



Building happy and respectful relationships

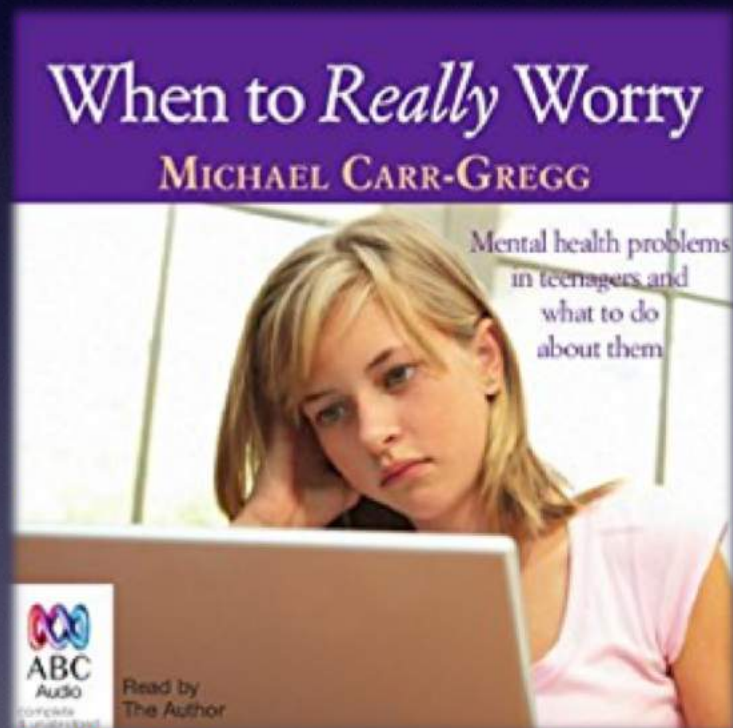
Monday 16th April 2018

Dr Michael Carr-Gregg PhD MAPS
Child and Adolescent Psychologist

The journey from childhood to adulthood



How would you know if your child is travelling on



Do they have **friends**?
Have they **emancipated**
from adult carers?
Understands and enjoys
school?
Do they have a **spark** -
something that they
feel passionate about?

DEPRESSION SIGNS AND SYMPTOMS IN KIDS

* FREQUENT
SADNESS



* ABANDONING
HOBBIES

* HOPELESSNESS

* SCHOOL ABSENCES

* POOR SCHOOL
PERFORMANCE

* POOR
CONCENTRATION

* RELATIONSHIP
ISSUES

* TALK OF OR
ATTEMPT TO
RUN AWAY



* LOSS OF ENERGY

* THOUGHTS OF
SELF HARM



* ISOLATION

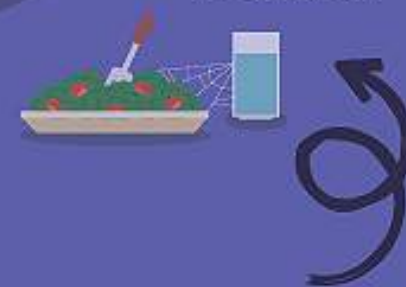


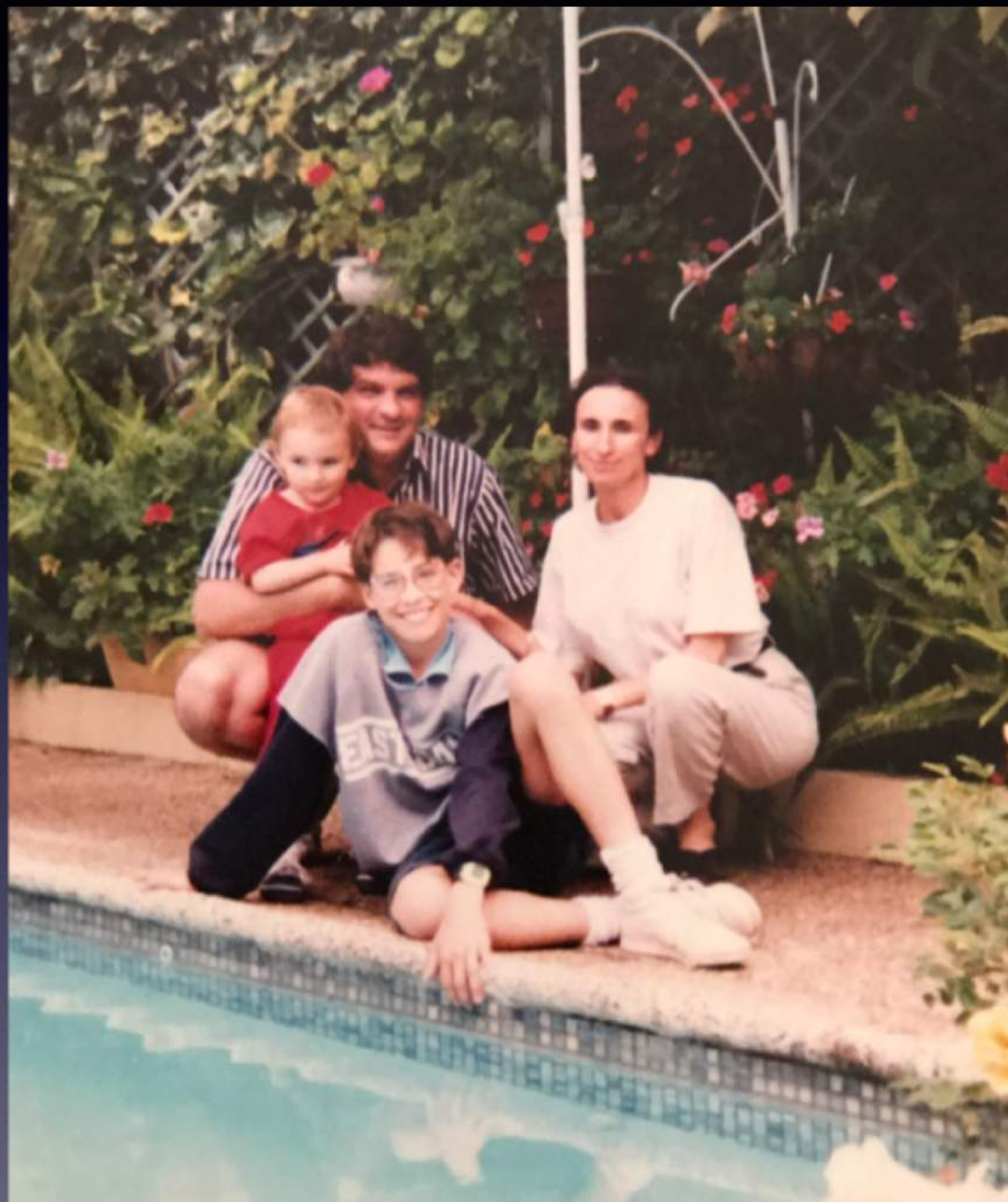
* FREQUENT
COMPLAINTS OF
ILLNESS

* ANGER



* CHANGE IN EATING
OR SLEEPING
PATTERN





As a parent, we play an important role in helping our kids learn how to manage their wellbeing and self-respect as well as knowing how to be respectful to others

What is respect?



Self-respect



Respect for others



Respect for possessions



Respect for authority



Respect for the law

What is a respectful relationship?



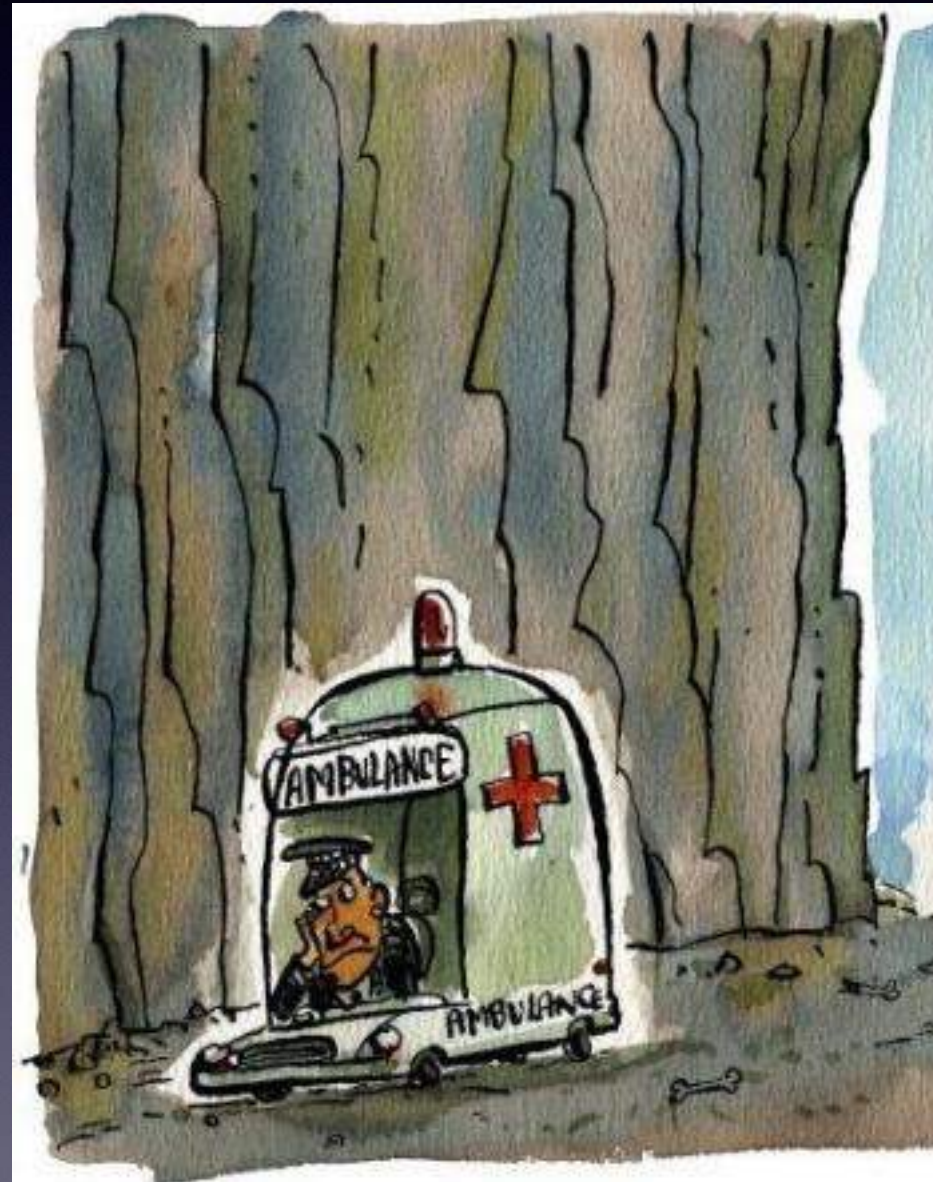
- listening and taking turns to be heard
- Freedom to disagree without being putdown
- Not dominating others
- IsNot behaving in a way that is intimidating, especially during conflict
- Spirituality

