

Recognising the Warning Signs of Emotional Distress



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Parents as teenagers or “Oh No I have become my mother”

10 Questions about you being a teenager

- 1) Did you ever argue with your parents?
- 2) Did you smoke before the age of 16?
- 3) Did your parents like your friends?
- 4) Did you drink alcohol before the age of 18?
- 5) Did your parents like your music?
- 6) Did you ever threaten to leave home?
- 7) Did you have sex before the age of 16?
- 8) Did you experiment with Cannabis or any other substances?
- 9) Did you like school?
- 10) Did you have fun?

Objectives

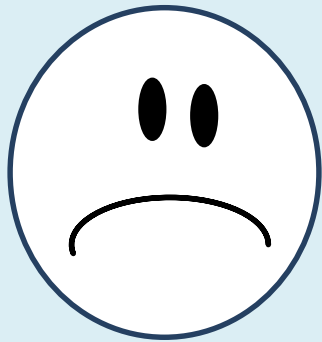
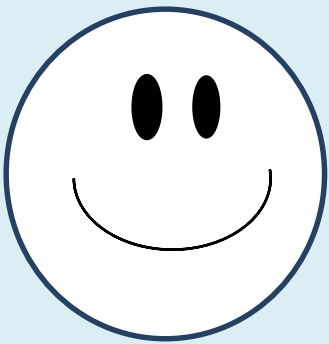
- Background
- Why do we have emotions?
- Signs to look out for
- What might help?
- Resources
- Questions

Background – Teenage Brain

- Developing and learning
- Frontal cortex in development phase
 - Part of the brain that deals with attention, emotional responses and behaviour/judgement
 - <https://www.youtube.com/watch?v=bpnr9-Aq7Wg>
 - A time for identity seeking and independence

Emotions

- 10 primary emotions?
 - Love, happy, anger, sad, guilt, shame, jealousy, envy, disgust, fear
 - Waves - come and goes
- What's the function?
 - Survival
 - Communication to self and others
 - Social connection



HAPPINESS

SADNESS

ANGER

FEAR

LOVE

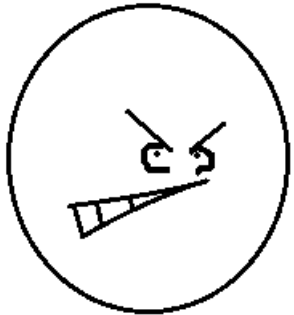
Makes you want to do it again

When you lose something you love

Survival: Fight or Flight

Keeps you safe from threat

Makes you want to be with that person



JEALOUSY

GUILT

DISGUST

ENVY

SHAME

Protect your own possessions /relationships

You know you have done something against your values

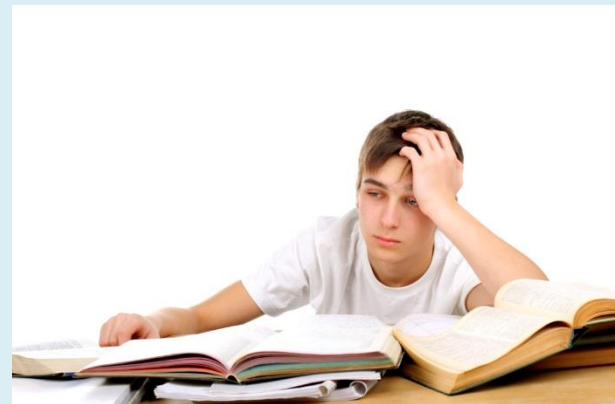
Keeps you away from horrible things

You want something someone else has

Others know you have done something wrong

Normal for mood to dip?

