



S T A R T ©



UKRAINE

START & START – Kids

Helpful Tips and Skills

How to handle stress and emotions after periods of intense stress

by Andrea Dixius & Prof. Eva Möhler, 2022

**Dear parents, dear psychological parents,
dear adolescent, dear children,**

we want to offer you helpful recommendations and Skills, which you can try by yourself and especially with your kids. Kids and teens can also try and work with these skills if they are in need because of stressful situations. Helping concepts like **START & START– Kids** (Stress-Trauma-Arousal-Regulation-Treatment) are in use since 2015. START and START-Kids are created a long time ago, especially for kids and teens with high stress pressure and experience of trauma, which had to escape because of war and harassments out of their home country. There are detailed manuals and handouts with a lot of skills in different languages. (have a quick look on the website). With this handout we also want to present to you as parents, guardians, children and teens skills to endure high stress pressure. Skills can help to regulate strain conditions and heavy emotional situations. A permanent high level of stress often leads to mental and physical symptoms. Skills can help to temper high stress strains and overwhelming feelings and to reflect someone's attention to better survive the intensely stressful experiences.

War and escape are changing the daily routine, perspectives, the feeling of safety and turn life upside down. This has an impact on all human beings and especially on the life of children, teens and parents.

Sorrows and fears are omnipresent and seem to demand permanent Alertness of soul and body. Some people also develop strength and resilience – Power and strength to fight challenges, crises and traumata in daily life. This so-called Resilience helps people to find a way back into life, sustain or establish stability and to survive worse situations. Especially children and teens have to receive help.

We would like to help you as parents, children and teens with this handout.

Stress and Trauma

Children, adolescents, adults and you as parents react very differently to stressful, traumatic and unsettling situations. If bad stressors or stressful events like the current situation cannot be changed, then physical and psychological complaints can occur. Children and adolescents who are under prolonged stress often report physical symptoms and complaints such as abdominal pain, nausea, headaches, dizziness, tension, feelings of exhaustion. Mental reactions can also be quite diverse - some examples of this: Irritability, aggressive behavior, depression, self-esteem problems, loss of interest, anxiety, jumpiness, thought blocks, avoidance behavior, separation anxiety, nightmares and sleep disorders, panic attacks.

Everyday life and development can be permanently impaired 'before, during and after' surviving war experiences. Stress management is also important for young children in order to achieve stability in the further course of life.

Experiences in the home country, on the run, fears, uncertainty about the future, danger to life, as well as loss of resources, hardship and misery and other stressful life events, affect feelings, body, perception, behavior and thinking.

This is absolutely normal and understandable and almost all people will feel this in war turmoil. In order to counteract chronification or the settling of high stress levels, early help and the experience of being able to do something oneself, however small, can contribute to mental stabilization. This is especially important for children and adolescents, as the growing organism is particularly vulnerable.

Access to help for children in this situation is therefore of central importance. It is very useful and important to learn to reduce stress at an early stage of development.

What are Skills?

Skills are strategies that can help in the short term and long term. Skills can include, for example, breathing relaxation techniques, positive thoughts, calming ideas, sensory stimulation, sports, dancing, exercise, singing, listening to music, distraction exercises for high stress, exercises for noticing feelings, anti-dissociative exercises (for example, moving, sensory stimulation, cold water to the face, exercises for "acceptance" of situations that cannot be changed).

This handout presents skills that can help with dissociation, stress, and help with self-soothing and tension.

Skills and Stress regulation

The stress regulation exercises use skills to self-efficiently mitigate and overcome crises, periods of high stress, or distressing situations. These skills are important because many stressful situations cannot be changed at first.

Strong sensory stimuli and movement are particularly suitable for tension reduction. For example, physical exercise, chewing on a chili, tasting wasabi paste, olfactory stimuli, listening to music, sports and exercise, accepting mindfulness exercises, relaxation exercises, PMR, and reality acceptance exercises.

In the high stress area, all sorts of physical exercise and cold stimuli have proven to be very helpful, cool packs, putting ice cubes on forehead or neck, putting an ice cube in mouth, cold water on face, shower with cold water, "diving skill" (dipping head in a container of cold water).

In this way, a phylogenetically old reflex "diving reflex" is triggered, which activates the vagus nerve. A reduction of physiological tension is thus initiated.

Tension and skills

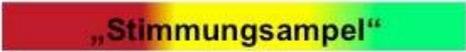
In the following, we will present skills for different areas of tension.

A tension table is included for illustration purposes.

The **red area** means high stress, here sensory skills, exercise, cold water on the face etc. can help (see figure below). The **yellow area**, there are feelings and stress, well controllable and before the tension increases more, skills are helpful. The **green area** means to be relaxed and to feel better or more comfortable. This is very important to make and find skills for this as well.

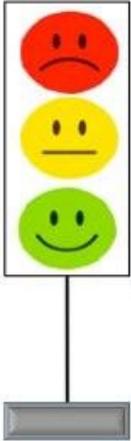
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„Stimmungsampel“

Hier kreuze bitte an wie du dich fühlst und wenn du magst, kannst du auch den Grund für deine Stimmung in die „Ampel“ reinschreiben

