## Parents, do you hope to raise your teenager to cope with difficult feelings?

## Research shows 4 benefits for teenagers who can cope with difficult feelings:













Develop effective problem solving skills



Develop positive social skills and get along well with others



Achieve success in school and throughout life

# How can you coach your teenager to cope with difficult feelings?

## Below are 5 steps to coach your teenager:

#### 1. Be aware of your teen's emotions

- Observe your teen's facial expression.
- Listen to the words that your teen says.
- Pay attention to their body language and behavior.

#### 2. Recognize emotions as an opportunity to connect

- Remind yourself to see such emotional situations as opportunities.
- Keep calm. Getting angry or frustrated blocks you from connecting with your teen.

### 3. Listen empathetically by validating your teen's feelings

- Reflect your teen's feelings back to them by saying such as "It sounds like you are feeling sad." This helps them feel like someone is by their side.
- Use I-statements such as "I can hear..." "I can see..." "I can sense..."

### 5. Set rules for appropriate ways of coping

- Come up with possible ways of solving the problem together such as modelling appropriate behaviour.
- The best way to teach your teen to react to anger appropriately is to show your teen how to do it. (Eg. Take a deep breath and count to 10).

### 4. Help your teen find words to label the emotion he/she is facing

- Develop a vocabulary of feeling words.
- Website to refer for a list on vocabulary of feeling words :
- words-from-a-to-z-2086647 Name It, to Tame It Eg. Help your teen name the overwhelming emotion through

This has a "taming" effect, as the teen feels heard and understood and is confident that their experience in the world is valued by the people that mean the most to them.

Want to learn more parenting skills? Join us today for a free individual consultation with our parenting experts! Register your interest via the QR code NOW!

