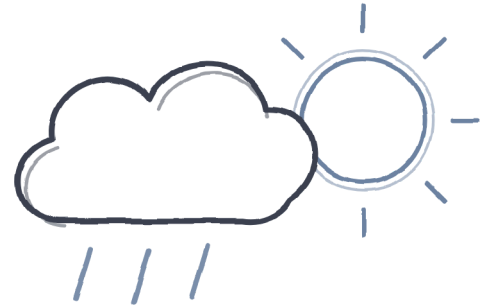


FACT SHEET • SECONDARY

Helping Your Young Person Manage Strong Emotions

A slammed door or a flood of tears over something small isn't an overreaction so much as an underdeveloped brake system: the emotional brain is fully online well before the part that regulates it has caught up. Trying to reason with a young person mid-storm rarely works, because the thinking brain has temporarily gone offline. These five tips help you ride out the storm and build the skill for next time.



TIP 1

Wait for the storm to pass

Trying to talk sense into a young person who is mid-meltdown rarely lands, because the part of the brain that listens has temporarily gone offline. Come back to it once things have calmed.

TIP 2

Name it without judging it

'You're really angry right now' lands better than "calm down". Naming the emotion helps the thinking brain start to come back online.

TIP 3

Give the body somewhere to go

A walk, a run or even a few minutes pacing the garden helps a flood of adrenaline burn off. Movement often calms a young person faster than talking does.

TIP 4

Hold the boundary, not the grudge

Consequences are separate from your relationship. Deal with the behaviour, then let it go rather than replaying it for days.

TIP 5

Talk it through once it's calm

Once everything is settled, go back and talk through what happened and what might help next time. This is where the actual learning happens, not in the moment itself.