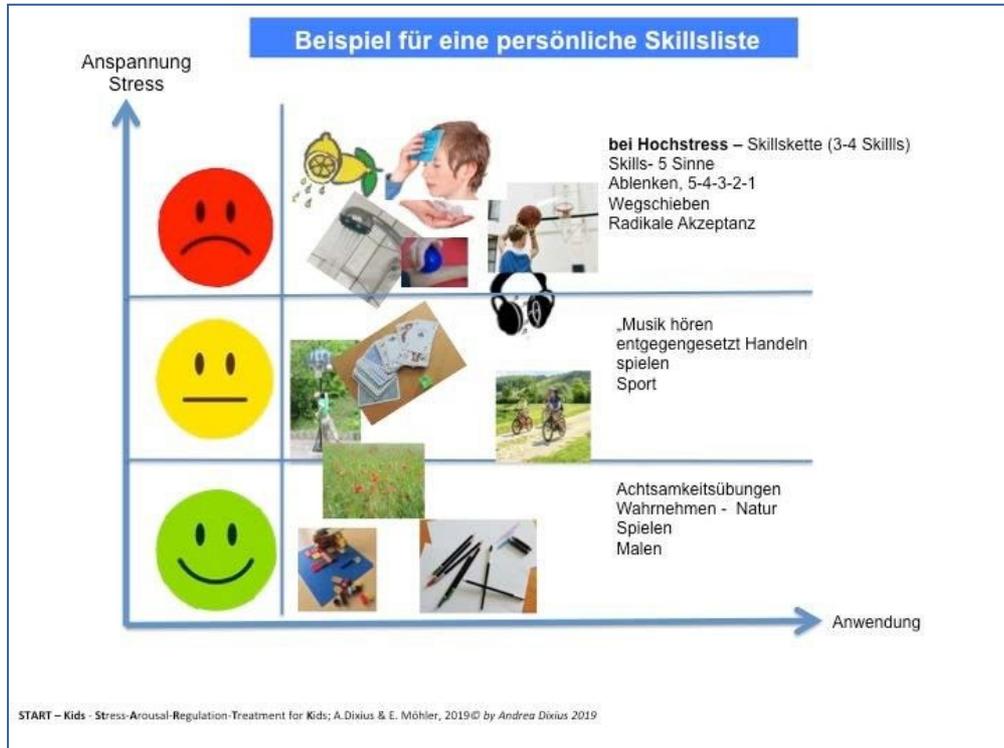
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On the following pages you will find skills that can already give a first stabilizing help. It is best to use these skills frequently. It helps to be mindful and completely descriptive of how the skills work and to which area of tension the skills you tried fit for yourself (model) and your children. As an example a "personal skills list".

Examples of skills in different areas of stress/tension.



Skills – Ausschneideblatt für die persönliche Skillsliste
 hier kannst du dir Bilder für deine persönliche Skillsliste ausscheiden oder du suchst dir in Zeitschriften Bilder

Dear parents, at this point a formal note: In the exercises we usually use the form of address "you", because we have written these exercises initially for children. Of course, these skills help everyone, regardless of age. As parents or caregivers, you have a special "model function" for your children anyway, who will certainly feel very supported by you if they notice that you are also trying out skills or practicing them together with your children.

Info-/exercise

2.1.5 Cold stimuli

Stress regulation

"In this exercise we would like to try out with you the simultaneously calming and also distracting effect of cold stimuli. From experience we know that this helps most people, because this is a biological process in the body. Cold stimuli such as ice or cold water helps to regulate stress. "This is a great thing and can help you to calm down physically quite quickly. You still know how stress works in the body - otherwise just ask again - asking questions is always totally great!!! Through cold stimuli pulse and heart rate is 'driven down' during stress and thus you can relax faster and feel calmer. It is helpful to take a cold shower, put ice cubes or cool packs on your forehead or neck, put cold water on your face, take a cold shower, put an ice cube in your mouth. Also, running additional cold water over your wrists and forearms will assist you in regulating your tension and calming your body.

Today we're going to practice some skills on this with you."

Now just try it out!! 😊 😊 😊

Info-/Arbeitsblatt
Kältereize gegen Stress



Wasser ins Gesicht



kalte Dusche



Coolpack



Eiswürfel

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Info-/Übungsblatt Mit den Sinnen beruhigen Stressregulation und Achtsamkeit

(START-Modul – S. 34)

<p>Hören</p> 	<p>Lieblingsmusik, selbst musizieren, singen, Naturgeräusche</p>
<p>Fühlen</p> 	<p>angenehme Körperhaltung, weiches Kissen, Dusche, Wärmekissen, Anti-Stress-Ball</p>
<p>Schmecken</p> 	<p>Lieblingsspeise, Obst, Tee, Bonbons, Erfrischungsgetränk, Pfefferminze</p>
<p>Sehen</p> 	<p>schönes Foto anschauen, die Natur ansehen, in den Himmel schauen, gehe an einen schönen Ort</p>
<p>Riechen</p> 	<p>angenehmen Duft z.B. Duschgel, frisch gewaschene Kleidung, feines Essen, Zahnpasta</p>

PMR

"PMR - a very complicated word. It means 'Progressive Muscle Relaxation' and is a great exercise to relax. The exercise helps you when you're nervous, for self-soothing, or to fall asleep, for example.

Just try it!!!" (PMR – illustrations p.7-13)

Info-/ Exercise

Progressive Muscle Relaxation (PMR)

Stress regulation, self-soothing, mindfulness

Through relaxation procedures and self-soothing techniques, you can influence your physical reactions, calm yourself down, actively influence your body processes, and also balance yourself with your feelings. These exercises decrease your physical tension, arousal level and stress.

Reducing stress also means you can feel better physically and perhaps sleep better. Extreme feelings such as anxiety and fear can also be lessened during exercise.

