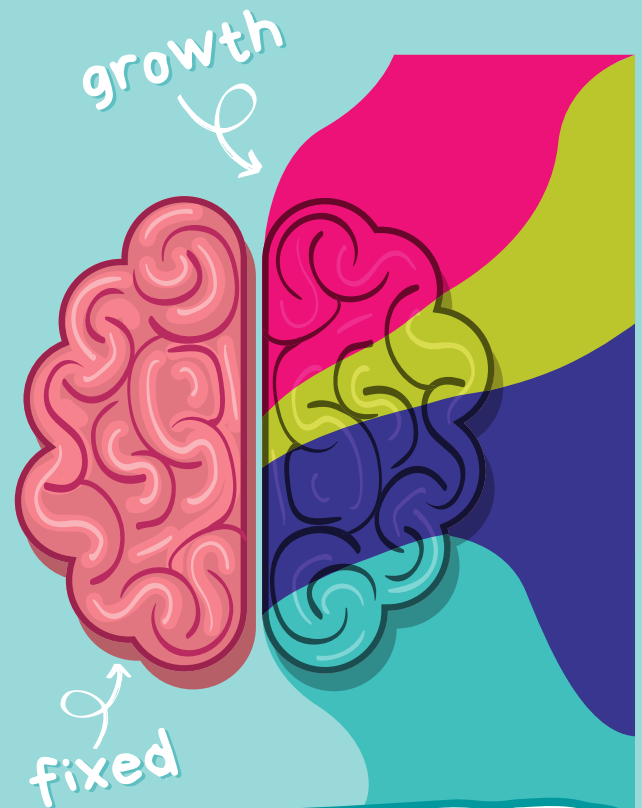


NEVER FORGET...



The Power of YET!

The Power of YET helps
you go from a
FIXED mindset to a
GROWTH mindset.



HOW? BELIEVE THAT EVEN THOUGH SOMETHING IS
CHALLENGING, HARD WORK AND EFFORT WILL HELP YOU
REACH YOUR GOALS!

I'm not good
at this... yet!

I don't get it...
yet!

I don't
know... yet!

I can't do
this... yet!

What is RULER

Recognizing, Understanding, Labeling,
Explaining and Regulating emotions.

First....

use emotions language often and descriptively. Emotions should be neutral. They are not good or bad. They just are.

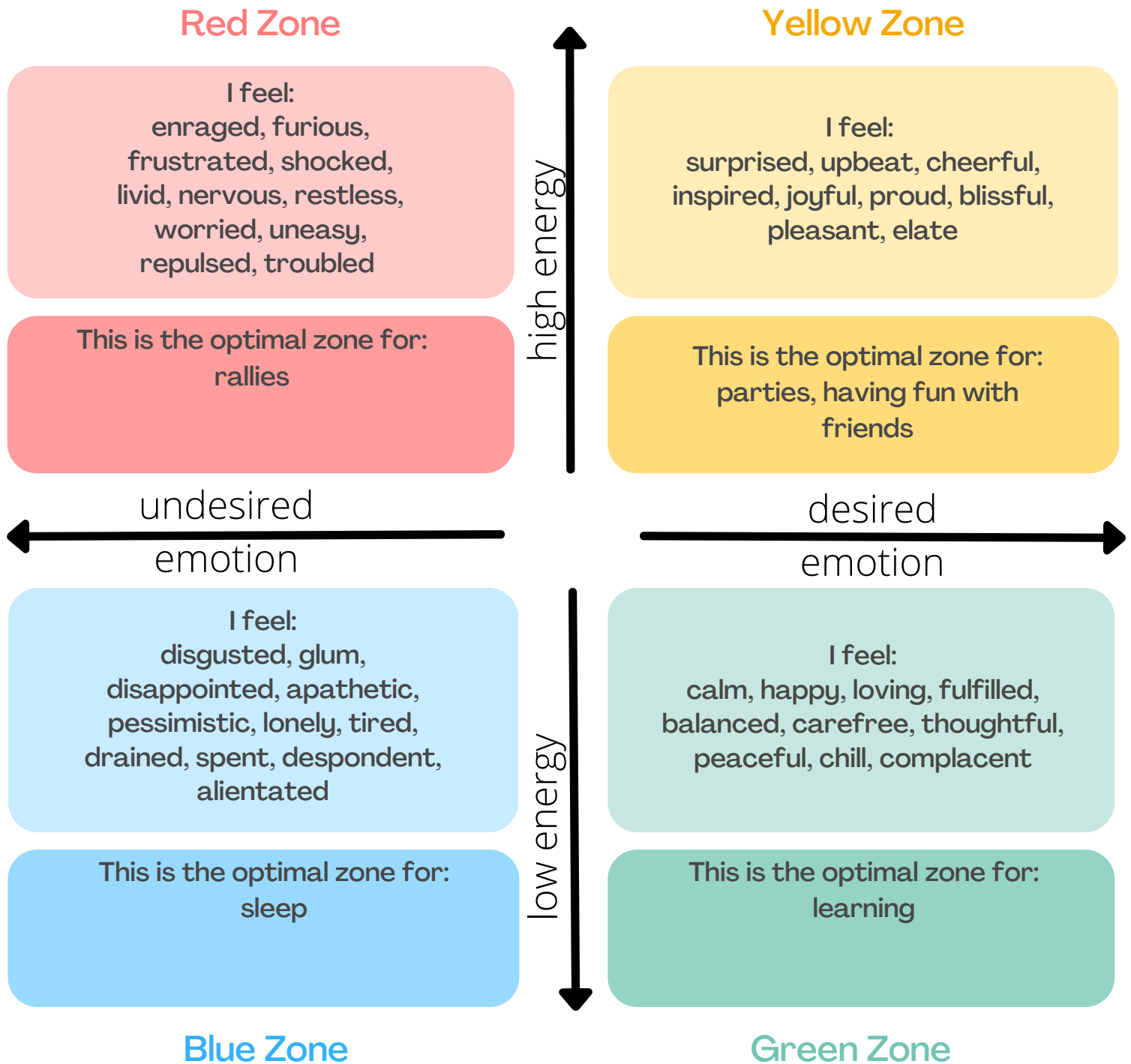
Then....

