

**Supporting your daughter  
during these uncertain  
times.**



# Adjusting to the “New Normal”

- Unpresented disaster of COVID-19: How do we adjust to an ever- changing situation ?
- Idea of “ surge capacity” a collection of adaptive systems both mental and physical that humans draw on for short term survival in acutely stressful situations. Ann Masten Ph.D suggest that our surge capacity is depleted. ( I like to call it the “coranacoaster”)
- Especially for “High Achievers” the sense of loss around not being able to problem solve can lead to feelings of hopelessness and helplessness. (ambiguous loss)



# How has this specifically affected girls?



For girl's social connection is specifically important and the loss of those connections is making them feel very lonely. Tend to make more impulsive/destructive decisions in order to connect/belong



Girls are spending more time on social media and are "trying" to fit in on tik tok through identifying "what's wrong with them"

Also, they are judging their appearance more and more due to comparison.

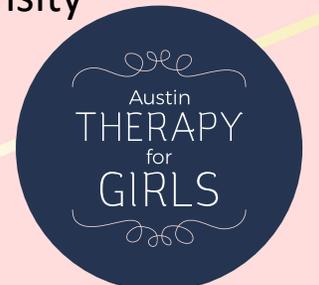


Girls who already are facing anxious moments are now dealing with sometimes daily if not weekly changes.

Change+ Fear = Control



"Super feelers" are affected by the increase of intensity of emotion around them.



# How can we help support?

## 1. Accept the feeling and normalize it

*Name it. Tame it.*

*Daily check-in (not at night)*

*Talk about how you are feeling starting with "I feel \_\_\_\_\_"*

*Examples of fun check-in's*

*( works with partners too)*





**THIS WEEK:**

**ROSE:** something that made you feel happy

**THORN:** something that was disappointing

**BUD:** what you are looking forward to

HAPPYIES



# CRAPPIES



# How can we help support?

## 2. Make meaningful connections

### **EFFT (Emotion- Focused Family Therapy)**

**Increase connection by learning how to emotionally coach your child. Three important steps.**

- 1. Validate**
- 2. Offer emotional support**
- 3. Problem solve**





# How can we help support?

## Three Steps of Emotion Coaching

### 1. I don't want to...

First we validate... I can understand why you wouldn't want to go because:

- a.
- b.
- c.

### 2. Next come with words of support:

- "It's going to be ok"
- "I understand you" " I hear you"
- " You can do it, I believe in you"
- "I know you're doing the best you can"
- "We're in this together, I want the best for you"

### 3. Finally, it's time to offer a helping hand

- Offer advice or solutions they might be able to try
- What would you say to a friend?
- Play a game, tell a joke
- Ask if regulated and calm, how can I support you best right now?



# How can we help support?

## 3. Lower Expectations

7 hours on zoom makes a zoombie...

## 4. Look for fulfillment in a new way

Make a family "play" list

Write down each person's top 5 songs, movies

Look for the "silver linings"

Do something creative (Vision board on candle)



# Resources

Surge capacity article : <https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c>

Unlocking Us podcast: <https://open.spotify.com/episode/1ZvVyWzfeJmBKngqgeinOYg>

EFFT resources: free caregiver training  
<https://www.mentalhealthfoundations.ca/resources>

Our website:  
<https://austintherapyforgirls.com/>



It's ok to fall apart sometimes  
Taco's fall apart.....  
and we still love them

