

# Parenting Workshop



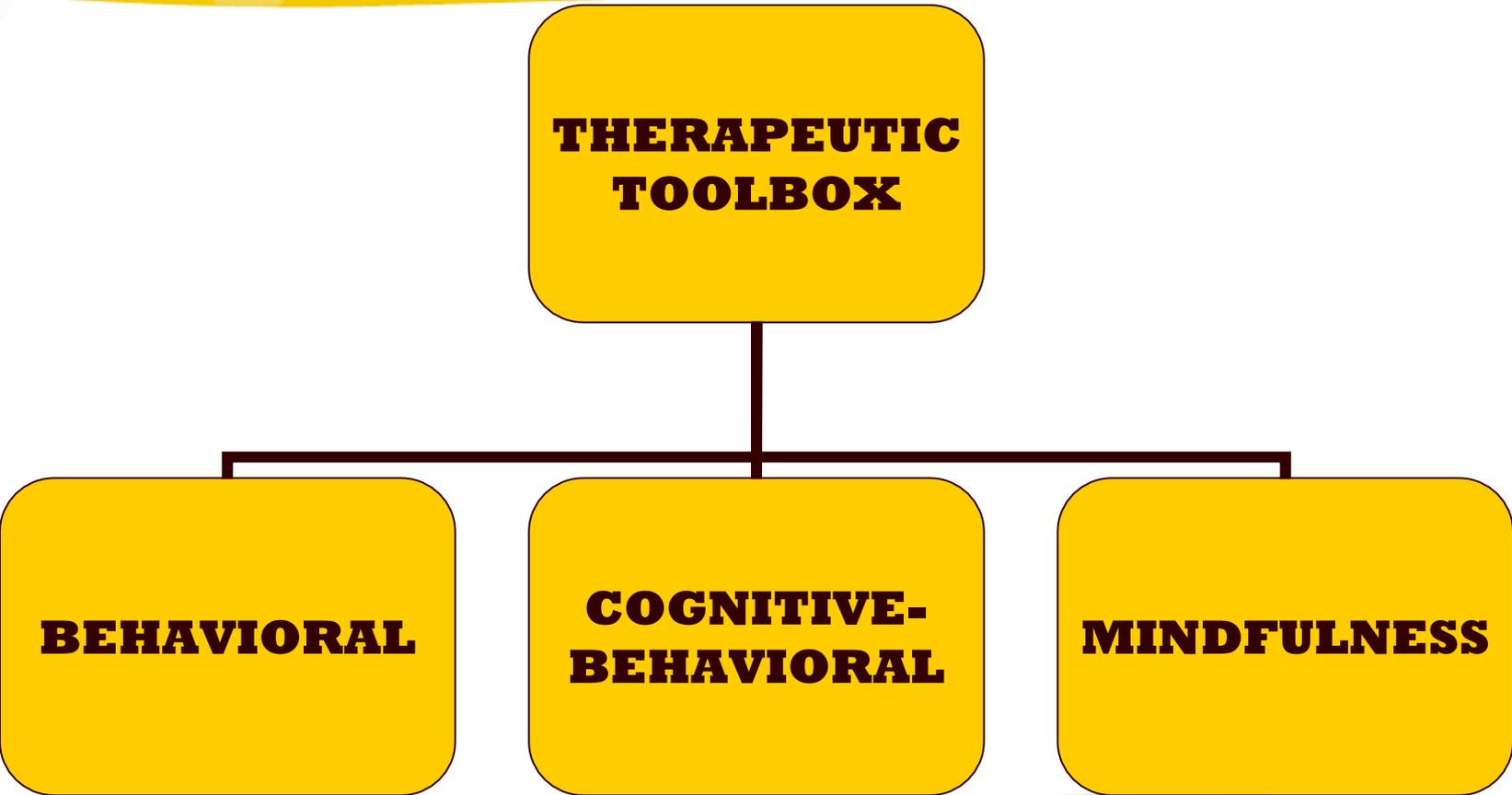
## *A Blueprint for Less Stressful Parenting*

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# STRESS REDUCTION

**THERAPEUTIC  
TOOLBOX**



```
graph TD; A[THERAPEUTIC TOOLBOX] --- B[BEHAVIORAL]; A --- C[COGNITIVE-BEHAVIORAL]; A --- D[MINDFULNESS]
```

**BEHAVIORAL**

**COGNITIVE-  
BEHAVIORAL**

**MINDFULNESS**



# TO REDUCE STRESS YOU FIRST HAVE TO RECOGNIZE YOUR **RUSH**

## **RED HOT** signs

- ⇒ Your **HEART**  
racing
- ⇒ Your **HEAD**  
pounding
- ⇒ Your **STOMACH**  
tied up in knots
- ⇒ Your **LUNGS**  
bursting