Label.... *What is the emotion you are seeing or feeling? What zone is it in?*

Describe... *What are you seeing that lets you know that the person/child feels that way?*

Act... *What choice can we make? Who can help us? What choice can we make to get "unstuck"?*

Mood Meter



Remember: neutral emotions language. We have space for all of our emotions.. None are good or bad, they just are. It is normal to move fluidly between emotions throughout the day. The difficulty occurs when we get stuck.

WHAT CAN I DO IF I GET STUCK?

Thinking and language are amazing and have allowed us to become evolutionarily viable, but it causes problems when we get stuck.

Sometimes we look FROM our thoughts instead of at our thoughts.

Our thoughts are naturally evaluative, which is helpful in practical situations, but it does not apply well to feelings and sensations

You cannot act on metaphorical thoughts with literal actions.
ex: You can't physically swat away a thought of inadequacy.

Try it!

Find any inanimate object in your vicinity right now. Find all the things you possibly can to criticize it.

criticisms of inanimate object

Now try to look AT your thoughts instead of from them.

Now try to directly challenge the criticisms.
Did it work?

Chances are instead of changing your original criticisms, it just makes your thought process busier.

Defusion:

a made up word to represent the idea that we can "un" fuse ourselves from our thoughts

Some Defusion Strategies

Defusion leads to peace of mind, not because the mental war stops, but because we are not living on the battlefield anymore.

Milk, Milk, Milk

Think about milk. Really get a good picture of it. What does it look or feel like. Write it's attributes. See if you can taste what milk tastes like. If you can't come up with adjectives, try imagining the milk is sour.

It is unlikely that anyone is actually drinking milk right now, but you can probably taste it. Now say the word milk as many times as fast as you can while still pronouncing all the sounds. Do this for at least 45 seconds.

Most people lose the meaning of words after they say them enough times.

Try this with a negative thought you have been having. Make it short and don't connect "I" to it. For example a thought like "If I'm not anxious bad things will happen" and make your statement "anxiety stops bad things" The longer your statement, the longer you should set your timer. But it should be somewhere between 30 second and 1.5 min

Label Private Events (instead of "I'm too scared" say "I'm having a thought that I'm too scared" or "I'm feeling the bodily sensation of an upset stomach.")

A Variety of Vocalizations (Say your thoughts with different funny voices.)

Describing Thoughts and Feelings (next page)

ANXIETY REFLECTION

Everyone experiences anxiety. It is a normal emotion that is part of every day life. The way that we deal with our emotions is a far better predictor of how fulfilled we feel in life than anything else.