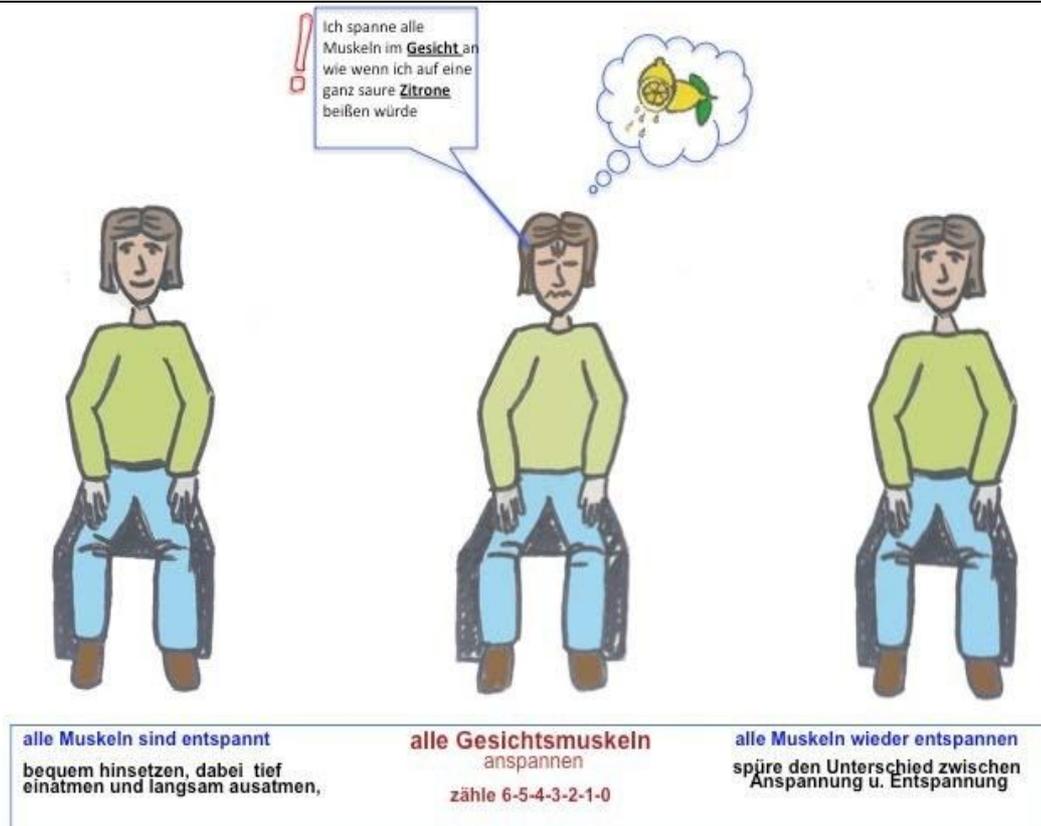
The more often you do PMR or relaxation exercises, the better they help and you will experience more positive, pleasant feelings and relaxed situations. In addition, regular use of relaxation exercises will help you to improve your body awareness, which can also influence pain and physical discomfort.

Just Try 😊😊😊😊😊

Info – Teil 1

Progressive Muscle Relaxation (PMR)

Relaxation and self-soothing



Please sit or lie down comfortably. Now inhale deeply and exhale very slowly. Repeat this 4 times. Great!!!

Now imagine that you have bitten into a "very sour lemon" and the sour juice is in your mouth, take a deep breath and tense all the muscles in your face (as in picture 1) for a few seconds.

Hold the tension and simply count in your mind "6-5-4-3-2-1- 0", then exhale and relax all muscles again. Feel how your face feels now. You will definitely feel a difference between tension and relaxation. Great job!!! For the exercise to work well, repeat the exercise.

Think again of the "very sour lemon" and tense all the muscles in your face (as in picture 1). Hold the tension until you have counted "6-5-4-3-2-1-0" in your mind, then relax all the muscles again.

And now one last time, do the whole exercise. Tense all the muscles in your face, count again "6-5-4-3-2-1-0" and then relax all the muscles.

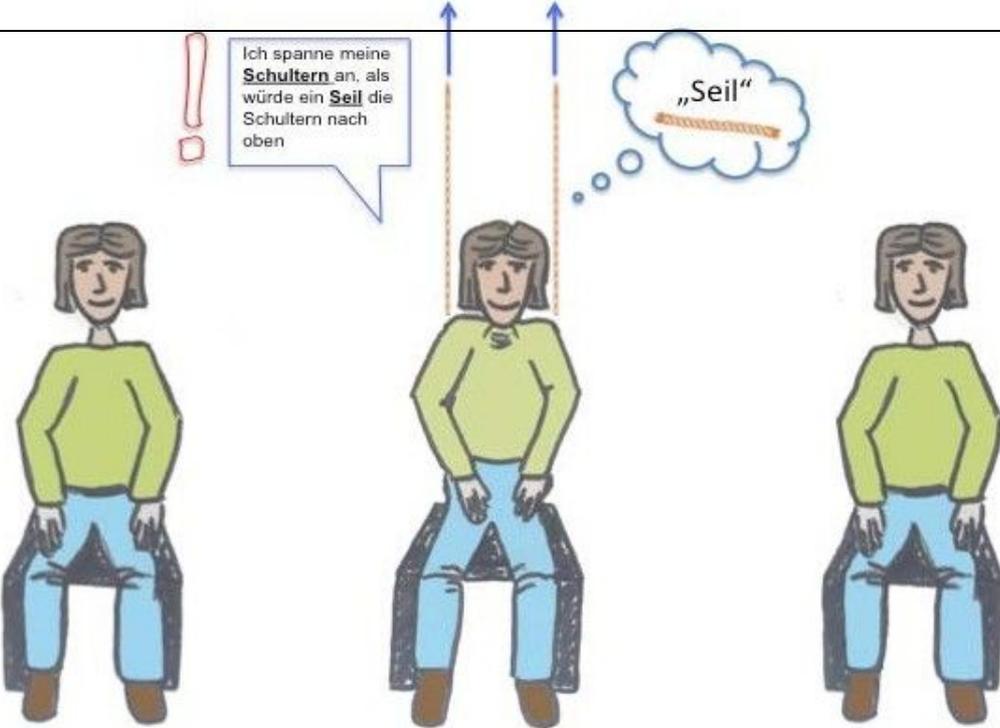
Great job !!! 😊 😊

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Info – Teil 2

Progressive Muscle Relaxation (PMR)

Relaxation and self-soothing



alle Muskeln entspannen
bequem hinsetzen, dabei tief einatmen und langsam ausatmen,

Schultern anspannen
zähle 6-5-4-3-2-1-0

alle Muskeln entspannen
spüre wie sich jetzt die Muskeln anfühlen

Please sit or lie down comfortably.

Inhale deeply and exhale very slowly. Now we concentrate on the shoulders. The exercise is similar again, except that now the shoulders are tensed and then relaxed again as in picture 2. Sit down comfortably (or lie down), if you like close your eyes and breathe deeply and slowly out again.

