

"YOUNG PEOPLE AND EMOTIONAL WELL-BEING"

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Zest: Healing the Hurt Ltd.

COMPLEX FAMILY SYSTEMS

LOVE

OK TO BE ME.

SECURE TRUSTING, CARING, KIND, EMPATHIC COMFORTING RELATIONSHIPS

WHO YOU WERE BORN TO BE - TRUE POTENTIAL

SO GLAD YOU WERE BORN I LOVE YOU. INNATE CONNECTEDNESS PSYCHOLOGICALLY /EMOTIONALLY HEALTHY RELATIONSHIPS

EMOTIONAL HEALTHY CHILD DEVELOPMENT

- ▀ Open
- ▀ Warm
- ▀ Happy
- ▀ Content
- ▀ Loving
- ▀ Loveable
- ▀ Confident
- ▀ Secure
- ▀ curious

- Dependent
- Demanding
- Self-centred
- Self-esteem
- Self-worth
- Trusting
- Spontaneous

WHAT CHANGED? FEELING NOT OK

Rejection in Adolescence

Fear, Anger, Frustration
Loneliness, Emptiness

Inability to self-regulate, stealing, lying, inability to trust, Constant state of anxiety, Hypervigilant ANS.

Alcohol/drug Promiscuous Anti-social behaviours

Depression Self-harm/ suicidal ideation

WHAT CHANGED? – FEELING NOT OK

Rejection in childhood

Self-hate, LSE/LSW

Afraid, anxious, insecure, lonely

Withdrawn

Depressive tendencies

Bullied

Abused

Neglected

Emotional Health

“I’ll give you something to cry about……”

What is Emotional Well-being?

Emotions are the physical reactions to what is going on in our heads!

They are natural and automatic responses to our thoughts/experiences.

Model Healthy Emotions

- E – Motion = move outward an biological automatic response.
- **Acceptable** (positive) feelings, joy, happiness, excitement etc.
- **Unacceptable** (negative) sadness, fear, frustration, anger

ALL EMOTIONS ARE NATURAL AND ESSENTIAL FOR OUR WELL-BEING

Emotion - JOY



Emotion SAD



THOUGHTS
FEELINGS
EMOTIONAL WELL-BEING

Sadness

Riley's Feelings



To avoid feeling bad we might do things to make ourselves feel 'better'

- Alcohol and other drugs
- Sex
- Food
- Social media
- Exercise
- Self-harm

These start as a solution but become a second problem in the long term

Feeling SAD and/or feeling BAD is not an illness.

It is a normal/automatic response to certain life circumstances and to the thoughts/feelings that these create.

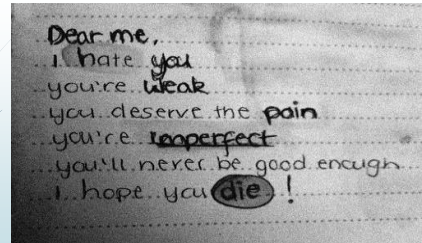
We need to allow these feelings to 'emote'..... move out.....or they become trapped and **stay inside getting bigger and bigger. UNTIL**

Self-harm is

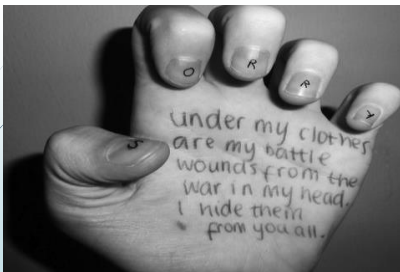
"...an expression of **personal distress** usually **made in private**, by an individual who hurts him or herself. The nature and meaning of self-harm, however, vary greatly from person to person. In addition, the reason a person harms him or herself may be different on each occasion and should not be presumed to be the same"

(National Institute for Clinical Excellence (2004)

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LETTING MY "SOUND" OUT.



GUILT/SHAME – Look what your doing to your patents/family



-Promise me you won't cut again?
-I promise



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CLINICAL EXPERIENCE

Understanding the Person behind the behaviour.

Self-harm/Suicidal Ideation

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Case Studies

- Family Break-down/Blended Families
- Parents Ill health
- Loss/Breavement
- Bullying – online COMPOUNDING FACTOR

Family is where our Story Begins

BABIES COME INTO THE WORLD ALREADY CONNECTED. THEY JUST HAVEN'T MET US YET. Suzanne SeedyK 2013

IMPORTANCE OF RELATIONSHIPS

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- "Human relationships, and the effect of relationships on relationships, are the building blocks of healthy development. From the moment of **conception** to the finality of **death** intimate and caring relationships are the fundamental mediators of successful human **adapitions** and emotional well-being".
National Research Council and Institute of Medicine (2000)


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Attachment –V- Domains of Development

- A child's experience of a caregiver is a key developmental task that influences not only the child's representation of self and others, but influences their strategies for processing attachment-related thoughts, feelings and psychological resilience in adulthood. (Dozier, et al (2008).

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ATTACHMENT/REGULATION



- None of us is born with the capacity to regulate our own emotions.
- Emotional regulation is dependent on "secure attachments". Children need to stay close to adults they TRUST most. (Bowby www.simplepsychology.org) (Klien, Winnicott)
- A child's experience of being comforted in the face of anxiety develops the capacity to keep calm "self soothe" and "manage stress".
- "Self-Regulation" El(Fonagy,2000,Seedyk,2013)

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Attachment and Trauma

- Any experience of maltreatment within the home is a form of trauma.
- Trauma refers to prolonged and persistent traumatic stress that often originates within the caregiving system during the critical stages of critical development leading to immediate and long-term difficulties in many areas of functioning. (Cook et al 2005)

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What brings about change?

"TO LISTEN"

Ear You
Eyes
Undivided
Attention
Heart

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Compassionate approach with the 'person behind the behaviour' to identify their 'pain'

"I give you my ears, my eyes, my undivided attention and my heart"

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MIRRORING EMOTIONAL HEALTH

children are great imitators. so give them something great to imitate.

WWW.VERYBESTQUOTES.COM

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MINDFULNESS - SECURE ATTACHMENTS

It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.

Ann Landers

Most importantly.....

- 'My heart'
- ▶ Compassion
- ▶ Kindness
- ▶ Undivided attention
- ▶ Empathy
- ▶ Whatever you want to call it. It is the most powerful gift we can give anyone, especially to those in difficulty.
- ▶ It sets the path to healing!!!!
- ▶ It gives 'HOPE' there now!

**Healing the Hurt
In a Safe Environment**

- ▶ OPEN Communication
- ▶ Model emotional healthy relationship of
- ▶ love, kindness, respect,
- ▶ care and compassion and understanding
- ▶ EARLY INTERVENTION
- ▶ COUNSELLING
- ▶ FAMILY SUPPORT/
- ▶ INDIVIDUAL SUPPORT



Fresh Start - OK TO BE ME

WHO WE WERE BORN TO BE

CONNECTEDNESS /BELONGING
Unique Individuals



Loved



Unique Self



Relationships

FROM THE CRADLE TO THE GRAVE