How can I help my kids learn respect?




- set a positive example
- regularly spend time together
- look after yourself
- strike a positive balance between work and family life
- Seek a healthy outlet for your frustrations and worries

How do we build resilient kids?





A small, vibrant green seedling with several leaves is growing out of a dark, granular, and textured surface, likely volcanic ash or sand. The seedling is positioned on the left side of the frame, and its growth is a stark contrast to the dark, desolate ground.

**“...is the human
capacity to face,
overcome, be
strengthened by
and even be
transformed by
adversity.”**

First psychological study on 'resilience'



**Professor Emmy
Werner**

**the first scientists to use the
term 'resilience' in 1970s**

- studied a cohort of children from Kauai, Hawaii in 1970



Source: Werner, E. E. (1971). The children of Kauai : a longitudinal study from the prenatal period to age ten. Honolulu: University of Hawaii Press

Kauai, Hawaii



- High levels of unemployment
- High levels of parental substance abuse
- High levels of mental illness

Source: Werner, E. E. (1982). Vulnerable but invincible: a longitudinal study of resilient children and youth. New York: McGraw-Hill

Kauai, Hawaii



- **2/3rds** exhibited destructive behaviours as teens (eg: years, chronic unemployment, substance abuse, teen pregnancy)
- **1/3rd** did not exhibit destructive behaviours.

Source: Werner, E. E. (1982). Vulnerable but invincible: a longitudinal study of resilient children and youth. New York: McGraw-Hill

**The 5 characteristics
of resilient young people
that every parent needs to know**

Resilience

Social/Emotional
competencies



Charismatic Adult



+ self talk



Islands of competence



Spirituality

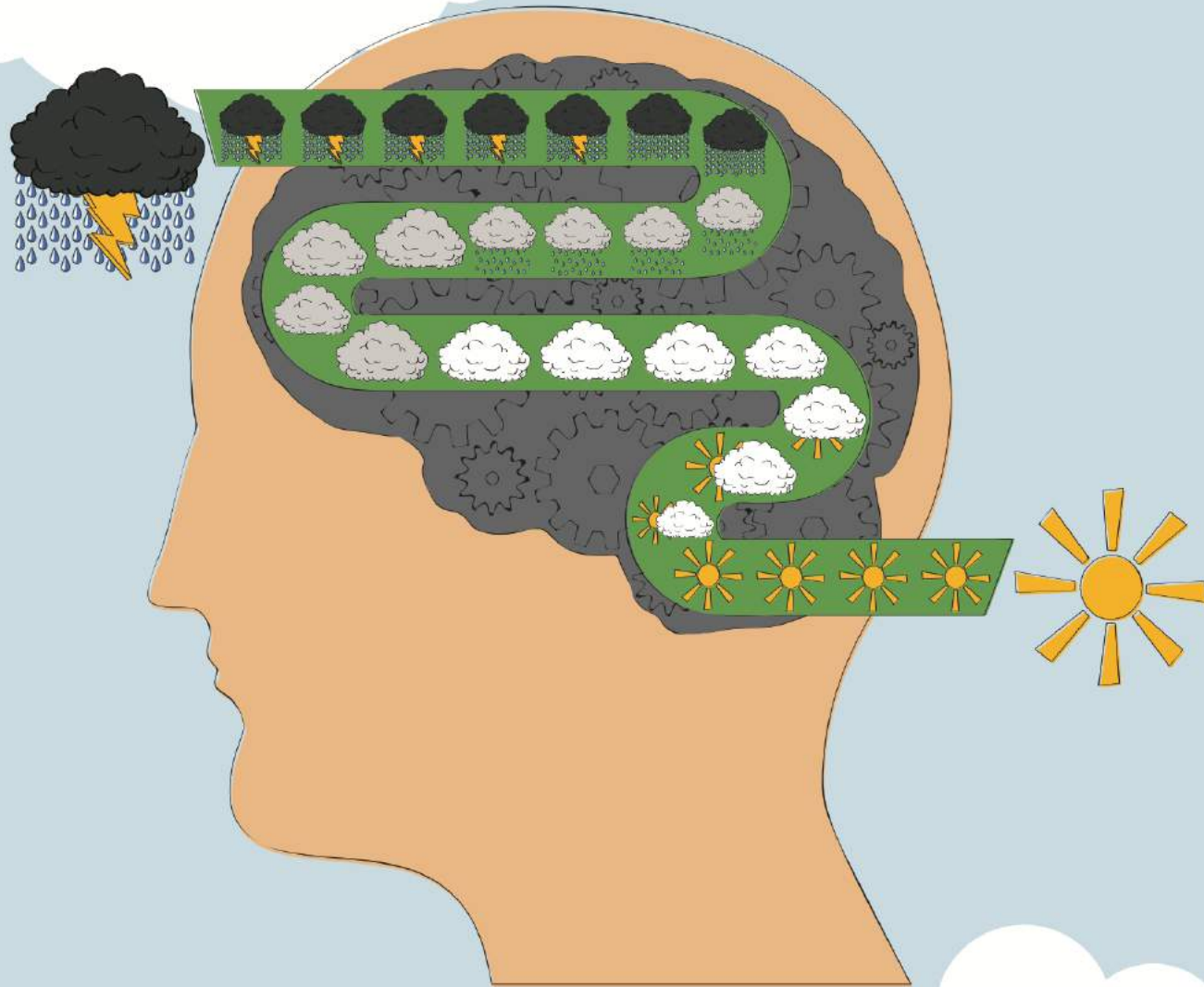


Emmy Werner (1970)

- Charismatic adult
- Social and emotional competencies
- Self talk
- Islands of competence
- Spirituality

Secrets of happiness

If you can't **CHANGE** it,



change the way you
THINK about it

All of us have times of stress, loss, failure or trauma in our lives. But **how we respond to these has a big impact on our wellbeing.** We often cannot choose what happens to us, but in principle we can choose our own attitude to what happens. In practice it's not always easy, but one of the most exciting findings from recent research is that **resilience**, like many other life skills, can be learned.

GOOD THINKING



A teenagers' guide to managing stress and emotions using CBT

From the bestselling author of *Change Your Thinking*

Sarah Edelman PhD
and Louise Rémond M.Psych

moodgym®

Email/username ⓘ :


Password:

Log in

» Forgotten password

Welcome to moodgym

ⓘ moodgym has been upgraded and is available at moodgym.com.au. Please update bookmarks and links.

German moodgym is available at moodgym.de 

moodgym is like an interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

-  Over 1 million users worldwide
-  Anonymous, confidential
-  Secure handling of your data
-  Access anytime, at your own pace
-  Scientifically evaluated

 [New users register here](#)

 [Frequently Asked Questions](#)

ⓘ See [Emergency help](#) if you are in crisis or need immediate help.

SEE LIFE AS it is, BUT

FOCUS ON THE GOOD BITS



Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.



