

# Child and Teen Emotional Management Strategies

*Sometimes, when we live with ADHD, we are more vulnerable to positive strong emotions (i.e.: joy, happiness, enthusiasm) as well as negative ones (i.e.: anger, frustration, fear of being rejected).*

*Don't forget: having control... is controlling your emotions!!!*

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## **While:**

- Learn to recognise when you are about to blow up, to lose control.
- Learn to feel and name your emotions (anger, sadness, incomprehension, feeling of rejection) and your physical sensations (heart beating faster, ragged breath, sweaty hands, sweating, tight jaw, closed fists, butterflies in the stomach, tense neck/shoulders, feeling of overexcitement, of losing control, etc).
- Face to the strong emotions rising in you, take a moment to settle down, use a time out to avoid an explosion of negative emotion (anger, frustration).
- If you feel the need, you can physically draw yourself out of the situation (i.e.: go to your room, take a walk, drink water, go to the washroom) to identify what is happening to you and bring yourself back to a calm state of mind.
- Breathe!!! Deep and slow breathing helps a lot to calm down.
- Identify the situation that makes you react: put words on it.
- Identify how you feel: target your physical sensations and your emotions.
- Use a stress ball or scrunch a sheet of paper to spend your excess of energy.
- Repeat calming thoughts to yourself (i.e.: I inhale calm, I exhale anger.)
- Use humor!
- When it is possible, try to take the drama out of situation.



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## After :

- Hold a journal and note down your mood swings; you will find more quickly what triggers your emotions.
- Try to identify the source of your stress and see what you can do or what can help you to reduce them.
- Consult someone who can help you practice relaxation and anger management techniques.
- Have a look back with a parent or an adult you trust after a situation in which you did not quite well manage your emotions. *Understanding what happened will help you to do better next time.*

## Message for your parents

Learn to be kind, as much towards your child as towards yourself. Look for quality moments. Have fun with your child: plan privileged moments with him where each one of you will find satisfaction. Remember that the education and the supervision of a child living with ADHD requires patience:

- Take a pause before reacting to the child's inappropriate behaviour.
- Use this delay to remind yourself you must be patient.
- Give a quick feed-back to your child about his behaviour and use more immediate consequences.
- Use positive reinforcement before the punishment.
- Be coherent and constant.
- Stop grumble and take action by guiding you child with clear rules and limits.
- See the problematic situations coming.
- Always keep in mind the child's inabilities or maturation difficulties
- Do not take the child's problems personal/for yourself.
- Forgive!

