

# Mental Health in Homeschooling

**HOMESCHOOL PEACE  
UNIVERSITY**

Presenter: Christy Samms, LPCC-S



# Introduction







For you formed my inward parts;  
you knitted me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works my soul knows it very well.



**PSALM 139:13-14**





# The Importance of Mental Health



{ 5 POINTS TO CONSIDER }

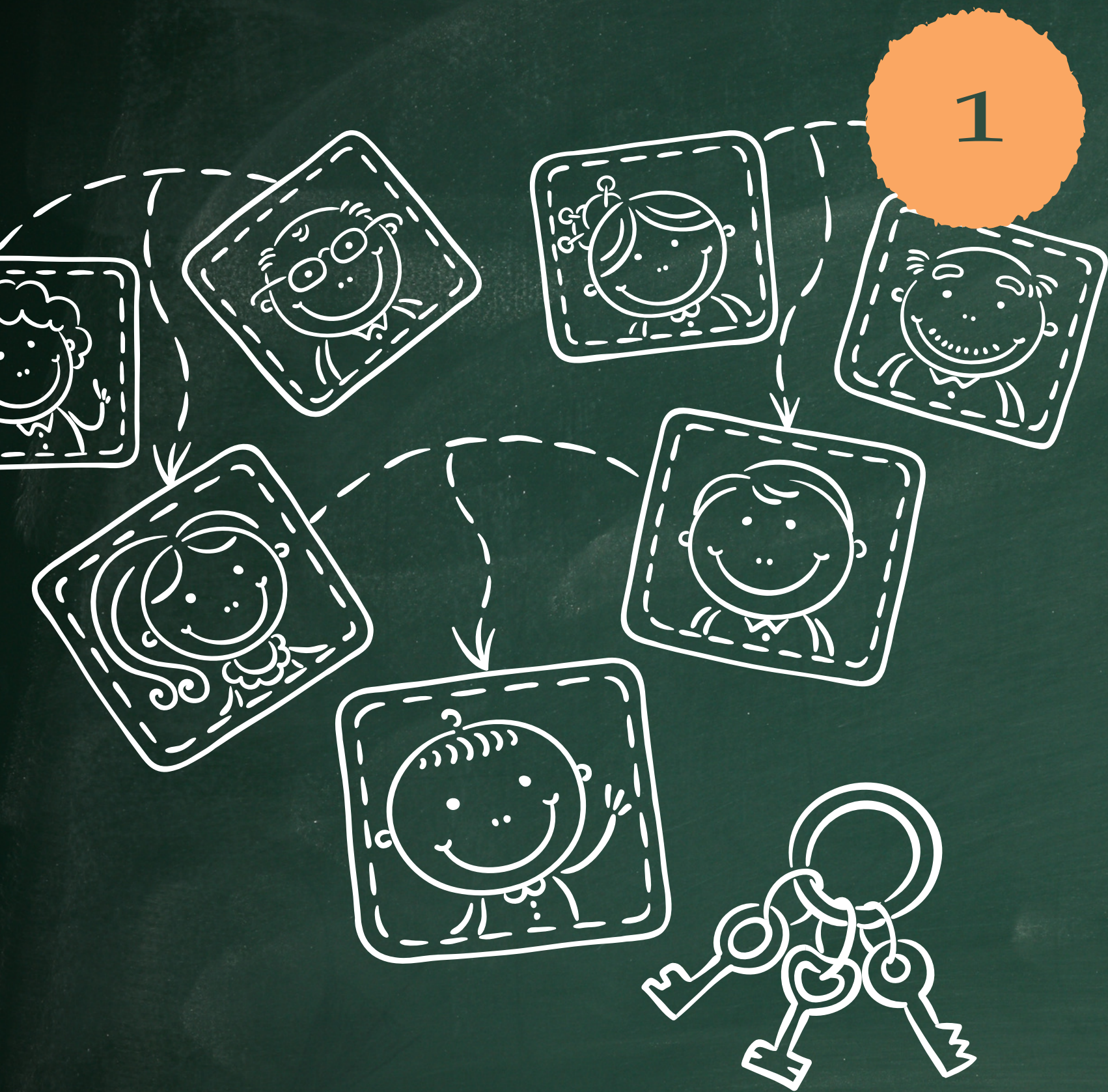




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# Emotions 101

a state of feeling, a conscious mental reaction subjectively experienced, directed toward a specific object, and typically accompanied by physiological and behavioral changes in the body.