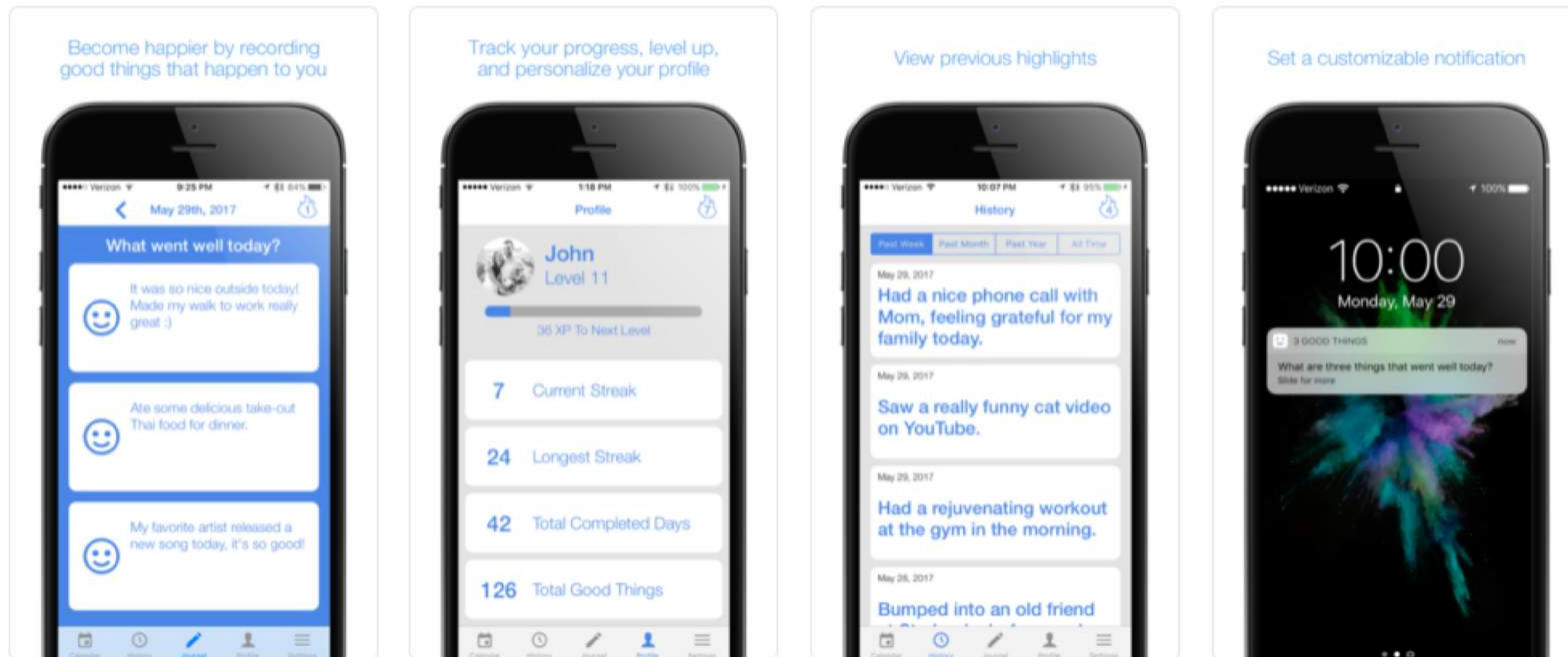
Three Good Things - A Happiness Journal 4+

Asher Dale

★★★★★ 194 Ratings

Free

iPhone Screenshots



Description

It's been shown that if you write down three good things that happen to you everyday, your happiness and positivity increase. Three Good Things, a happiness journal, enables you to do exactly that with a simple user-interface and gamification to encourage engagement.

In the world today, society tends to focus on the negative. Rather than remembering all of the good things in their lives, people often focus on the things which they don't like. With Three Good Things, you can rewire your brain to focus on the positive by writing down good things that happen to you everyday. By findin...

[more](#)



People with strong and broad social relationships are happier, healthier and live longer. **Close relationships with family and friends provide love, meaning, support and increase our feelings of self worth.** Broader networks bring a sense of belonging. So taking action to strengthen our relationships and build connections is essential for happiness

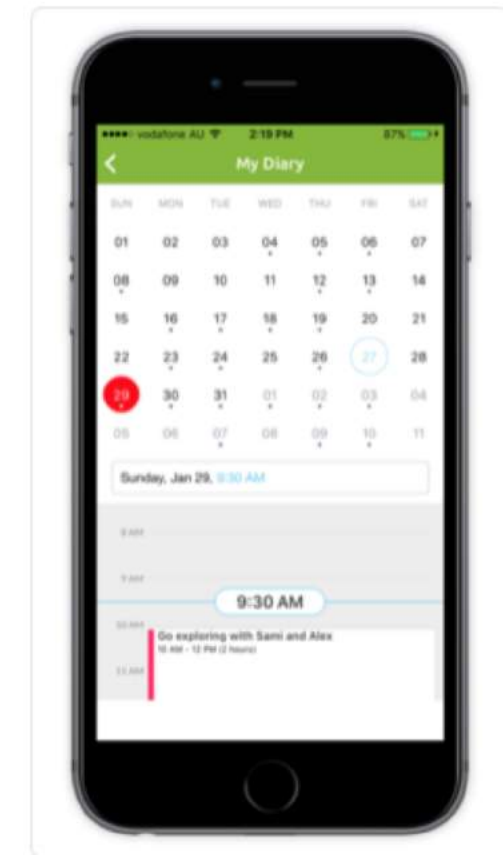
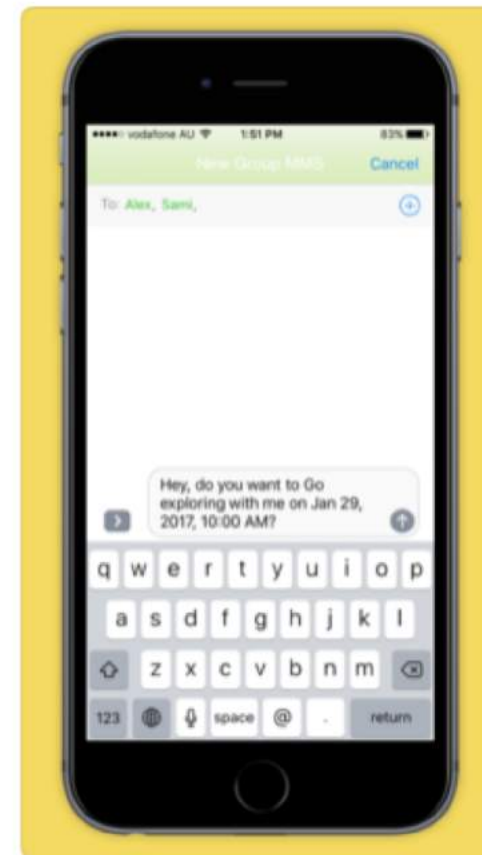
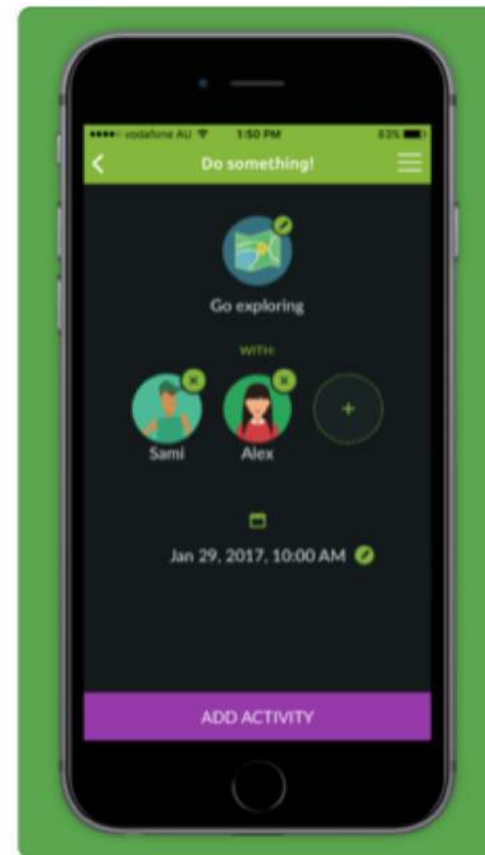
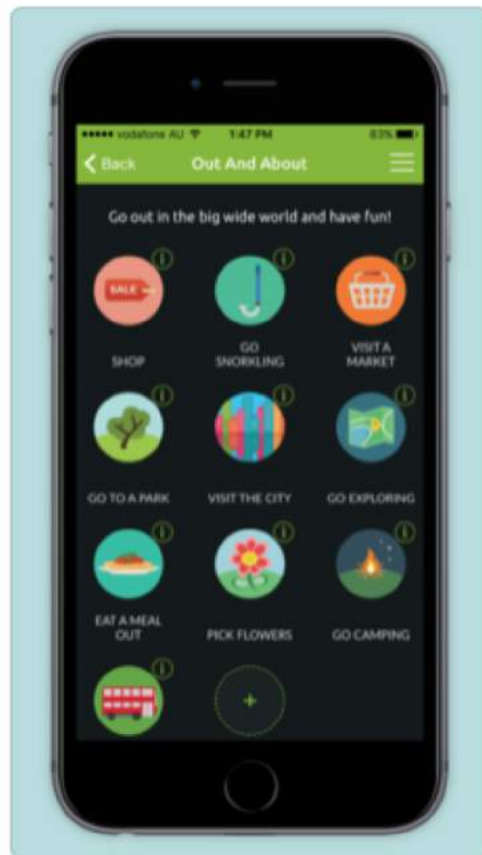


Breakup Shakeup 12+

Queensland University of Technology

Free

Screenshots [iPhone](#) [iPad](#)



Description

Feeling down after a breakup? Or just finding it hard to find motivation for anything? Have you lost some of your spark?