Now focus on your shoulders and pull them up. Imagine two "ropes" pulling the shoulders up. Tense the muscles and count again "6-5-4-3-2-1- 0", then relax the muscles again and let the shoulders hang down again after relaxing. Notice the difference between tension and relaxation.

Now we also repeat this exercise 2 times. Keeping your eyes closed, if this works, focus on your shoulders and pull them up, keep the tension and count again "6-5-4-3-2-1-0" and relax.

And a third time, inhale deeply and exhale slowly, raise your shoulders and now count again in your mind from 6 to 0, then let your shoulders hang down again in a completely relaxed way. Feel how pleasant the relaxation feels.

Well done !!

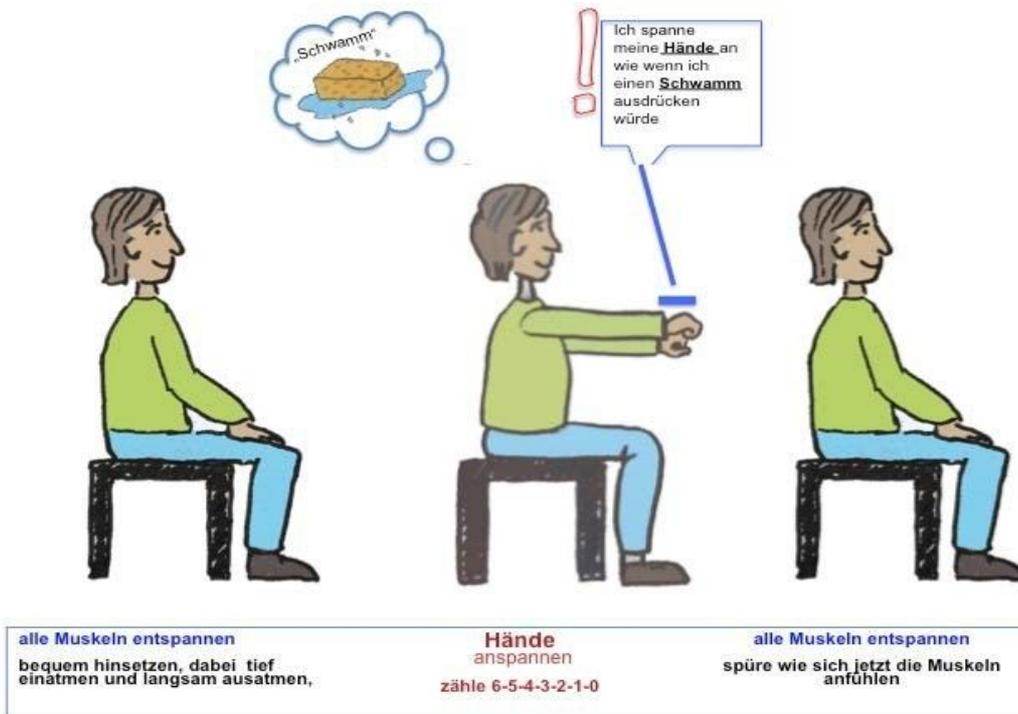
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Info – Teil 3

Progressive Muscle Relaxation (PMR)

Relaxation and self-soothing



Slowly you are already a real PMR professional.

Now inhale deeply and exhale very slowly. This exercise is just like the others, except that we will focus on your arms and hands. Please now stretch your arms straight out and form a fist, imagining that you are going to squeeze a "sponge" - as in picture 3 - very tightly. Hold the tension and count again in your mind "6-5-4-3-2-1-0" and then drop your arms and let the "imagined sponge" out of your fist as well.

Wow, you did a great job. Can you feel how well the relaxation fills you up.

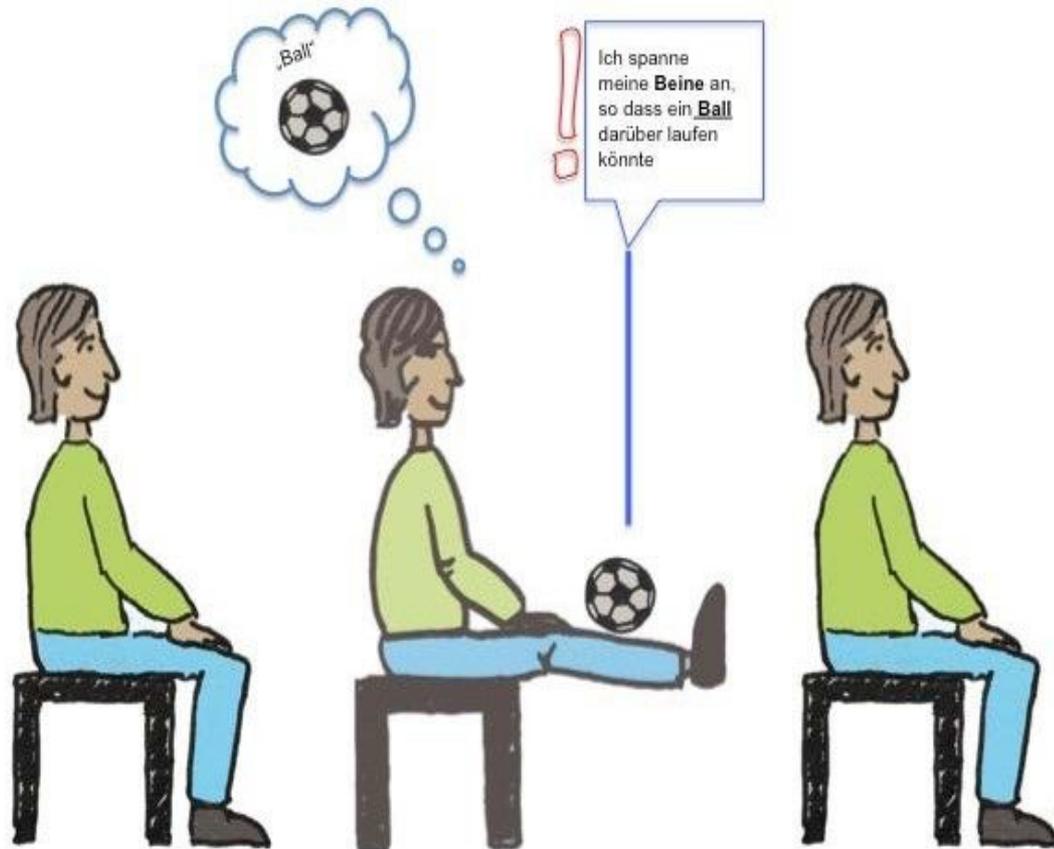
YOU already know how it goes, we repeat this exercise 2 more times. Inhale deeply and exhale slowly. Then stretch your arms straight out again and form a fist, imagine the sponge and tense your arms and hand muscles. Count again in your mind "6-5-4-3-2-1-0" and then relax the muscles again and drop the arms and relax the hands.