Recognizing my emotion...

Take some time this week to identify the things that you feel. Be as specific as possible. (For example, if you know you are anxious about making deadlines at work, don't just write deadlines, write "Not finishing the _____ on time")



What is your reaction?

When you feel the ways above, how do you react? (ex: I distract myself by watching TV, or I procrastinate, or I work non stop until my project is complete).

What is your physical feeling?

Where in your body do you hold emotion? (for example: neck tension, stomach upset etc.)

EMOTION REFLECTION

For Your Children



It is normal to experience multiple emotions. It is part of every day life. One of the best things we can do is recognize our emotions, where we feel them and notice if we get stuck.

What...

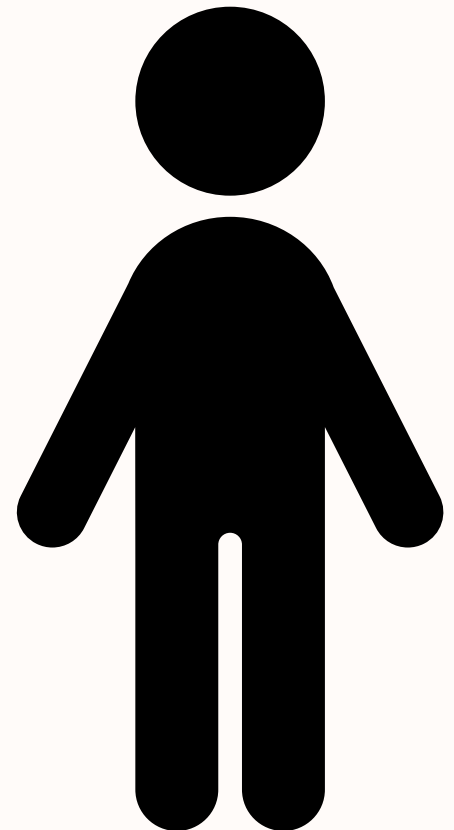
WHAT HAVE YOU FELT TODAY?

What did you do...

HOW DID YOU RESPOND?

Where...

WHERE IN YOUR BODY DO YOU FEEL THIS?
DRAW A LINE TO THE BODY PART AND WRITE WHAT YOU FEEL



Techniques to Defuse

These are some things you can do to accept and defuse from your negative thoughts, feelings, emotions, or experiences.





What is Present Moment Awareness?

Mindfulness is difficult because life is hard, and there are so many things to be mindful of. As events become more complex, it gets harder to tune in to them. Practicing mindfulness isn't going to do any good if you just do written exercises and forget about them.

As teachers we know, if you don't practice you can't master anything. Remember mindfulness is not only meditation. It is just the practice of purposefully bringing your attention to what is occurring in the present moment.

Some ways you can master mindfulness

Daily Practice - Do - Carve out some time each day to practice. It can be as short as 1 minute.

Don't - Use mindfulness as a way to escape.

The Practice - Do - Defuse from your thoughts

Don't - Place judgement on your mindfulness or give up because you "aren't doing it right"



Strategies

Some suggestions... find what works for you...

Meditation

Meditation can be for as short as 1 minute. Set an intention, give yourself that moment, concentrate on the present.

Guided Meditation

Are you having trouble keeping focus on the present moment? Use a guided meditation to help your mind focus. You can book an appointment with us if you'd like!

Mindful Movement (connecting breath)

Sometimes people use yoga for this, but you can do this with any movement. Just connect what you are doing with your breath. Ex: breathe in as you lift your arms over your head and stretch, and breathe out and you bend down to touch your toes. Repeat.

Deep/Concentrated Breathing

Use your breath to focus on the current moment. There are many breathing techniques, 4 square breathing, bunny breathing, HA breaths

Listening to Music

Some people relax the moment they listen to music. If that's not for you, you can also try to focus on just one instrument at a time

Body Scan

Give your body a scan. Start at your head and concentrate on what you physically feel. Then keep moving down your body to your neck, shoulders, chest etc. all the way down to your toes.

5-4-3-2-1

What are 5 things you see, 4 things you hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste in this moment.

Take a walk


Change your scenery, Go for a walk. Take deep breaths, recognize what is around you. Appreciate nature.

Mindful eating

Eat something you enjoy, take very small bites, slowly chew, let the taste fill your mouth.