Breakup Shakeup can help you come up with cool ideas what to do about it. Getting active and socialising are amongst the best things you can do to start feeling happier and stronger again.

So, give it a try, choose from a large library of activities, and find out some more about each of them using the provided links. Once you make your choice, the... [more](#)

Building blocks of wellbeing

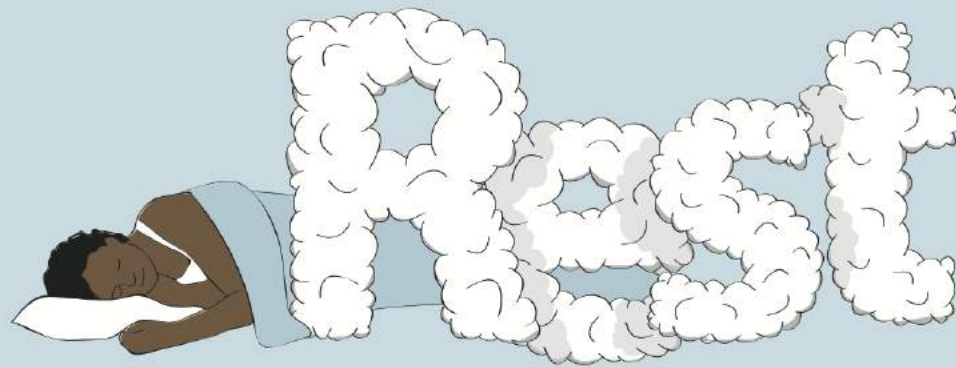
- Sleep
- Diet
- Exercise
- Mindfulness



be active



RELAX



REPEAT
DAILY



Our body and our mind are connected. **Being active makes us happier** as well as being good for our physical health



Couch to 5K® - Run training

4+

Active Network, LLC

#41 in Health & Fitness

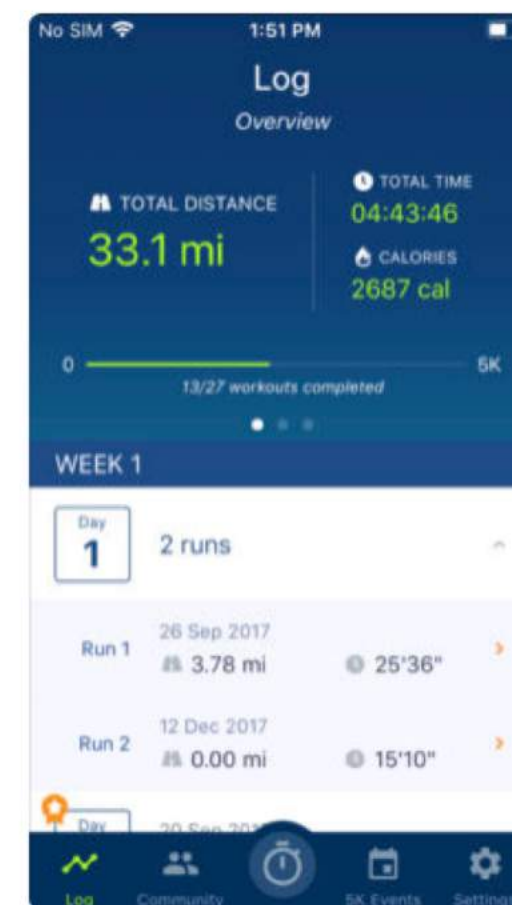
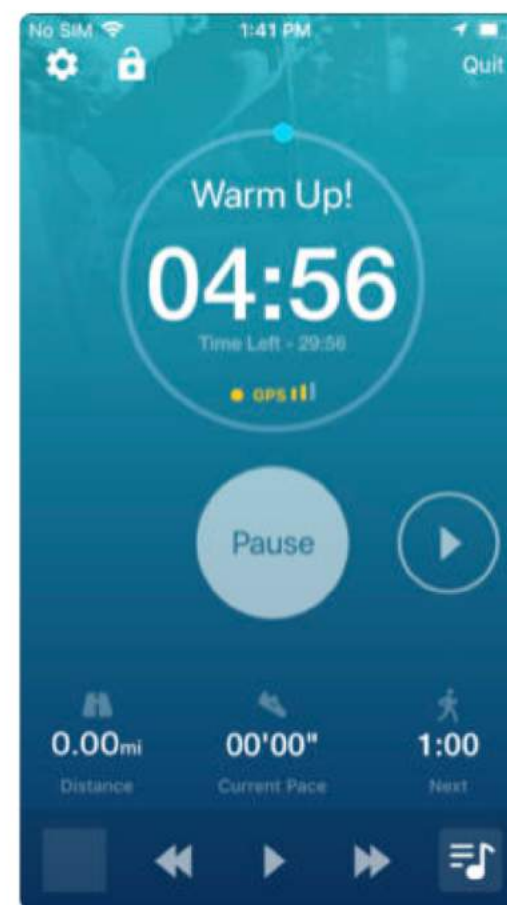
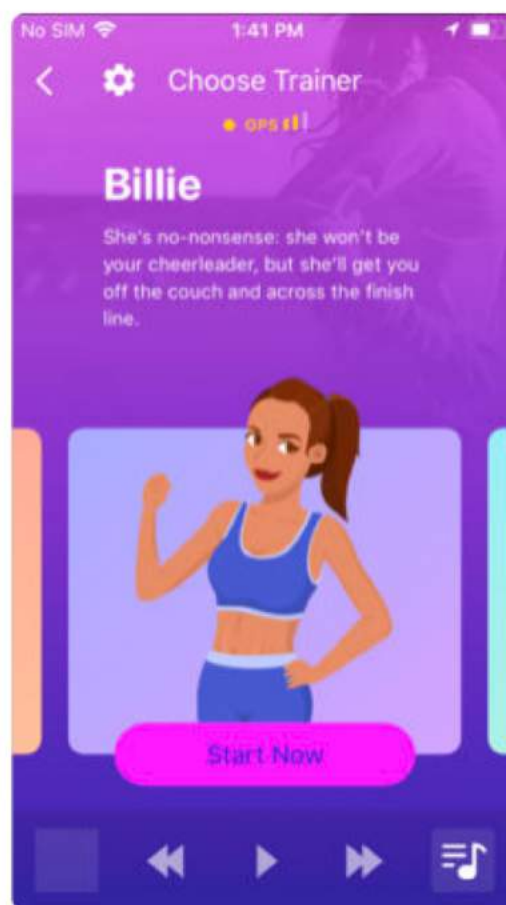
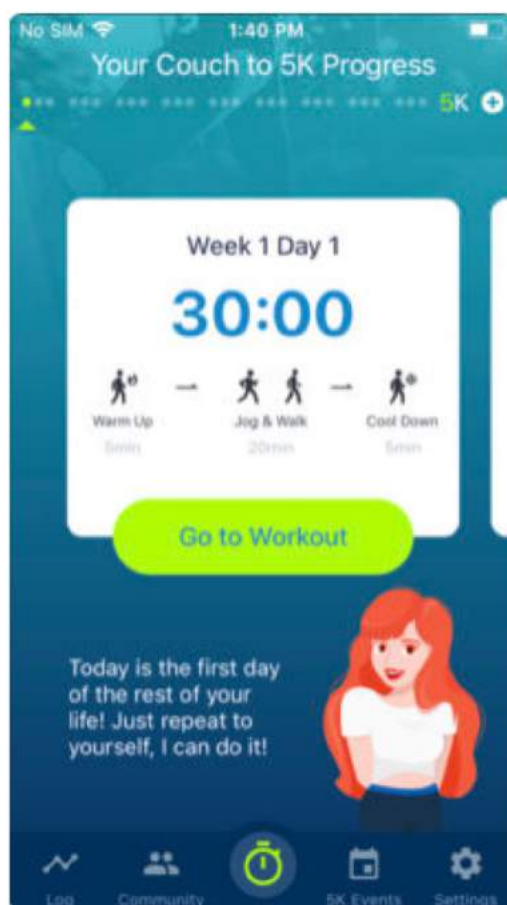
★★★★☆ 55 Ratings

\$4.49

Screenshots

[iPhone](#)

[Apple Watch](#)



Description

Get off the couch and get running with the OFFICIAL Couch to 5K® training app! This oft-imitated program has helped thousands of new runners move from the couch to the finish line. Spend just 20 to 30 minutes, three times a week, for nine weeks, and you'll be ready to finish your first 5K (3.1-mile) race!

WINNER of the 2012 Appy Award for best Healthcare & Fitness App!



