

A close-up photograph of a woman with dark, curly hair hugging a young girl from behind. The woman is wearing a white long-sleeved shirt, and the girl is wearing a light blue sweater. The scene is intimate and emotional. A large, semi-transparent white circle is overlaid on the image, containing the main text. A vertical blue line is on the left side of the circle.

**6 THINGS
TO KNOW
DURING A
CRISIS AS
A PARENT**

The Parents Survival Guide

Whenever there's a crisis or traumatic event within a family, so many emotions and reactions come up. You might be like most parents who don't want this event to harm your kids now or in the future. Here are a few things to know that will help you.

1. FOCUS ON YOU

I know you're worried about your kids, however if you're ok they will be ok. Your energy will become theirs so do everything you need to be ok.

2. THIS WILL PASS

During a crisis our bodies are in fight flight mode with a surge of survival hormones and it can feel like it'll last forever - it won't. Take a few moments each day to remind yourself that "this feeling will pass"

3. BREATHE

This is not for some woowoo reason I promise. Your body is full of adrenaline and cortisol right now. The best method to bring calm back to your body is to take a few minutes to focus on your breathe and relax your body - you need to activate your rest/digest part of your nervous system.

4. ASK FOR HELP

Often we feel weak or embarrassed to ask for help when we need it. As Brene Brown also tells us, asking for help and being vulnerable is a strength. You'll be shocked at how much people love helping others.

5. YOUR BODY NEEDS HELP

Your behaviours and reactions to everything, especially your kids is stemming from your body sensations right now. What ever discomfort your feeling (anxiety, fear, anger, grief, sadness etc) now, locate the sensation in your body and breath into it AND **be-friend** it. This will reduce your reactivity and calm your body.

6. YOUR KIDS NEED TIME

Children generally need more time to process trauma or a crisis. Be patient with the "why" questions, or open up a discussion around the crisis if they haven't yet - chances are they just don't know how to talk about it and need your help.



As their parent, your body is storing all the trauma, worry and fear right now and it needs to be released so a sense of 'norm' can be returned to the family/home. Use the short meditation below to help with this.

LISTEN HERE ON YOUTUBE

WWW.YOUTUBE/JESSICAMCILVEEN

During this meditation I will guide you softly into your body so the scary and negative emotions can be released. When you do this you'll be able to support your kids with what they need from you without feeling drained.

CONTACT

support@jessicamcilveen.com

@jessicamcilveen