

Parenting with Stress InMind

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1

Brain States

The brain gets stressed from the top down.

Calm- Cortex
Alert- Cortex
Alarm- Limbic
Fear- Midbrain
Terror- Brainstem

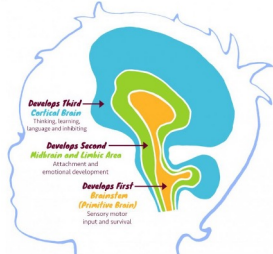


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2

Changing Brain States can Impact

IQ

Pulse

Sense of Time

Sphere of Concern

3

Stress and the Brain

Stress is a necessary element to almost all growth and development, but in large doses, it can have negative consequences.

4

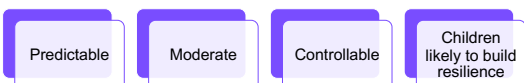
Negative Pattern of Stress



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5

Positive Pattern of Stress



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6

Childrens' Stress Tolerance

LEARNING BRAIN ----- SURVIVAL BRAIN

7

What is filling their stress tolerance now?


- Changes in routine
- Dysregulated adults
- News and media
- Changes in family dynamics
- Reduction of social opportunities

8

Pause	Pause before shutdown/meltdown
Chunk	Chunk stress-inducing activities
Praise	Provide a lot of praise for what is accomplished (even if it's well short of your goal or expectation)
Regulate	Provide regulating opportunities often
Remain Calm	Remain calm and supportive

Tips for Increasing Stress Tolerance

9



Parents' Stress Tolerance

LEARNING BRAIN -----SURVIVAL BRAIN

10

Questions/ Comments

Thanks for having me!
I would love to connect with you!
Contact me at: Josh@InMindServices.com
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11