THERE'S
MORE TO **LIFE**

when you stop and

NOTICE



Learning to be more
mindful and aware can
do wonders for our
well-being in all areas
of life - like our walk to
work, the way we eat
or our relationships

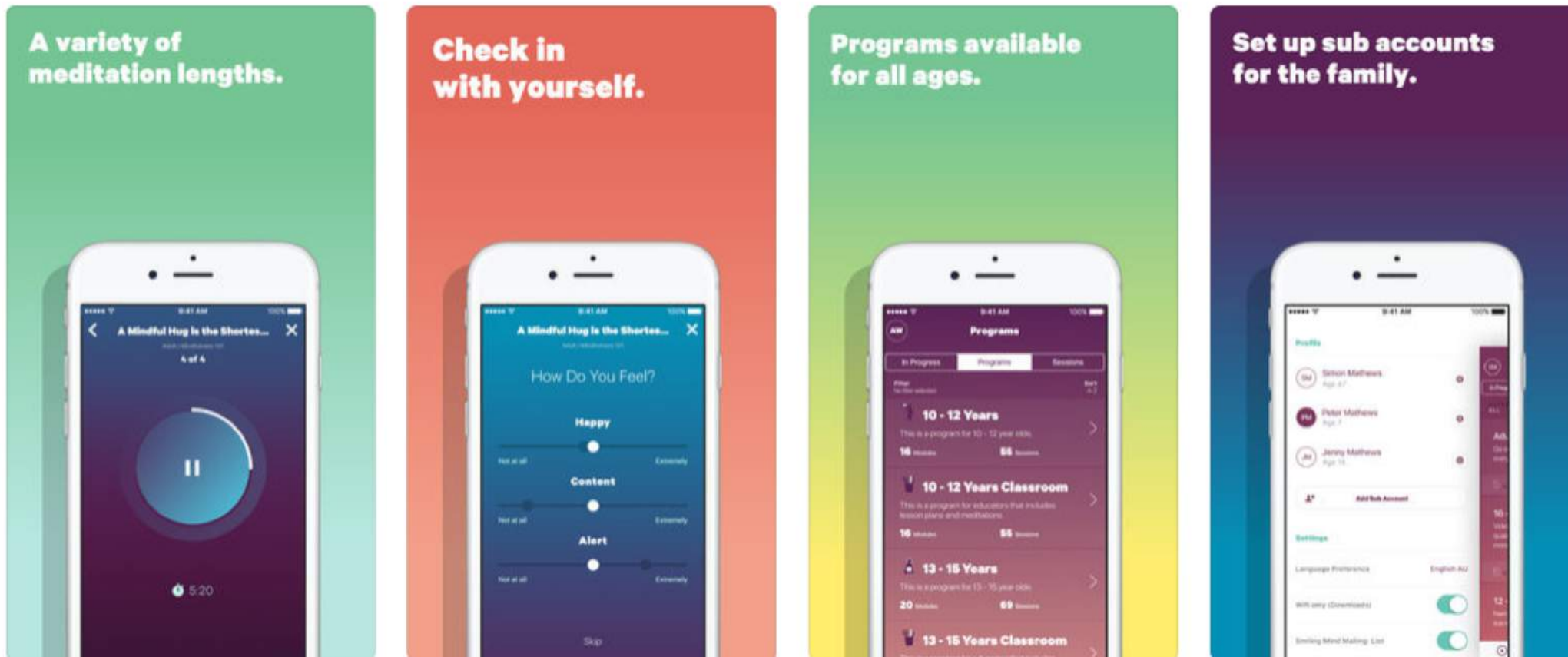


Smiling Mind 4+

Smiling Mind

#17 in Health & Fitness
★★★★☆ 219 Ratings
Free

Screenshots [iPhone](#) [iPad](#)



Description

Smiling Mind is modern meditation, a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

Just as we eat well and stay fit to keep our body healthy, meditation is about mental health and looking after the mind.

Smiling Mind is a not-for-profit organisation that works to make mindfulness meditation accessible to all....

[more](#)

research results



- **Teachers reported:**
 - Improvements in sleep quality
 - Improved concentration
 - Enhanced wellbeing
 - Enhanced ability to manage and describe emotions
 - as well as significant reductions in distress and tension
- **Students reported:**
 - improvements in their sleep
 - reductions in the experience of bullying and classroom disruptions
- **Students more at-risk of emotional difficulties also reported:**
 - improvements in emotional wellbeing
 - reduced psychological distress
 - enhanced positive wellbeing
 - enhanced ability to manage emotions
 - improvements in concentration

Find time to

Lose yourself



IN WHAT YOU LOVE



Learning affects our well-being in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged

PLAYLIST

11 must-see TED Talks

What is TED? This primer of 11 classic TED Talks show you the wide range of topics covered — and introduce you to beloved speakers like Amy Cuddy, Brené Brown, Sir Ken Robinson and Chimamanda Adichie. Find your next favorite talk ...



Watch Now

➦ Add to list



19:24

KEN ROBINSON

Do schools kill creativity?

Sir Ken Robinson makes an entertaining and profoundly moving case for creating an education system that nurtures (rather than undermines) creativity.



5:27

DAVID GALLO

Underwater astonishments

David Gallo shows jaw-dropping footage of amazing sea creatures, including a color-shifting cuttlefish, a perfectly camouflaged octopus and a Times Square's worth of neon light displays from fish who live in the blackest depths of the ocean.



18:25

SARAH KAY

If I should have a daughter...

"If I should have a daughter, instead of Mom, she's gonna call me Point B..." began spoken word poet Sarah Kay, in a talk that inspired two standing ovations at TED2011. She tells the story of her metamorphosis — from a wide-eyed teenager soaking in verse at New York's Bowery Poetry Club to a teacher connecting kids with the power of self-expression through Project V.O.I.C.E. — and gives two breathtaking performances of "B" and "Hiroshima."



19:50

HANS ROSLING

The best stats you've ever seen

You've never seen data presented like this. With the drama and urgency of a sportscaster, statistics guru Hans Rosling debunks myths about the so-called "developing world."

TED Talks are free thanks to our
partners & advertisers

TED LIVE

Experience the
TED2018 conference
remotely.

GET TED LIVE

it helps to
know what

**YOU'RE LOOKING
FORWARD TO**

FAMILY AND FRIENDS

SEE NEW THINGS

GOOD HEALTH

REWARDING JOB



Feeling good about the future is important for our happiness. We all need goals to motivate us and these need to be challenging enough to excite us, but also achievable.

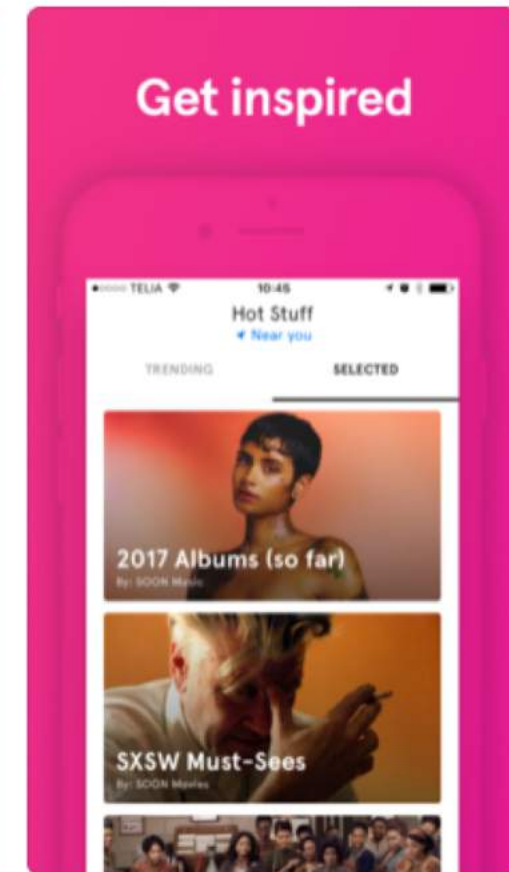
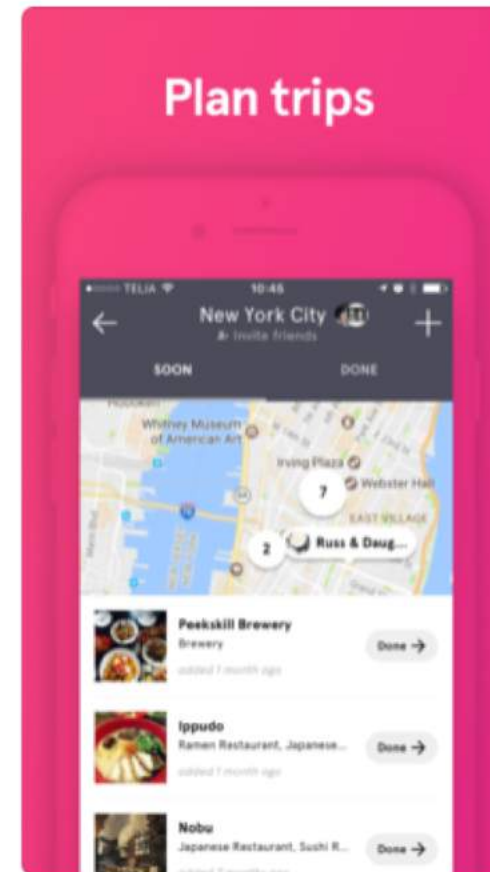
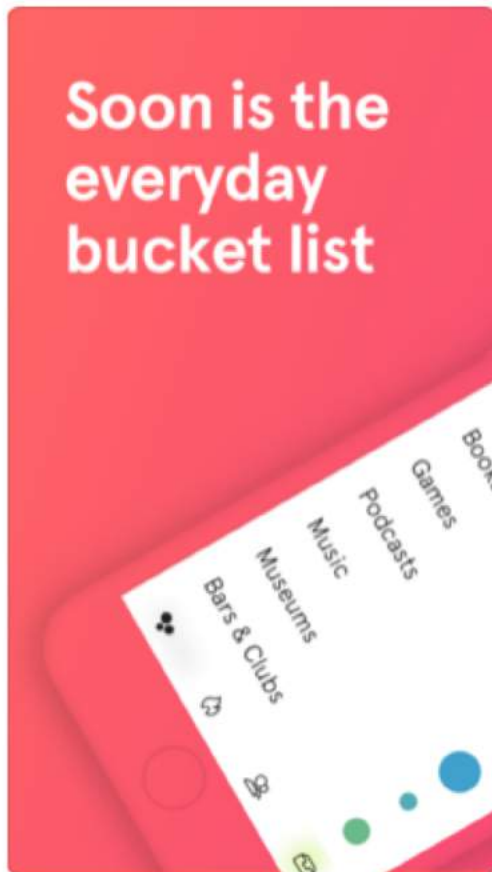


Soon The Everyday Bucket List 12+

Beginner AB

★★★★☆ 23 Ratings
Free

iPhone Screenshots



Description

Soon is the Everyday Bucket List

It helps you remember, discover, and experience things that make life more fun: that awesome movie you heard about, a cool restaurant you passed by, book tips from a friend, podcasts, TV series, games, music...

