

4. Relax to Recharge



Do you often feel overwhelmed by negative emotions when managing your children’s behaviors? Have you ever unintentionally reacted with negative words and attitudes, or even beat and scolded your children? Worse still, you might feel guilty or regret after venting your negative emotions. **If we let negative feelings like worries, anger, annoyance, frustration, and disappointment keep accumulating, emotional overload might be resulted eventually.** If we are often in a state of tension, it might also affect our family relationships. **Dear parents, while you are busy taking care of your children, do not forget to take care of your own body and mind!** Learning more strategies on **recognizing your own emotional needs** and relieving your stress, you will find that **parenting comes easily to you.**

1 Recognize your thoughts, physical reactions and emotions

Catastrophizing thoughts

I will never raise a well-behaved child.

All I know for sure is that my son irritate me on purpose!

Biased judgement

- Be aware of your thoughts. Are they positive or negative? Are they influenced by your **irrational presumptions or thoughts**?
- Sense **which parts of your body are reacting**. What are the physical reactions?

Examples: Increased heart rate, Shortness of breath, Raised voice, Tenseness in your muscle, Flushed face, Sweating, Pressure in the chest, Shaking ...



The more physical reactions you have, the more hidden negative emotions you may have...



- Notice the negative emotions. **Name the emotions**, and understand your current **psychological state**.



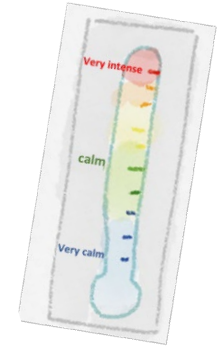
Negative emotions if suppressed will affect our physical and mental health. We need to learn to take care of our body and mind!

2 Accept and express your emotions

- **Take a deep breath in and then exhale.** Try to focus on every breath you take, and **bring your attention to the present moment.** While you are taking a deep breath, count slowly in your mind. This will lower your heartbeat and respiration rate. Allow your muscles to relax as much as you can.



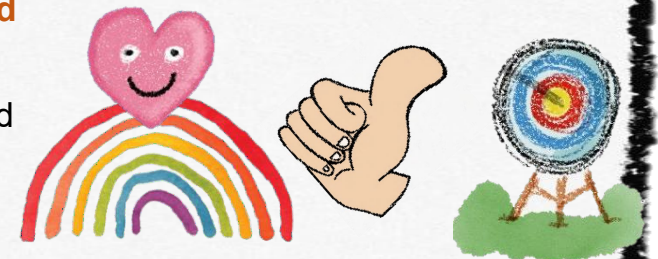
- **Allow your negative emotions to sink like sand in your heart.** Try not to resist, deny or criticize your negative emotions. Tell yourself that **negative feelings are completely natural.**



- Assess your emotional state by using “[Emotion Thermometer](#)”, **find out ways suitable for yourself to express and channel your emotions.**

3 Be Proactive and Positive Fully engage in your life

- Maintain a balanced lifestyle. **Emphasize healthy body and mind, improve** quality of life.
- Communicate positively with your family and friends, **build up intimate and trustful relationship** with them.
- **Focus on your positive personal qualities.** Appreciate your strengths, and acknowledge your own effort.
- **Set yourself meaningful and achievable goals.**



“Enjoy Summer Vacation with Good Planning” – supporting children with AD/HD to make good use of summer holidays

The following are some activities that can help you maintain physical and mental health. Parents may choose and try the activities that suit your needs.

Click here for more details!



- [Maintain a healthy lifestyle](#), such as
 - Healthy eating habits
 - Adequate exercise
 - Optimize the quality of your sleep and rest
- Develop personal interests, such as running, playing basketball, painting, playing musical instruments
- Downshifting, embrace a more leisurely pace of life



Physical

Mental

- Create self-care reminders to recognize and appreciate your efforts, accept your limitations
- Express your emotions in positive ways, such as by talking, writing or drawing
- Happy/ Gratitude journal: Record 3 things that make you happy/grateful every day
- Divert your attention to something else when experiencing negative emotions, such as by drinking water, washing your face, listening to music
- [Relaxation exercise](#): for example muscle relaxation exercise, breathing exercise, and mental imagery

Click here for more details!



(Chinese Version only)

Social

Spiritual

- Take the initiative to talk to someone you trust
- When suffering from emotional distress, seek help actively and get access to [community resources](#)
- Participate in voluntary activities, helping people to help themselves
- Gather with friends, have outings
- Enjoy family time, such as watching TV or animation together, doing sports together, playing board games together

Click here for more details!



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- Spend some time alone (Me-Time), give yourself some quiet time
- Take a walk outside so that you can enjoy the natural scenery, such as sunset or sunrise, and breathe the fresh air
- Rest your eyes and meditate at home
- [Mindfulness practices](#)
- Self-reflect, find the value of life