This webinar will cover:

1. Build your stress resilience exercise routine
2. Steps to take when your child is flipping their lid - so you don't flip yours
REGULATED

Connected to self
Authentic & Congruent
Four ways to come into our YES brain

Outside the moment

Connection
Play
Notice the Good
Self-Compassion
What relationships are already present in my life where I experience feeling seen, felt, and known?

Which ones could I cultivate, nourish, and give more energy to?
Play is exercise for the yes brain. Authentic play helps us move into our yes brain. It helps grow our capacity to stay in our yes brain even when faced with stress.

Playfulness is a state of the nervous system, not something to do. Play grows our capacity to stay in the yes brain even when faced with stress.

Play promotes a sense of belonging and community.

Copyright Robyn Gobbel, LCSW, LMSW, RPT - 2020
"Play is something done for its own sake. It's voluntary, it's pleasurable, it offers a sense of engagement, it takes you out of time. And the act itself is more important than the outcome."

Dr. Stuart Brown - National Institute for Play

Generates Optimism
Makes Perseverance Fun
Supports Immune System
Fosters Empathy

Moments of play and rest are hidden in plain sight.
If I had time to do something solely for the purpose of fun and delight, what would it be?

Is there a way I can do that or something like that each week?

Where are moments of play hidden in plain sight?

Notice the Good

"...Stay with the positive experience for five to ten seconds or longer. Open to the feelings in it and try to sense it in your body; let it fill your mind. Enjoy it. Gently encourage the experience to be more intense. Find something fresh or novel about it. Recognize how it’s personally relevant, how it could nourish or help you, or make a difference in your life. Get those neurons really firing together, so they’ll really wire together..."

Rick Hanson, PhD "Hardwiring Happiness"
Where could I be more mindful of noticing good that already exists in my life?

Compassion
The recognition and clear seeing of suffering. Compassion involves feelings of kindness toward people who are suffering so that the desire to help – to ameliorate suffering – emerges. Compassion involves recognizing our shared human condition, flawed and fragile as it is. (Neff, 2015)

Self-Compassion
The recognition and clear seeing of suffering IN OURSELVES. Compassion involves feelings of kindness toward OURSELVES so that the desire to help – to ameliorate suffering – emerges. Self-Compassion involves recognizing our shared human condition, flawed and fragile as it is. (Neff, 2015)
Benefits of Self-Compassion

- Leads to proactive behavior to better one’s situation, rather than passivity.
- Helps us work toward emotional well-being and contentment in our lives.
- By recognizing and embracing our shared humanity, we avoid destructive patterns of fear, negativity, and isolation.
- Shifts us into the YES brain.

Kristin Neff

You are intrinsically valuable and worthy of care. We don’t earn compassion; it is our birthright.

-Kristin Neff

Self Kindness

- That we be gentle and understanding with ourselves rather than harshly critical and judgmental.
- Recognition of our Common Humanity: Feeling connected with others in the experience of life rather than feeling isolated and alienated by the suffering.
- Mindfulness: Holding our experience in mindful awareness, rather than ignoring or exaggerating our pain.
This is a moment of suffering.
Suffering is a part of life.
May I be kind to myself in this moment.
May I give myself the compassion I need.

What feels hard about self-compassion?
Would I be willing to risk it anyway?
CALM

REGULATED
Connected to self
Authentic & Congruent
Steps to ground in the moment

• Notice your experience Without Judgment

• Acknowledge it - yes this is a real fear

Offer self-compassion
Take a big breath with a long exhale

Free Resources
https://RobynGobbel.com/podcast
Parenting after Trauma
https://RobynGobbel.com/ebook
The Brilliance of Attachment
https://RobynGobbel.com/masterclass
What Behavior Really Is video series & eBook
Podcasts Mentioned
robyngobbel.com/lisadion
   (Regulation Doesn’t Equal Calm)
robyngobbel.com/selfcompassion
robyngobbel.com/notflippingyourlid

MORE Support
For Parents (& the professionals who support them!)
The Club
https://RobynGobbel.com/theclub
For Professionals
Being With
https://RobynGobbel.com/BeingWith