

MANAGING EMOTIONS DURING UNCERTAINTY

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I don't have the answers, but what I do have is space to give us time to reflect, think, and process this new place we are in life.



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UNDERSTANDING EMOTIONS

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WHAT ARE EMOTIONS?

A natural instinctive state of mind deriving from one's circumstance, mood, or relationships with others.

Happiness

Sadness

Fear

Disgust

Anger

Surprise

Disney · PIXAR

INSIDE OUT

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WHAT HAPPENS IF WE DON'T ACKNOWLEDGE AND COPE WITH EMOTIONS?



Our emotions come out in ways we don't like or anticipate.

EMOTIONS AS AN EVERYDAY CONVERSATION?

- Do you talk about emotions as much as school work?
- Do you have regular check-ins?
- If your child is acting different, do you take the time to ask how they are instead of just getting onto them?
- Are you honest about your emotions with your kids when appropriate?
- Do you accept your kid's emotions?

REALISTIC EXPECTATIONS

I REALLY BELIEVE
MANAGING EXPECTATIONS
DURING THIS TIME IS KEY
TO PROMOTING MENTAL
HEALTH... EXPECTATIONS
OF SELF AND OTHERS... LIFE
HAS DRASTICALLY
CHANGED, SO MUST OUR
EXPECTATIONS.



EXPECTATIONS MUST CHANGE FOR YOU AND YOUR CHILD

- Think of all the expectations you had for yourself and your child before March.
- Now focus on how you must assess and change the expectations.

ACCEPTANCE

ACCEPTANCE DOESN'T MEAN RESIGNATION;
IT MEANS UNDERSTANDING THAT
SOMETHING IS WHAT IT IS AND THAT THERE'S
GOT TO BE A WAY THROUGH IT.

-MICHAEL J FOX

SNOWBALL FIGHT

- Everyone writes down something they are sad they are missing, mad about not getting to do... Then wad up the paper.
- FAMILY SNOWBALL FIGHT
- We can only accept things once we acknowledge how we feel about it.
- Kids need to see us do this.
- We might need to do it over and over.



LIMIT EXPOSURE

FEAR SPREADS FASTER THAN A VIRUS

JUST BECAUSE WE CAN GET NEWS 24/7 DOESN'T MEAN WE SHOULD



- Focus on facts not fear
- Be mindful on what is being said when kids are around
- Discuss what is seen/viewed on the news
- Steer the discussion on what is in our control, not overly focusing on what is out of our control

Out of our
control



In our control

ROUTINES ARE CRITICAL

IN A TIME WHEN SO MANY THINGS ARE OUT OF OUR CONTROL AND UNCERTAINTY IS ALL AROUND... CREATING ROUTINES CAN BRING SOME BALANCE TO OUR LIVES AND FOR OUR KIDS.



KEEP ROUTINES SIMPLE

- Go to bed at the usual time
- Wake up around the same time
- Eat meals at the same time
- Give kids some choice in the routines but help to structure it
- Every hour doesn't need to be planned

PRACTICE GRATITUDE

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EVERYTHING CAN BE TAKEN FROM A
MAN BUT ONE THING: THE LAST OF
HUMAN FREEDOMS – TO CHOOSE ONE'S
ATTITUDE IN ANY GIVEN SET OF
CIRCUMSTANCE, TO CHOOSE ONE'S
OWN WAY.

-VIKTOR FRANKL

SET UP DAILY TIMES FOR GRATITUDE

- Practice as a family being grateful
- It does not have to be big things
- Practice voicing the “small” things that you are thankful
- It takes practice... but the more you do it, the easier it gets

PRACTICE BEING NOT DOING

WHEN YOU RELEASE
EXPECTATIONS, YOU ARE
FREE TO ENJOY THINGS
FOR WHAT THEY ARE
INSTEAD OF WHAT YOU
THINK THEY SHOULD BE.
-MANDY HALE



TIME....

- Our society is built on our worth coming from what we are doing.
- How can we show our kids we value them for who they are not what they are accomplishing?
- Our children want us to listen, we can give them that.

MORE UPCOMING SUPPORT FROM ROUND ROCK ISD

- More videos and virtual workshops for parents
 - April 7 | 1:30 am or 8:30 pm: Helping our seniors manage grief
- SEL Resources
 - Behavior Tips for Home Behaviors
 - Mindfulness / Self - Care (for both parents & students)
 - Social Skills Lessons
 - Home Reinforcement Activities
 - Books to Support SEL Competencies
 - Relationship Builder

IF YOU OR YOUR CHILD IS IN NEED OF MORE HELP

- Learning HUB, Behavioral Health Support
 - Behavioral Health Resource Guide
- If it is a crisis
 - 911
 - 1-800-273-TALK
 - Text 741741



Texas Health and Human Services

COVID-19 Mental Health Support Line

Call the toll-free
COVID-19 Mental
Health Support Line

833-986-1919



TEXAS
Health and Human
Services

20D0444

THANK YOU!!!

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