Now one last time. Inhale deeply and exhale slowly, tense arms and hands, count: "6-5-4-3-2-1-0", then drop arms, relax hands.

You are awesome ! 😊😊😊

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Info– Part 4
**Progressive Muscle Relaxation
 (PMR)**
 Relaxation and self-soothing



alle Muskeln entspannen

bequem hinsetzen, dabei tief einatmen und langsam ausatmen,

Beine

anspannen

zähle 6-5-4-3-2-1-0

alle Muskeln entspannen

spüre wie sich jetzt die Muskeln anfühlen

Great how you are doing the exercises already!!!

Please sit or lie down comfortably. Now breathe in deeply and very slowly out again. Great. Now imagine a ball rolling over your straight outstretched legs. Now please stretch your legs straight out, imagining that a "ball" - as in picture 4 - is rolling straight over your legs. Hold the tension and again count in your mind "6-5-4-3-2-1-0" and then drop your legs down and relax. You did a great job with that. Feel how well the relaxation fills you up.

As always, now come the 2 repetitions. Inhale deeply and exhale slowly. Then stretch your legs out straight again. Count again in your mind

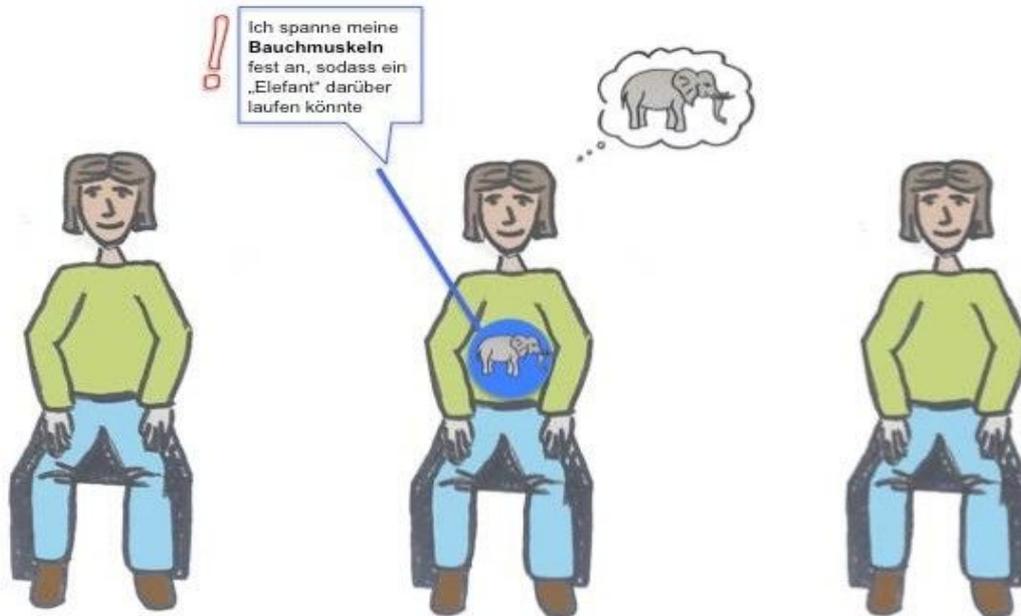
"6-5-4-3-2-1-0" and then relax your muscles again and drop your legs.

Now one last time. Inhale deeply and exhale slowly, tense arms and hands, count: "6-5-4-3-2-1-0", then drop legs and relax. Feel how the relaxation feels.

You are just awesome !!! 😊😊😊

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Info – Part 5
**Progressive Muscle Relaxation
 (PMR)**



alle Muskeln entspannen

bequem hinsetzen, dabei tief einatmen und langsam ausatmen, 4 mal wiederholen

Bauchmuskeln anspannen

zähle 6-5-4-3-2-1-0 dann die Muskeln wieder entspannen

alle Muskeln entspannen

spüre wie sich jetzt die Muskeln anfühlen

Wonderful how you do this!!!

You are already a real PMR professional. Please sit or lie down comfortably. Breathe in deeply and exhale slowly. Repeat this 4 times. Great!!!

Now imagine you have a little "elephant" sitting on your belly (as in picture 5), please tense your belly muscles so that our little elephant could sit on it - as in picture 5. Hold the tension and count again in your mind "6-5-4-3-2-1-0" and then relax the muscles. Great, you did a great job. Feel how well the relaxation fills you up.

YOU already know how it goes, we repeat this exercise 2 more times. Inhale deeply and exhale slowly. Then tense the abdominal muscles again, think of the little elephant and count again in your mind "6-5-4-3-2-1-0" and then relax the muscles again. Now one last time. Inhale deeply and slowly exhale, tense the abdominal muscles, count: "6-5-4-3-2-1-0", then relax the muscles again.

Fantastic !!! 😊😊😊

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Info – Part 6
Progressive Muscle Relaxation (PMR)
 Relaxation and self-soothing



alle Muskeln entspannen
 bequem hinsetzen, dabei tief einatmen und langsam ausatmen,

ALLE Muskeln anspannen
 zähle 6-5-4-3-2-1-0

alle Muskeln entspannen
 spüre wie sich jetzt die Muskeln anfühlen

Wonderful how you do this!!!

You are already a real PMR professional.