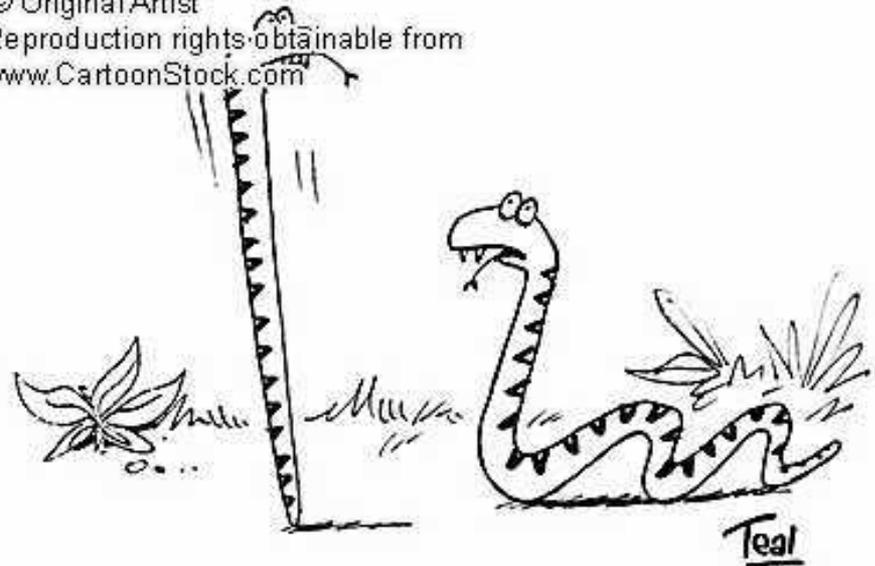
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# “Sensing your Tensing”

What are your muscles telling you????

- ⇒ jaw
- ⇒ back
- ⇒ neck
- ⇒ arms
- ⇒ hands
- ⇒ legs

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"Are you alright? You seem tense ..."

# More **HOT** Body Language.....

## ARE YOU?????????

- ⇒ sweating
- ⇒ teary eyed
- ⇒ hot-flashing
- ⇒ queasy
- ⇒ lightheaded
- ⇒ shaking
- ⇒ tingly





# PREVENTING UNHEALTHY INTERACTIONS

## KNOW BEFORE YOU GO!!!!

- ➔ **BODY SENSING**: tune in to your body's signals as you anticipate the interaction in order to recognize your *RUSH*
- ➔ **PREVIEWING**: be aware of your automatic negative scripts; think of these as your *RED (DANGER) ZONES*



# INTERVENING DURING UNHEALTHY INTERACTIONS

## LIVING IN THE MOMENT!!!

- ⇒ **BODY SENSING:** recognize your rush by identifying the physiological signs that the cycle is stressful for you.
- ⇒ **SELF TALK:** pay attention to what you are thinking as you interact



# Access Your Behavioral Tool Box

- ➔ Imagery
- ➔ Relaxation
- ➔ Exposure and  
Desensitization



## **BEHAVIORAL STRESS REDUCTION: VISUALIZATION AND RELAXATION**

Once you recognize that you're **“stressed”**

- ⇒ Visualize a “car” going in reverse.
- ⇒ Put the “car” in neutral
- ⇒ Let the “car” idle and do this simple relaxation technique:
- ⇒ Take a deep breath while counting to ten silently, breathe out while counting to ten silently.
- ⇒ Keep yourself in the situation



# Relaxation that works for you



Access your  
**Cognitive-Behavioral Toolbox:**

Changing your Think-Feel-Do Cycle:  
Rewrite Scripts / Reframe Self-Talk

Challenge

Dispute

Question

Cool Down



# What kind of thinker are you?

- Awfulizer?????
- What-iffer?????
- Musterbator?????
- **Hottie**?????
- Overgeneralizer?????
- Blamer?????
- Downer?????
- Can't-stand-it-izer?????



**What kind of thinker are you?**

A large, empty white rectangular area with slightly wavy edges, intended for a response to the question above.



# Rewriting Scripts

- “Where is the proof?”
- “What’s the worst that can happen?”
- “Who said life is fair?”
- “Why must I .....?”
- “Will the world fall apart if....?”
- “Can I really not deal with...?”



# Rewriting Your Scripts



# Reframing Cognitions

- ➔ It would be nice if.....
- ➔ I can deal with .....
- ➔ It may not be great, but it's not terrible
- ➔ Just because I'm not great at this now doesn't mean I can't get better
- ➔ I may not like when .... happens, but hate is too strong a word



# Reframing Your Cognitions



## Access your Mindfulness Toolbox

- ➔ Pay attention to the present moment in a way that is:
  - non-judgmental
  - accepting
  - dispassionate
  - non-evaluative



# Mindfulness helps to \_\_\_\_\_

- ➔ Relax you
- ➔ Desensitize you
- ➔ Distract you
- ➔ Increase your frustration tolerance
- ➔ Increase your acceptance
- ➔ Improve your insight



**Mindfulness recognizes that .....**

**“pain is unavoidable; suffering is optional”**

- ➔ Being mindful reduces stress by encouraging you to observe reality in a detached way, like  
**“watching clouds cross the sky”**
- ➔ The emphasis is ***not*** on “changing” your thoughts (CBT changes thinking)
- ➔ The emphasis is ***not*** on “avoiding” or “holding on” to your thoughts



# Mindfulness emphasizes that you

- ➔ Maintain attention on the rhythm of your breathing
- ➔ Don't encourage or block your thoughts
- ➔ Permit thoughts to arise, briefly abide, and then subside
- ➔ Observe your mind dispassionately but alertly
- ➔ When distracted by your thoughts, note them but return your attention to breathing



# A mindfulness mantra

If thoughts come.....

*let them come*

If they go.....

*let them go*

If they stay.....

*let them stay*