Half Speed

Before you begin, make sure it is safe to slow down. Then do whatever it is that you are doing (writing, typing, breathing, brushing your teeth) and slow down to do it at half the speed you would normally do it for just 30 seconds. It acts as a reset.



Dandelion Breathing

Breathe in through your nose deeply like you are smelling a fresh flower. Fill your belly.

Breathe out through your mouth like you are blowing a dandelion and set a positive intention for your day.



Bubble Breathing

Take a slow deep breath in through your nose

Breathe out slowly through your mouth like you are blowing bubbles.



Imagine your negative thoughts on the bubbles floating away.



COOKIE BREATHING

Breathe in through your nose like you are smelling a freshly baked cookie.



Then breathe out through your mouth like you are cooling the cookie off to take a bite.



Dragon Breathing

- 1. Take a slow breath in and feel your belly expand with air.**
- 2. Breathe out all your negative energy like a fire breathing dragon.**
- 3. Repeat until you feel better.**



Breathing Strategies

Infinity Breathing

Concentrate on your breathing.

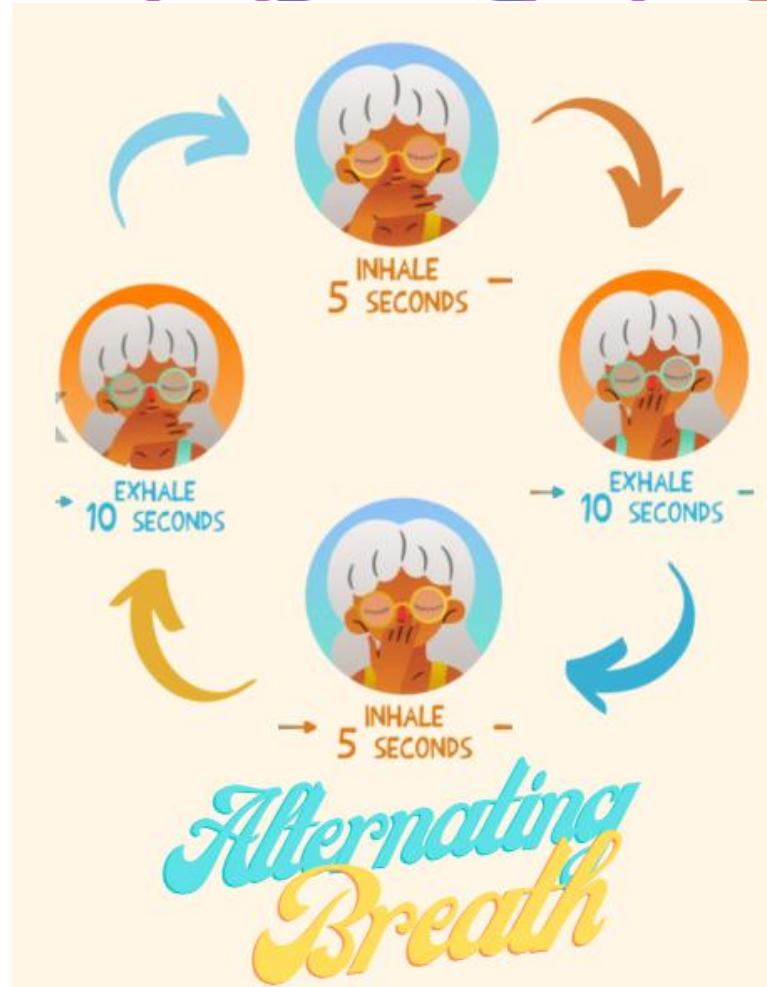
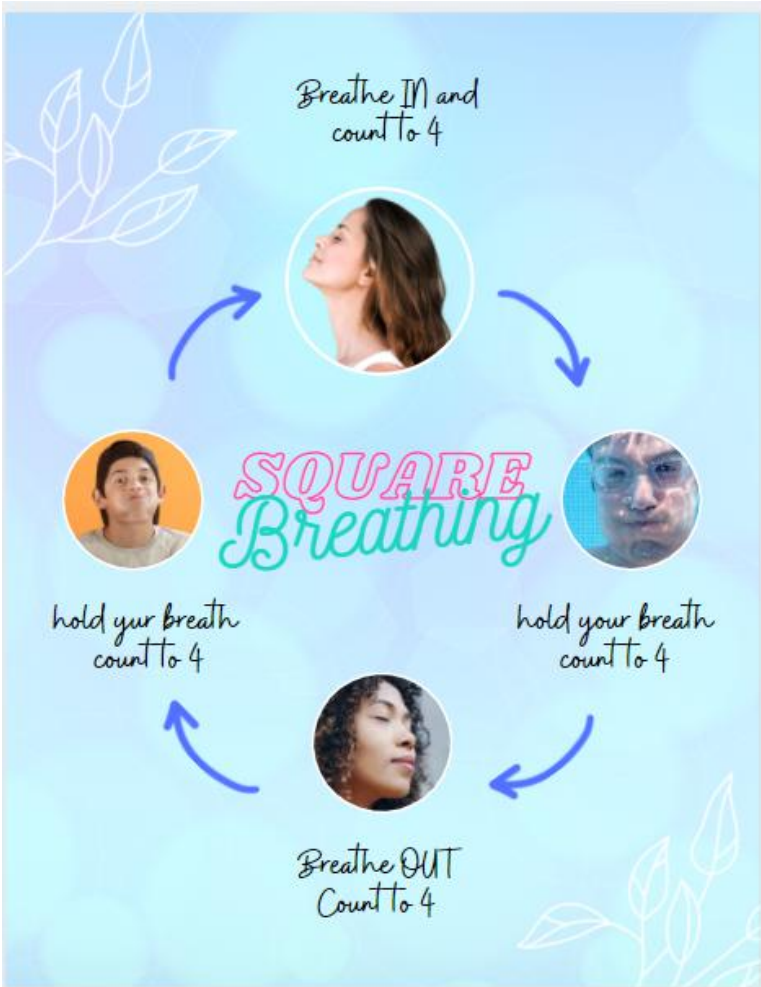
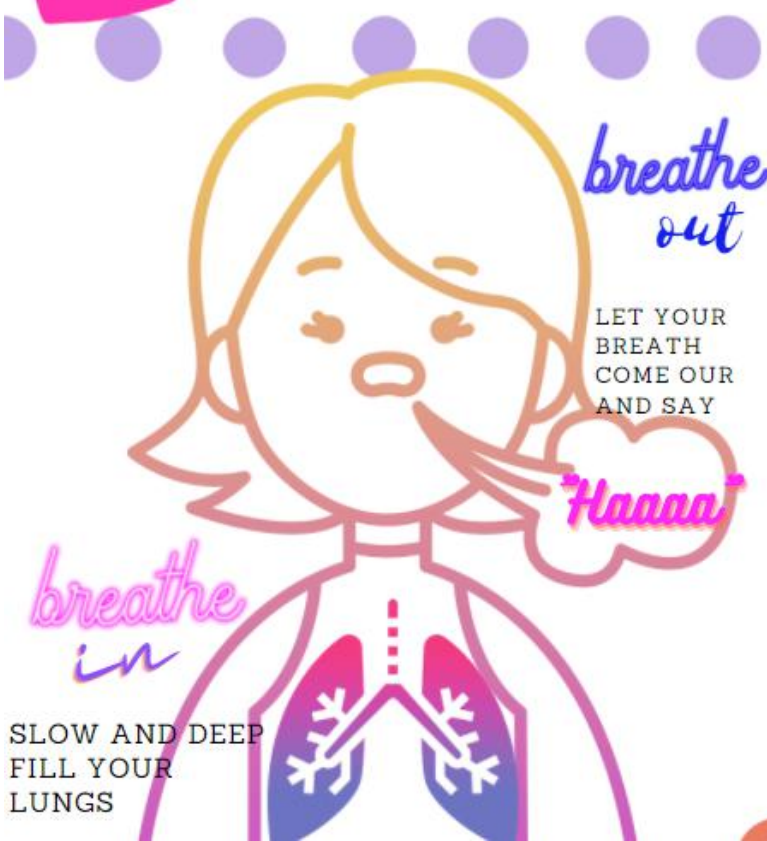
Take a sloooooooow breath in as you count to 4 and a sloooooooow breath out as you count to 4.

Use your pointer finger to trace the infinity symbol.

You can do this on the paper if you have it, or if not, you can trace your finger anywhere as you breath slowly in and out.



"Haa" Breathing



Values

Values are things that are important to us just because they are. To live our lives in a more values centric way, we can increase our ability to handle life's ups and downs.