Now inhale deeply and exhale very slowly. Please tense ALL the muscles from all the exercises before, think of the lemon, the rope, the sponge, the elephant and the ball - tense ALL the muscles at the same time. - as in picture 6 -. Hold the tension and count again in your mind "6-5-4-3-2-1-0" and then relax ALL muscles. Great, you did a great job. Can you feel how well the relaxation fills you up.

YOU already know how it goes, we repeat this exercise 2 more times. Inhale deeply and exhale slowly. Then tense ALL the muscles again, think and count again in your mind "6-5-4-3-2-1-0" and then relax the muscles again. Now one last time. Inhale deeply and exhale slowly, tense all muscles, count: "6-5-4-3-2-1-0", then relax all muscles again.

Awesome, you've done all the exercises now and you're awesome!!!



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Distraction skills for stress regulation

- Listening to music
- Painting, writing a diary
- Telling stories
- Resources and strengths:
- Cooking and household activities
- Help your child to distract himself. Play, sports, skills and walk and exercise in the fresh air (forest, meadow, garden ...)
- Exercise is a very important means to reduce stress and anxiety

Info/ Exercise Sheet
Drumming Without Drum
Mindfulness, Self-Efficacy

"Drumming without a drum" is a beautiful mindfulness exercise that focuses your attention on your sense of hearing, on your hand movements and of course, as in many other exercises, is implemented together in a group.

Of course, like many exercises, you can modify this exercise a bit and also do it when you are alone.

The exercise is very simple and does not require a drum, but can be done on a table, on the thighs, stomping on the floor or on other surfaces.

At the beginning, a tapping rhythm is first given by someone in the group. For example, you can start with light tapping through the fingertips on a table, first tapping alternately with the right hand and left hand. In the further course, the intensity (strength) can be changed, for example, by tapping with the whole hand or by tapping with both hands at the same time. The group can now try to find a common rhythm until someone else tries to give a new rhythm or change the volume and the group tries to get involved.

Other drumming supports can be included, tapping the thighs, stomping the floor with the feet. But maybe you can think of completely different and new ideas.

Have fun !!! 😊 😊 😊

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Info/ Exercise Sheet
Breathing exercise "5-1 count
Self-calming and mindfulness

"Sit comfortably with your feet on the floor, arms resting loosely on the backs of the chair or on your legs. Your back is straight up, your head is loosely between your shoulders.

If disturbing thoughts arise, just let them move on like clouds in the sky.

Find a point in the room to which you direct your gaze. You can also close your eyes (and open them again at any time!!) or set them to "out of focus".

Now pay attention to your breath, inhale deeply and exhale slowly. Then count silently on the inhale - 5-, on the exhale -5-, then on the inhale -4-, on the exhale -4-, then on and on until you have arrived at inhale -3-, exhale -3-, silently on the inhale - 2-, on the exhale -2-, then on the inhale -1-, until you have arrived at exhale - 1-.

Then come back into the room with your attention focused on the moment. You can move your body, stretch, as it is comfortable for you.

If you do this exercise more often, it will help you relax."



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START Breathing Exercise "4-6-8" Self-calming and mindfulness

Stress, fears, worries - all this keeps many people busy throughout the day and well into the night. The result is often sleepless nights, lying awake for hours and a lack of rest.

Breathing exercises can help you calm down and fall asleep better in the evening or during periods of stress. Calming breathing techniques relieve stress and can stop your mind from spinning. Try breathing techniques regularly, for example, a short time before going to bed or already lying in bed. A longer exhalation increases relaxation, as it stimulates the "calming nervous system-parasympathetic nervous system".

Today we learn a new technique, it is called "4-6-8"

"Sit or lie down comfortably and mindfully. Focus on your breath. Place one hand on your belly so you can breathe there more consciously. As you inhale, slowly "count" 1 to 4 (in your mind), then hold your breath and count 1 to 6, then slowly exhale and count 1 to 8.

Repeat the exercise at least 3 times - feel free to increase this if you practice this at home.

By counting the breaths, you can fully concentrate on conscious breathing. The slow exhalation increases the relaxation effect. You will then feel the relaxation all by yourself."



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Info/ Exercise Sheet
Simple abdominal breathing
Mindfulness, self-soothing, stress regulation

The simple belly breathing is great and you can do it anywhere. You can calm yourself down quite well and 'relax'. It is helpful if you repeat the exercise often. This exercise also helps in tense situations, e.g. before an exam or a test at school or simply when you are excited and tense in many situations.

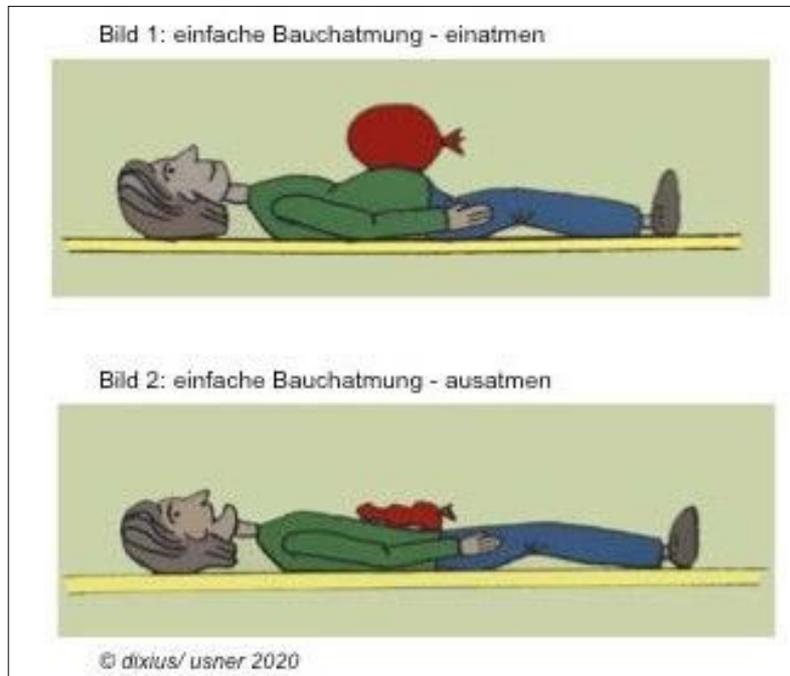
Now please place your right hand very simply on your chest. Place your left hand on your belly.