...

[more](#)



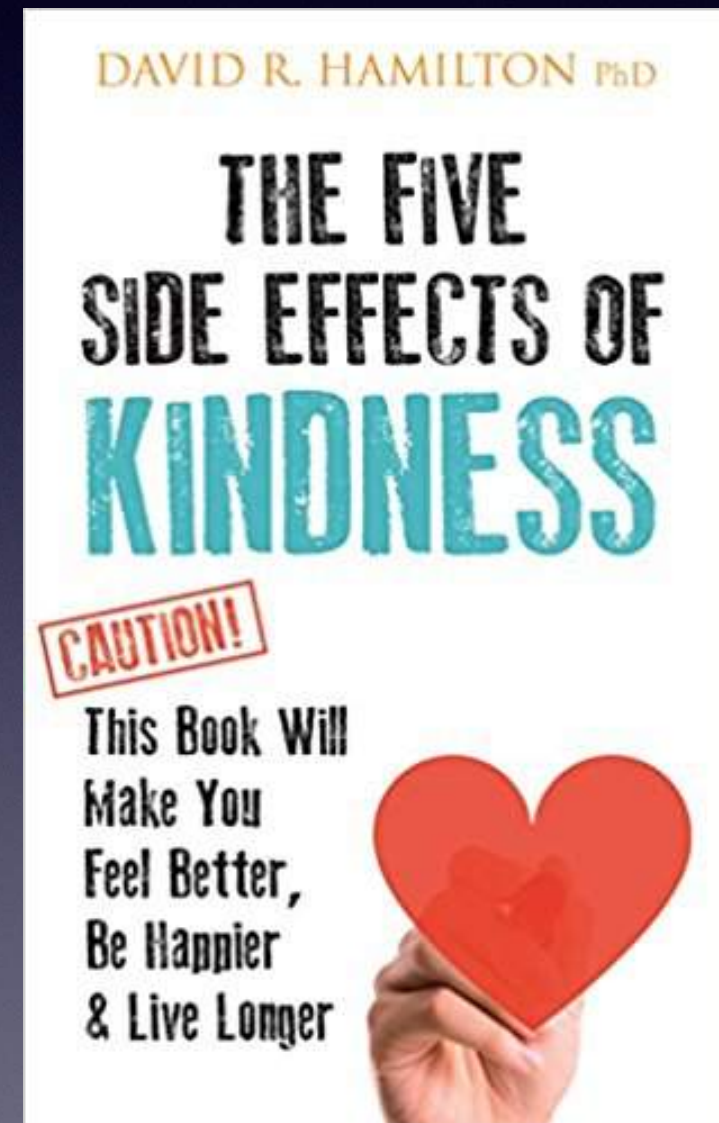
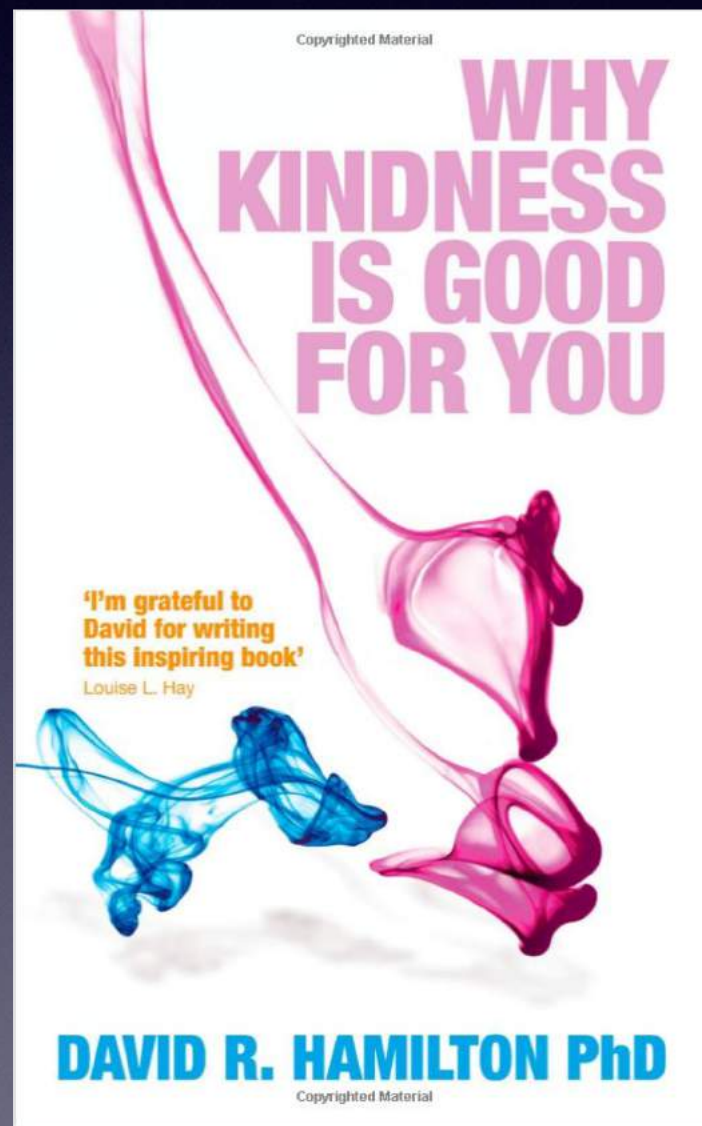
if you want to

ACTION IDEAS

- Do three extra acts of kindness today. Offer to help, give away your change, pay a compliment, or make someone smile.
- Reach out to help someone who's struggling. Give them a call or offer your support. Let them know you care.



do good

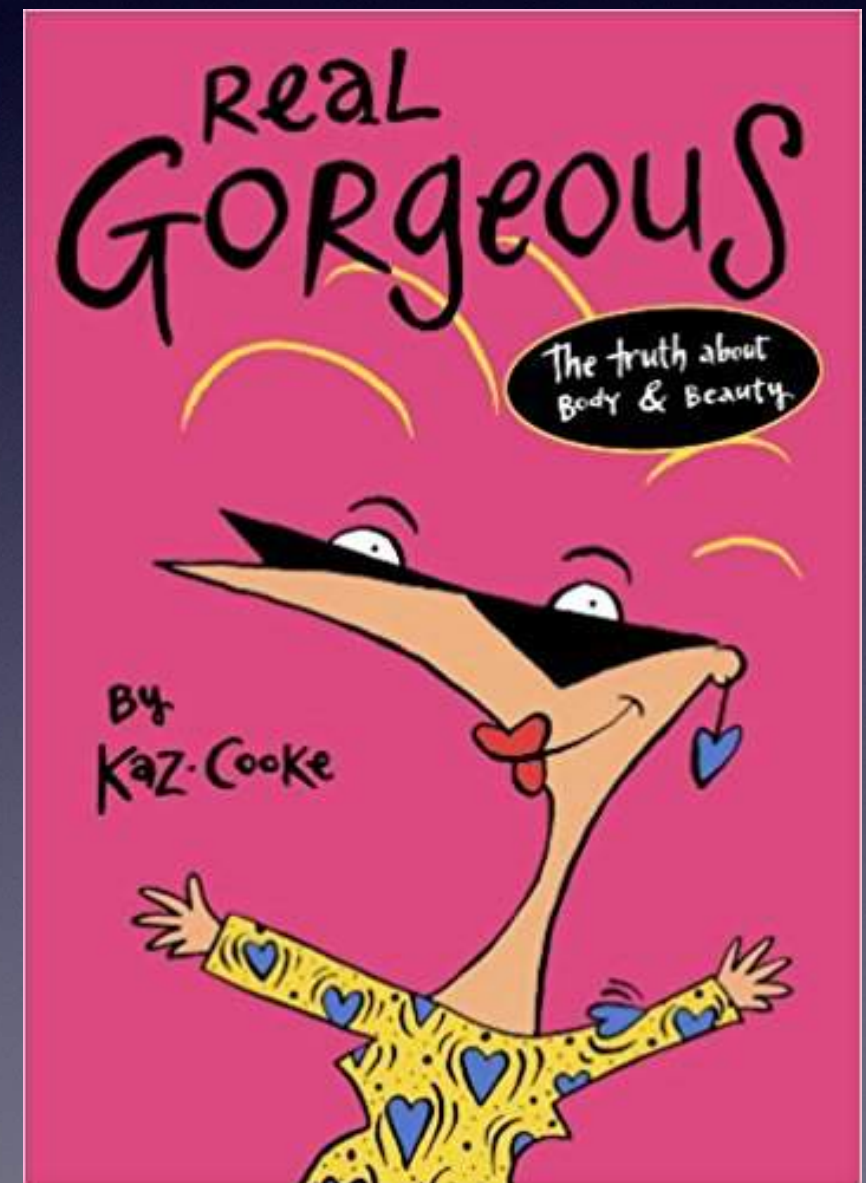


Don't compare your
insides



with other people's
outsides

No-one's perfect. But so often we compare our insides to other people's outsides. Dwelling on our flaws - what we're not rather than what we've got - makes it much harder to be happy. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong, increases our enjoyment of life, our resilience and our well-being. It also helps us accept others as they are.