- Normal to have dips in mood
- Situational triggers
- Loss of interest in activities
- Normal to want more independence
- Sleep difficulties



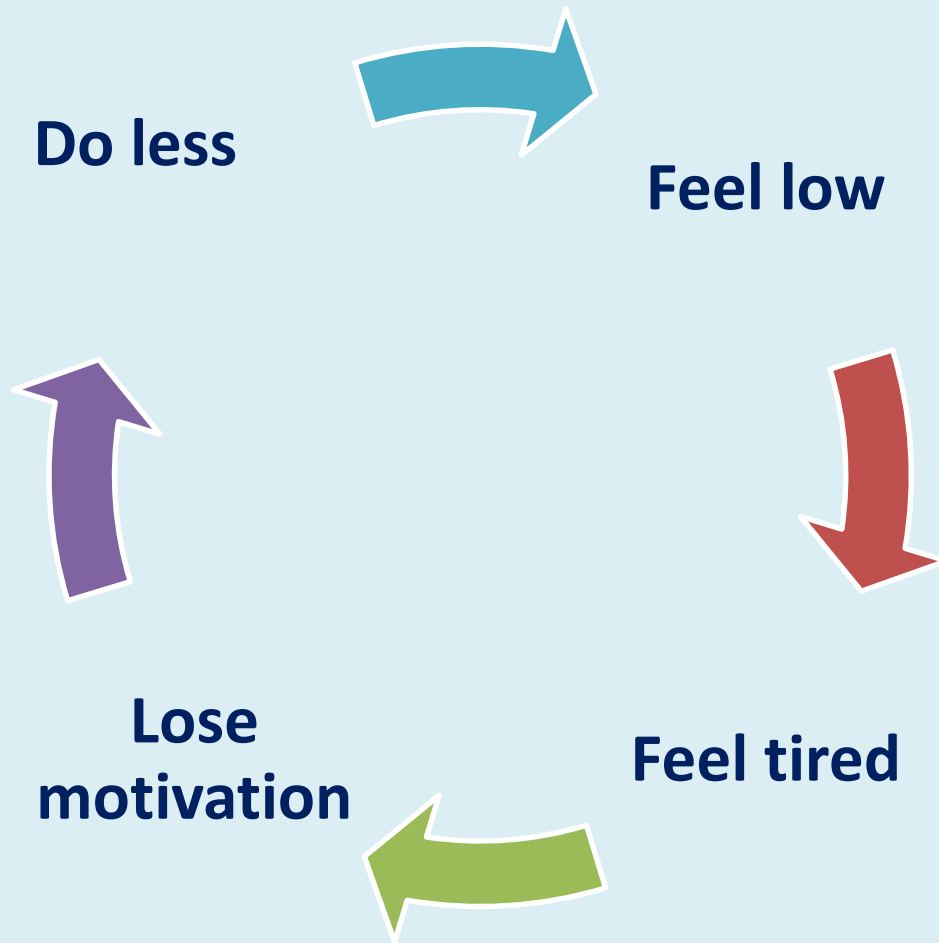
How do I know if it is a problem?

- Feeling unhappy most of the time
- Feeling useless, inadequate and hopeless
- Increasingly withdrawn
- Loss of enjoyment and pleasure in activities
- Reduced motivation
- Difficulty making decisions
- Can't cope with things that you used to

How do I know if it is a problem?

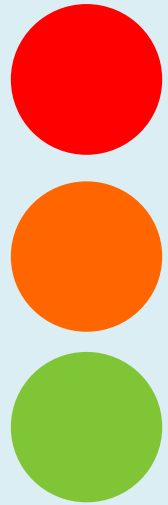
- Feeling more irritable, restless or agitated
- Loss of self-confidence
- Changes in appetite
- Tiredness and/or poor sleep
- Significant impact on daily functioning
- Self harm
- Suicidal thoughts

The vicious cycle of low mood



What can parents do to help?

- Encourage interaction and communication
- Regularly check- in on your child
- Liaise with school if needed
- Speak to your GP or school nurse if you feel that further support is needed
- Think about your own wellbeing



Skills to help reduce distress

- **STOPP**
 - Stop
 - Take a breath
 - Observe
 - Perspective
 - Practice
- Opposite Action
 - Identify the emotion
- Self soothe
 - Connect with your senses → body to mind

5 ways to wellbeing

- Connect
 - Be Active
 - Take Notice
 - Keep Learning
 - Give
-
- NB. Pleasant activities questionnaire



Useful reading and websites

- <http://www.get.gg/>
- <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/depression.aspx>
- ‘Overcoming Teenage Low Mood and Depression’ by Dr Nicky Dummett and Dr Chris Williams
- ‘Living life to the full’ series

QR Code for CAMHS Guernsey YouTube Presentations



Questions?