Now breathe deeply into your belly through your nose. Feel how your belly rises, as if you were blowing up a balloon (as in picture 1)

Then exhale very slowly, you will feel your belly lowering (as in picture 2).

Repeat the exercise at least 10 times.

Just try it !!! 😊😊😊



START Kids Exercise Sheet Exercise: "Feelings & Cloud Kill " Self-Calming, Regulating Feelings

"Surely you have looked up at the sky and observed clouds. Clouds change their shape, sometimes disappear or emerge anew. This is sometimes similar with our feelings. Feelings come and go. Sometimes they are like dark clouds and are hard to bear and sometimes they are light as a feather or not there at all.

By now you have learned a lot about feelings. In this exercise, we would like to look together with you and the whole group at which feelings are perceived as more "pleasant" and which feelings are perceived as more "unpleasant". All feelings are important because they help us to understand how we or others feel at the moment. In many situations, when the "unpleasant emotional stress" is too high, skills can help to reduce your tension. That's why we want to introduce you to a special skill today, it is called "**Cloud Skill**".

Some feelings are unpleasant and create stress in us that we desperately want to get rid of them, which we often do not succeed in doing directly. But there is a helpful skill: "**Cloud Skill**". This skill can help you in your mind to endure difficult feelings. YOU are not the feeling, but you have a feeling, which is always changing.

Let's think together about a few examples of how feelings have changed for you and what has been helpful.



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"tricky finger game"

1. place the left index finger on the right thumb and hold them together until you have placed the right index finger on the left thumb. Once you have crossed both, bring the bottom two fingers up and again the other way around, bring the top two down.
2. Using the tip of the thumb, tap the fingertips of each of the remaining fingers on each hand. With the index finger, go down the row to the little finger and back again. Perform with the left and right hands in succession.

Increase: perform the exercise with both hands at the same time and also in different directions or each on different fingers of the hand.

Relaxation Exercise: "Exercise: Safe Place of Well-Being"

"Please sit comfortably. Your feet are on the floor, your back is straight, your head is loosely between your shoulders, you can place your hands on your legs or the back of the chair. Now concentrate on your breath.

Direct your gaze to a point in the room. If it is more comfortable for you, you can of course close your eyes.

Now pay attention to your breath.

Breathe deeply in and out. In and out. Repeat this a few times. Imagine a place where you feel comfortable and safe.

This can be a place you may know or a place of your imagination. You have the ability to change everything about the place until you feel comfortable.

What does your place look like? Do you like the place like this, otherwise change the place until it looks beautiful and pleasant for you.

How is the temperature in this place, you can regulate it - not too hot and not too cold, just until it is pleasant and comfortable for you.

What do you hear? Perceive and here too you can change everything, sounds or silence, as it is pleasant for you.

What do you smell? Perceive and you can also change the smells as it should be for you and is pleasant for you.

You can also change your body feeling, so that your body feels good and comfortable.

When you feel completely comfortable and everything about "your personal inner safe feel-good place" is pleasant, then make a small movement or gesture with your hand, for example, and give your place a name. This can also be a fantasy name.

The movement or the name for the place can help you to remember your safe place faster in everyday life.

Now take a few deep breaths in and slowly exhale. Then direct your attention into the room and the present. Open your eyes. If you like, you can also draw a picture of your place of well-being."



Skills for Kids, teens, adults

Wichtig: „Skills = alles was hilft“ - aber nicht schädlich ist!!!	
<ul style="list-style-type: none"> ➤ Vitamin- Brausetabletten ➤ Ahoi-Kinderbrause ➤ Saure Kaugummis genau schmecken ➤ Bonbons (süß, sauer, scharf, bitter) ➤ Kieselstein (kann man in die Schuhe machen, um sich besser zu spüren und sich abzulenken von belastenden Gedanken) ➤ Parfumpöbchen, Duftöl, Duschgel.... ➤ Kleines Stofftier ➤ japanisches Heilöl ➤ Handgelenk-Gummis ➤ kleines Geschicklichkeitsspiel ➤ Vogelfeder über die Hand streifen.... ➤ Murmel, Edelstein spielen, betrachten, ➤ Handschmeichel ➤ Erinnerungsfoto ➤ Adresse und Telefonnummer (Sicherheitskärtchen Modul 8.2) ➤ Telefonieren ➤ Igelball in der Hand halten, über den Arm rollen, die Punkte idavon auf der Haut zählen ➤ Kalt Duschen (bei starkem Stress) ➤ Eiswürfel mit Geschmack machen und genießen ➤ Konzentration auf einen Moment, auf einen Skill z.B. Antistressball ➤ etwas Feines intensiv schmecken ➤ etwas schönes hören (Lieblingslied, ablenken, auspowern, tanzen auf Musik) ➤ Sport und Bewegung ➤ Bälle werfen ➤ Jonglieren ➤ Hirn-Flic-Flac (ABC rückwärts aufsagen, alle Tiere mit A, B, C...) ➤ Room search (z.B. alle Gegenstände in einem Raum, benennen, die blau sind, dann alle die braun sind....) ➤ Geräusche wahrnehmen ➤ Veränderungen wahrnehmen ➤ "Wolkenskill" ausprobieren ➤ Kältereize (Eiswürfel mit und ohne Geschmack) ➤ Lesen ➤ Malen ➤ mit Freunden verabreden ➤ jemandem bei etwas helfen ➤ basteln ➤ einen Film schauen ➤ entgegengesetzt Handeln (statt die Decke über den Kopf ziehen, aufstehen und etwas unternehmen) 	<ul style="list-style-type: none"> ➤ Achtsamkeitsübungen ➤ Atemübungen ➤ PMR (Anspannung – Entspannungsübungen) ➤ "Die Sendung mit der Maustechnik" – Handlungen, Gegenstände beschreiben – nicht bewerten ➤ Knoten schlagen ➤ Gedankenurlaub machen ➤ Auf einem Bein stehen ("Flamingo-Übung") ➤ Hüpfen ➤ Seilspringen ➤ Ein Puzzle machen ➤ Bälle rückwärts über den Kopf zu werfen ➤ Eine Himmel-Hölle Basteln ➤ Eine Figur mit Kntegummi bilden ➤ Tanzen ➤ Spaziergehen ➤ Musik hören ➤ NOTFALLKOFFER (wichtige Skills – Einsatz bei Krisen, wichtige Tel.-Nummern) ➤ zu blinzeln spielen ➤ Stille Post ➤ Gordischer Knoten ➤ Ebbe und Flut ➤ Basteln ➤ Veränderungen wahrnehmen ➤ Saure Zitronenspalten ➤ Sport, Bewegung ➤ Kaltes Wasser ins Gesicht, Duschen ➤ Baden ➤ Lesen ➤ Mandalas ➤ Geschicklichkeitsspiele, Zauberwürfeln <p><u>Platz für eigene Skillsiden:</u></p> <ul style="list-style-type: none"> ➤ _____ ➤ _____ ➤ _____ ➤ _____ ➤ _____ ➤ _____