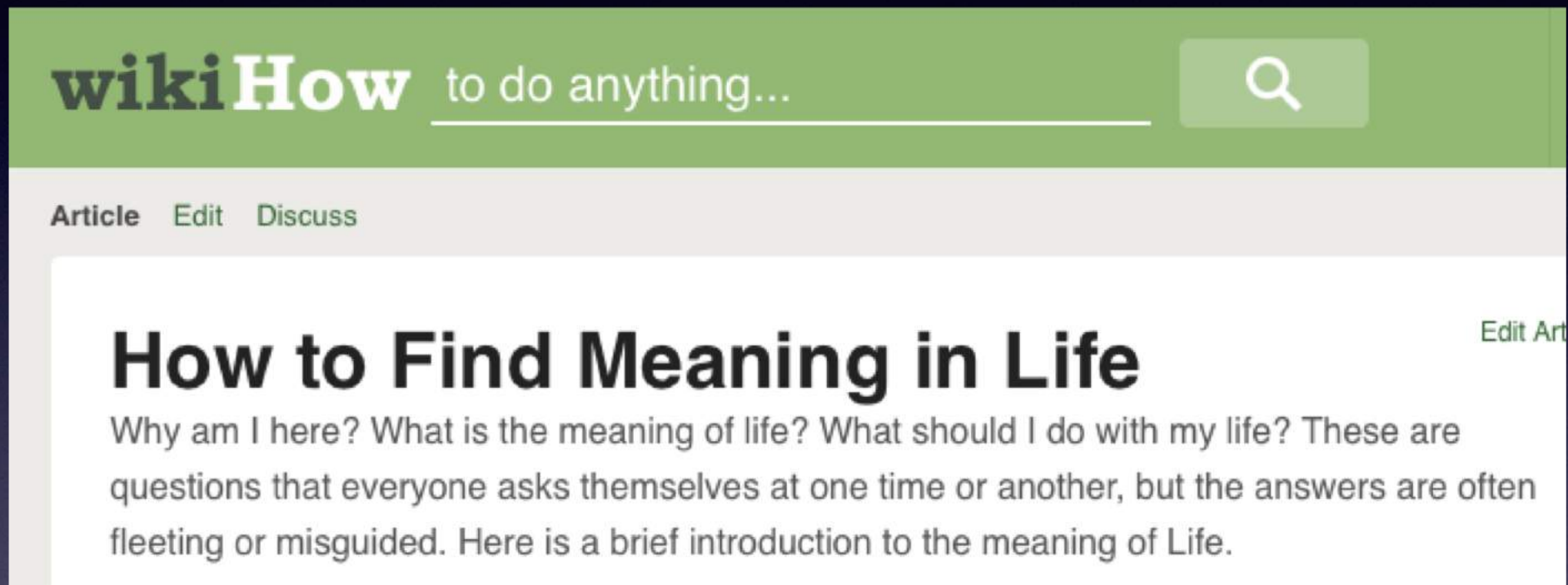


THE MEANING OF LIFE



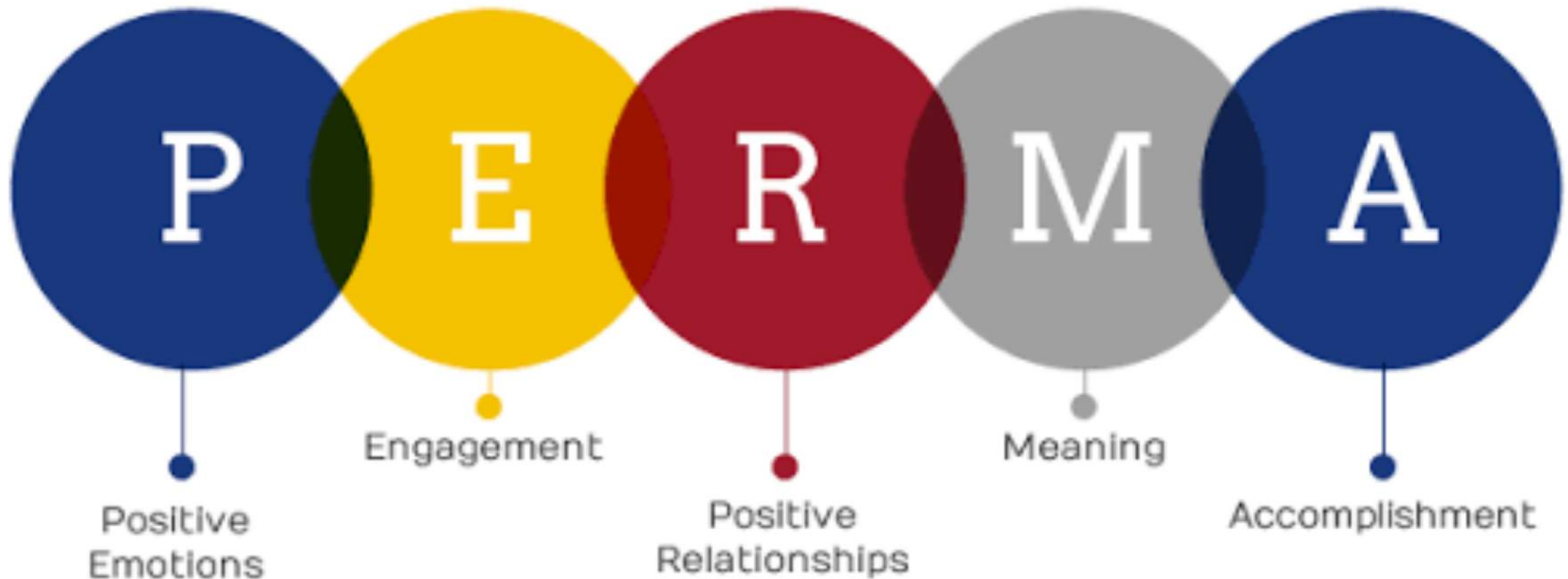
People who have meaning and purpose in their lives are happier, feel more in control and get more out of what they do.

<https://www.wikihow.com/Find-Meaning-in-Life>



All based on the science of positive psychology

Introducing a New Theory of Well-Being



Looking after your yourself





“...You cant change, what you don’t acknowledge.”