Values are Not Feelings

Many people feel a sense of vitality when their goals align with their choices. This does not mean that values always feel good. A person with a drug addiction feels good when they use drugs. If this person values being close to others, but when they step that way feel frightened and vulnerable so they abuse drugs, this is not a desired outcome. Additionally, feelings are things you can have, values cannot be possessed.

Values are Not Goals

Goals are things you can obtain while walking a valued path. They are concrete achievable events or situations. Goals are empowering and worthwhile, but they are not the same. Goals can help us stay on a valued path though.

Values are Not Outcomes

Living your life according to your values often leads to wonderful outcomes, but they are not a backway of getting what you want in the concrete world. It's like gravity. Gravity is a direction not an outcome. If there is a way for something to move, it moves in the direction of the gravitational pull.

Values are Not Straight Paths

Paths are not straight because obstacles sometimes prevent movement in the desired direction. A person who values creating a loving family may have to go through a divorce. Paths are also not straight because we are human. We may intend to go one way, but get there by way of something else.

Values are Not In the Future

"The outcome is the process through which process becomes the outcome." Suppose you value being a loving person. This is a trip that never ends. No matter how many loving things you do, there are always more loving things to do. The benefits of this are not in the future. You get to have a life that is about loving relationships now. But you never give up. It's never done. the direction does not end.

Values are Always Perfect

Ultimate values are always perfect for the person valuing them. Per-fect = thoroughly- made
Your values are not someone else's values. Your journey is not someone else's journey. What you value is what YOU value. It does not have to be true for anyone but you.

Values Identification

Many people have difficulty determining what is more or less valued for them.

From your values quiz, write which valued areas you rated a 7 or higher. Then use the list of values below to have an elimination challenge. You can go through the list once and cross out things that are definitely unimportant to you. Then go back through a second time and decide which words match that values you identified on the last page.

For Example: If you rated "parenting" as a 10 go through the list and see which type of parenting is your most valued. Maybe it's adventurous parenting, or loving parenting.

You can do this for each of the values you identified. Try to limit to only 1 or 2 for each area.

Value

Type

acceptance	conformity	forgiveness	justice	reciprocity
adventure	cooperation	fun	kindness	responsibility
assertiveness	courage	generosity	love	romance
authenticity	creativity	gratitude	mindfulness	safety
beauty	curiosity	honesty	order	self-awareness
caring	encouragement	humor	open-mindedness	self-care
challenge	equality	humility	patience	spirituality
compassion	excitement	industry	persistence	skillfulness
connection	fairness	independence	pleasure	trust
contribution	fitness	intimacy	power	usefulness

WHAT IS COMMITTED ACTION

Committed action is where we get to set goals that will allow us to lead values driven lives. When we commit to our values and make choices that are aligned with them, we feel more full, whole and complete.



Go Slow

Make small changes that are easy to commit to. Pair them with routines that you already have in place.



Choose Specifics

Which value are you going to work toward? Now whittle it down to something specific.



Accountability

How can you hold yourself accountable? How can you make sure that even if you slip up, you won't give up entirely?



Prepare for Setbacks

Identify the things that have made committing to your values difficult in the past. If you can't get rid of those barriers, have a plan of attack for when they arise.

S

○○○

SPECIFIC

What do I want to happen?

M

○○○

MEASUREABLE

How will I know when I have achieved my goal?

A

○○○

ATTAINABLE

Is the goal realistic and how will I accomplish it?

R

○○○

RELEVANT

Why is my goal important to me?

T

○○○

TIME-BASED

What is my deadline for this goal?

**HOW CAN I CHANGE?
MAKE A SMART GOAL**

Set Your Goals

GO BACK TO YOUR VALUES AND COMMITTED ACTION QUIZES. LOOK FOR AREAS THAT YOU GAVE HIGH SCORES TO ON YOUR VALUES QUIZ THAT ALSO HAVE A LOW SCORE ON THE COMMITTED ACTION QUIZ. THIS IS A GOOD PLACE TO START.

GOALS

POTENTIAL PROBLEMS

STRATEGIES

STEPS


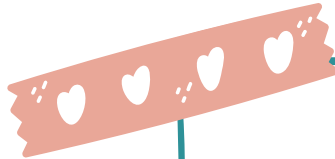
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PROGRESS TRACKER

Date	Progress



WE ARE HERE TO HELP!



Being a parent is hard, asking for support shouldn't be.

Please reach out to us if your children are struggling and you would like support to help.

Thank you

