

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

CREATING STABILITY IN A CHANGING WORLD

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Communicate with LOVE:

- L**istening *(open ended questions, reflections)*
- O**ffering *(Feedback sandwich: ask permission, provide information, ask for reactions)*
- V**alidating *(Reinforces self-efficacy, self-trust)*
- E**mpathizing *(Be in the hole with them)*

Structure provides security and is the launchpad for a positive identity.

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| <ul style="list-style-type: none"> Routines & Predictability • Stable foundation • Choice to reach further | <ul style="list-style-type: none"> What should be stable? • Schedules • Discipline • Basic and psychological needs • Rituals and traditions |
|---|--|

Connection provides self-understanding - who you are, where you belong, and what you want to be.

- Social
 - Face time is important
 - A part of the household, not apart from the household
 - Other healthy adult role models
- Behavioral
 - If you act depressed, you feel more depressed
- Emotional
 - Being unable to identify and express emotions can lead to unhealthy routes of expression

Confidence comes from real-life experiences confirming positive beliefs and can be built through opportunities and action.

- Emotional foundation for action and growth
- Initiative to correct imbalances
- Conviction through strong self-efficacy
- Intrinsic sense of safety and security

Emotional Safety is the core of any healthy relationship and is developed with time and consistency (shown, not told).

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