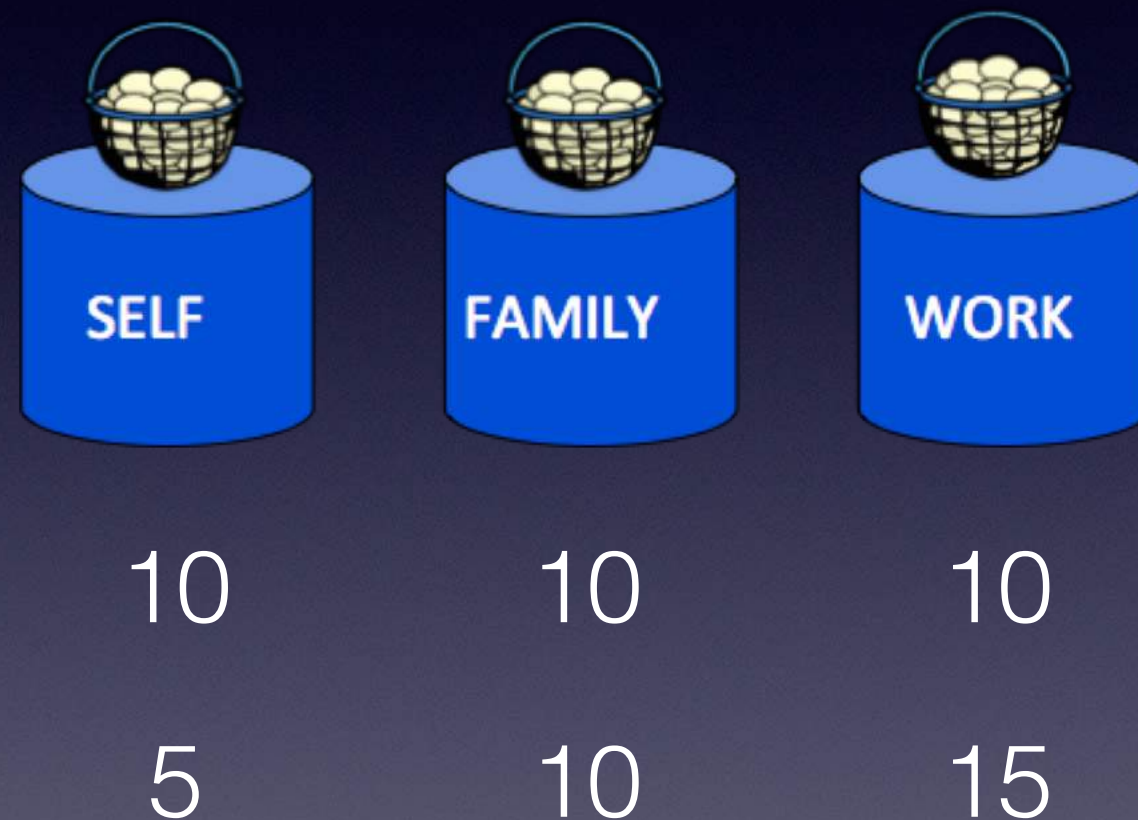
THE EGGS IN THE BASKET TEST



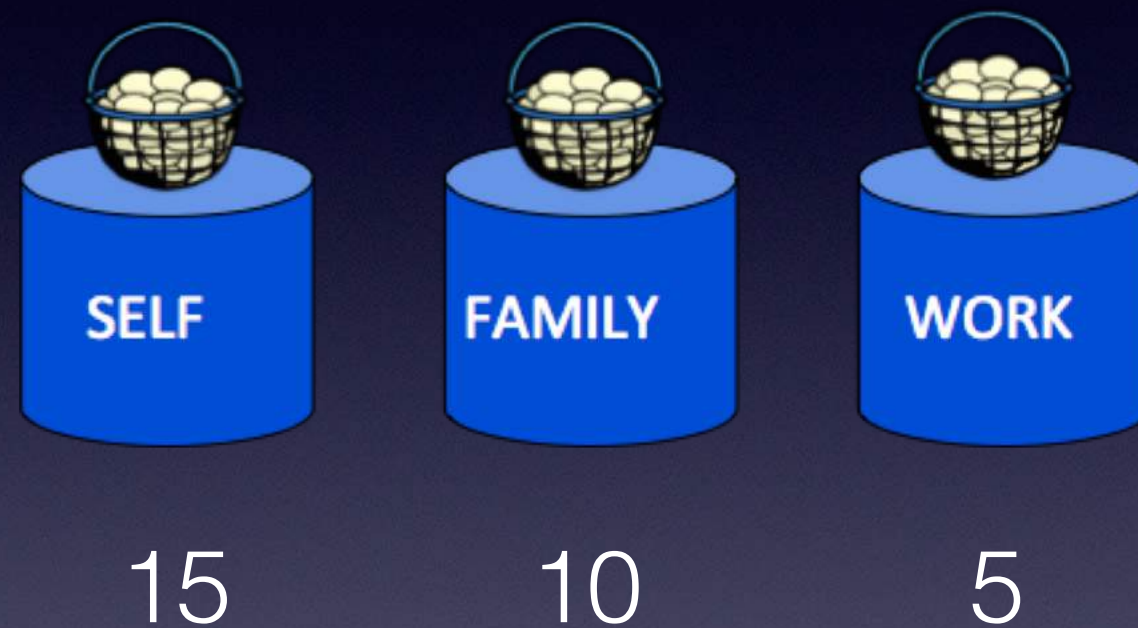


1 egg= 1 unit of your life's energy

Most busy Most liars people

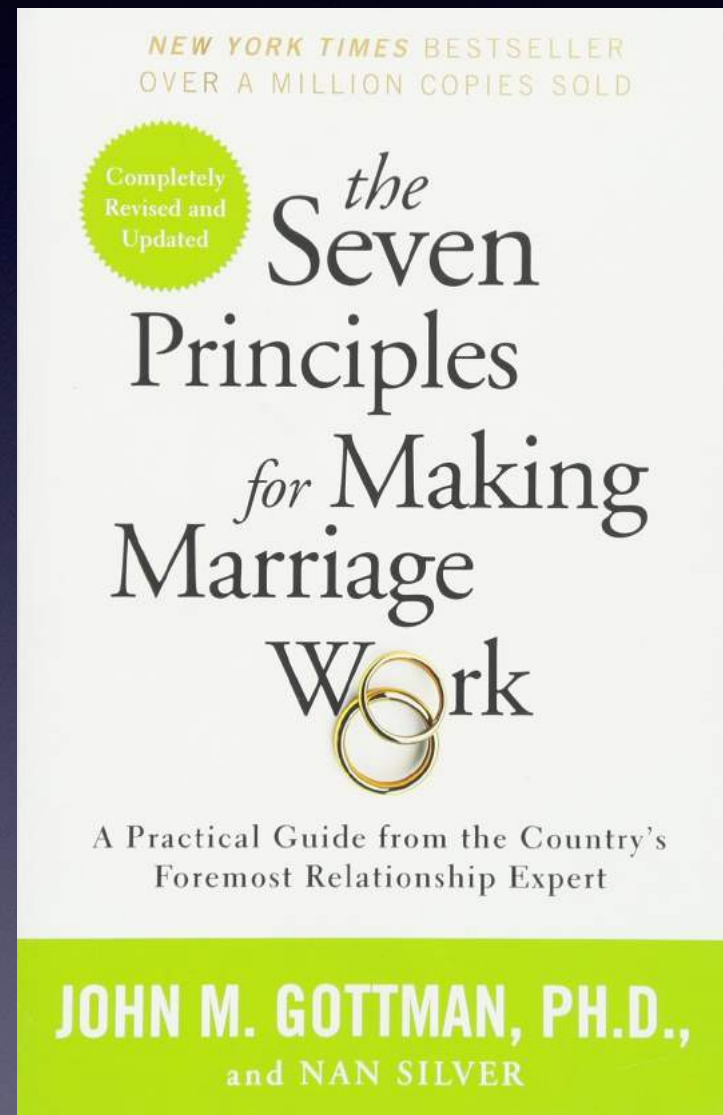


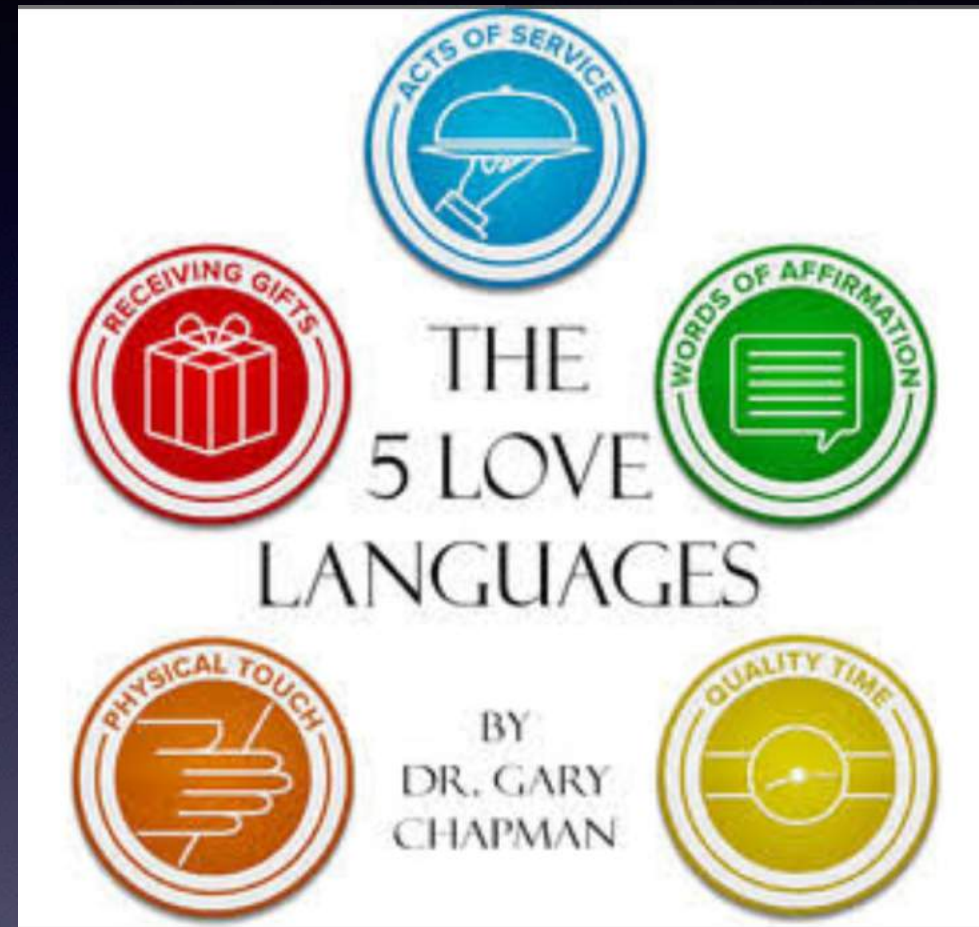
The ideal for wellbeing



Your relationship

- 5 to 1 ratio
- 6 second kiss
- 20 second hug
- Touch





ANY QUESTIONS