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General skills - Shaping everyday life - Tips for parents and caregivers

- Explain the current situation to your child so that he/she can understand the changes - Explain in simple words.
- Age-appropriate media use: Protect your child from constant inundation (media) of overwhelming information, especially disturbing images on TV and the Internet, the "dose does it".
- Maintain social contacts with the help of digital media, telephone, email, etc. with important caregivers, friends, relatives, grandparents
- Live routines and structures when and where you can.
- Learning and play times
- sometimes a daily/weekly schedule that you make with the family or your child helps
- Ensure sufficient food intake
- Make sure you get enough sleep, evening rituals
- Think also for your own needs
- Also take care of yourself and apply skills yourself.

Skills for the relationship

- Show interest in your child's opinion. Address topics appropriate to your child's age, including war, loss, and fear. Praise your child when they talk about it, for talking about it with them.
- Children also perceive concerns from parents/caregivers. Children's perception is important and to take seriously to try to give you security at the same time. "I am with you, we will find a way, I will stay by your side, we can do this". The child's opinion should always be taken seriously. Also the message 'We are not alone' is a very important one! For your child.
- For example, if your child has worries, ask your child what could do good 'in the moment' and be it a small thing "singing a song, painting, listening to music, playing, telling or listening to stories, fantasy journeys, incorporating playful moments into everyday life together.
- Give your child age- and situation-appropriate responsibilities. Let your child make decisions appropriate for his or her age. The child learns to take responsibility and feels taken seriously.
- **Express feelings:** Encourage your child to talk about his or her feelings. Also talk about your feelings in an appropriate way or also explain why you are sometimes under stress and how you try to endure the stress.
- Address your child's thoughts, worries, feelings in an age-appropriate way. Show that you take your child seriously.
- **Praise** your child for positive behavior.
- Give your child regular **recognition and praise** in everyday life. This is important for fostering strengths and self-efficacy and helps with stress.

- **Encourage friendships:** Support your child in maintaining or establishing contact with friends or peers.
- Dealing with criticism: Basically, please use this only in doses and very cautiously.
- Important: When criticizing, make sure that **ONLY** a specific behavior is addressed and **NOT** the entire person of the child is evaluated.
- **POSITIVE** remarks: Also make positive comments about your child to others when he or she is within earshot.
- Trying new things: Encourage your child to try the skills we are about to introduce.
- Practice Skills Together. Offer your support at the same time.
- Show confidence: If possible, let your child handle age-appropriate situations and challenges on his or her own. This promotes self-efficacy and strengths.
- Parents are always important role models for children: Tell what helps you when you are stressed, preferably with your own simple and appropriate examples - how you overcame problems and what helped you, so you can build confidence.
- Be a role model for your child and use skills yourself.
- Tell stories
- Resources and strengths:
- When possible, also do short time-outs enjoyable things: Listen to music, read, draw, tell relaxing stories, write a journal
- cooking and household activities together
- Stress regulation skills - "skills". Show your child what helps you (anything that is not harmful - see skills list). Do exercises and self-soothing skills together to distract from difficult situations and thoughts. Your child is learning from you.
- Also, help your child distract himself. Play, sports, skills and walks and exercise in the fresh air (forest, meadow, ...), creative activities such as crafting, painting, etc.
- Play with your child, show that you are interested in what your child is doing, e.g. hobbies, activities. When talking to your child, it can be helpful to ask questions with as much interest and undivided attention as possible.

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Materialien:
Bezugsquelle - Manuale und DVD
www.startyourway.de

Konzept zur
Stress- und Emotionsregulation
für Jugendliche

START

Stress-Traumasympptoms-
Arousal-Regulation-Treatment

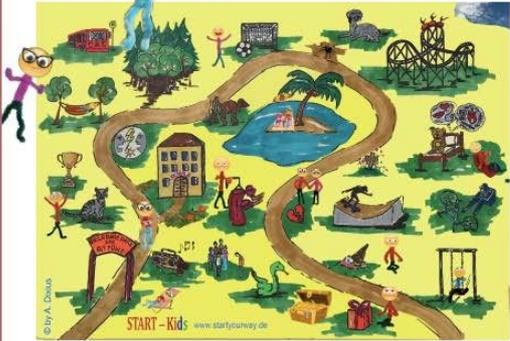
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DBT orientiertes Manual
zur Stressresilienz & Emotionsregulation
bei Kindern von 6- 12 Jahren

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With the Skills, we hope to be able to offer you initial support for stabilization in the event of stress.

We wish you all the best and much strength and are happy to be there for you.

For more materials or to contact us, please visit our homepage.



START & START – Kids

Ausführliche Informationen finden Sie in START
und START-Kids Manualen und auf unserer website
www.startyourway.de



Best Regards

Andrea Dixius & Prof. Eva Möhler