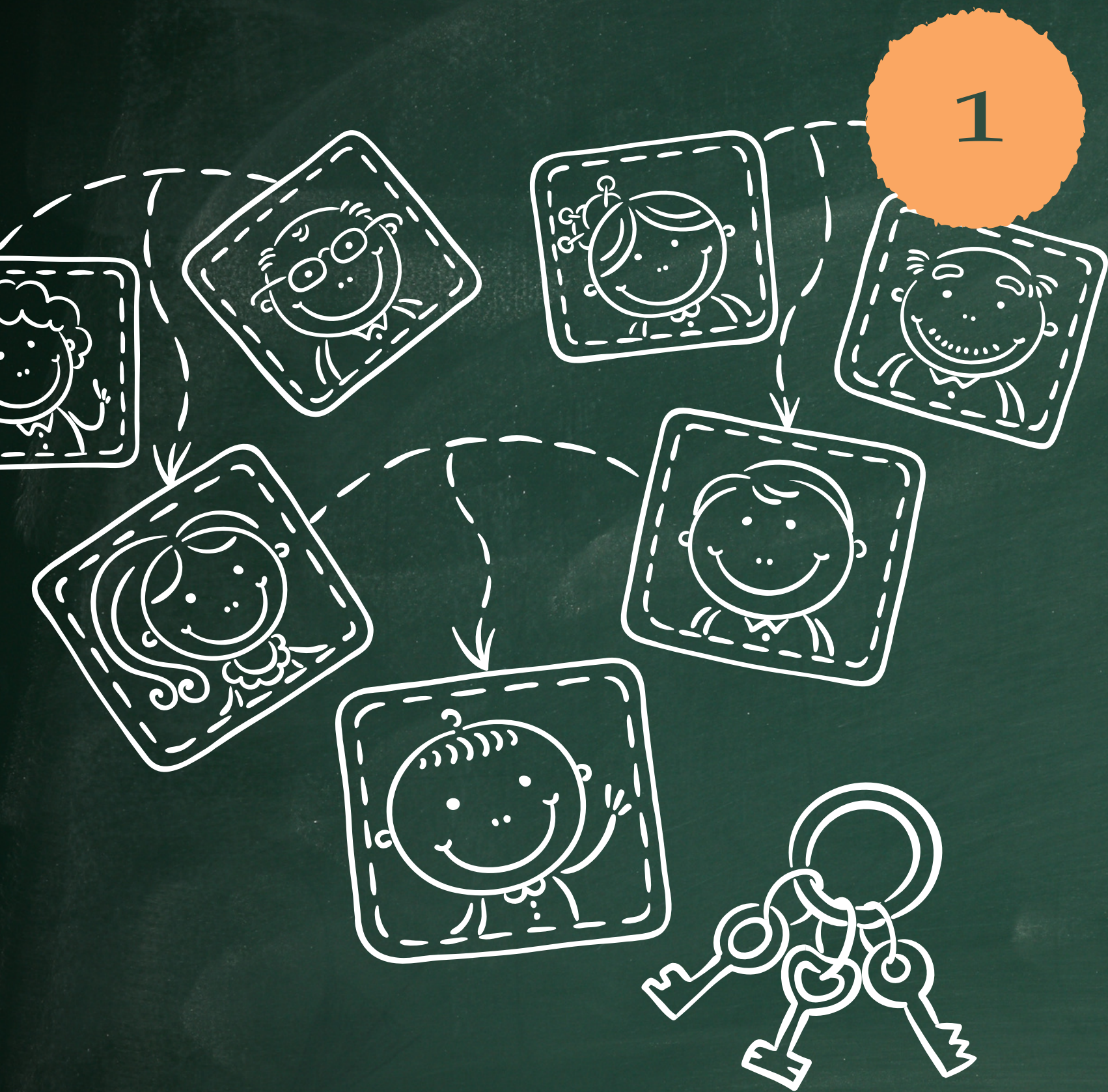




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# Emotions 101

What are emotions?  
Are they good or bad?  
How do we identify them?  
What is your experience of emotions?





# How do you feel today?

 LOVED	 HAPPY	 CONTENT	 SLEEPY	 SAD	 HEARTBROKEN	 STRESSED	 WORRIED	 ANGRY
 ESTATIC	 WARM	 AFFECTIONATE	 SHOCKED	 ANXIOUS	 HESITANT	 CONFUSED	 DEPRESSED	 BETRAYED
 INTELLIGENT	 LUCKY	 CONFIDENT	 SKEPITCAL	 SCARED	 HELPLESS	 DISAPPOINTED	 IRRITATED	 EXPLOSIVE
 ACCEPTED	 HOPEFUL	 PLAYFUL	 HOPELESS	 INVISIBLE	 FRUSTRATED	 POWERLESS	 DISGUSTED	 VIOLENT
 STRONG	 SILLY	 GOOD	 UNSURE	 EMPTY	 WORTHLESS	 GAURDED	 SNEAKY	 RAGE
 UNBREAKABLE	 EXCITED	 ABANDONED	 LOST	 ALONE	 REJECTED	 TOXIC	 HURT	 OVERWHELMED





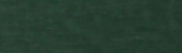


# How did I feel today?

Use the list of emotions to describe how you felt today.  
You can use as many emotions as you like.

-  Happy
-  Calm
-  Cheerful
-  Confident
-  Content
-  Delighted
-  Excited
-  Glad
-  Loved
-  Proud
-  Relaxed
-  Satisfied
-  Silly
-  Terrific
-  Thankful
-  Sad
-  Ashamed
-  Awful
-  Disappointed
-  Discouraged
-  Gloomy
-  Hurt
-  Lonely
-  Miserable
-  Sorry
-  Unhappy
-  Unloved
-  Withdrawn

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

-  Angry
-  Annoyed
-  Bugged
-  Destructive
-  Disgusted
-  Frustrated
-  Fuming
-  Furious
-  Grumpy
-  Irritated
-  Mad
-  Mean
-  Violent
- Other feelings**
-  Afraid
-  Anxious
-  Ashamed
-  Bored
-  Confused
-  Curious
-  Embarrassed
-  Jealous
-  Moody
-  Responsible
-  Scared
-  Shy
-  Uncomfortable
-  Worried





## 2

# Perceived Threat & the Autonomic Nervous System (ANS)



- When the threat response system is activated, the body goes into a state of fight, flight, flee etc.
- Every body is activated differently and it is important to notice what factors influence you and your child.



## 2

# Perceived Threat & the Autonomic Nervous System (ANS)

- Once the system is activated, important parts of the brain shut down so that the system can focus on survival needs
- To restore the body to adaptive functioning, a person must engage in self regulation.





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# What we see





2

# What it is

- lack of connection
- frustration
- confusion
- inability to complete a task
- doesn't understand
- afraid to ask for help
- bored



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# How emotions affect us: The brain under stress

<https://youtu.be/Wcm-1FBrDvU>

Beacon House. (2018). The window of tolerance animation. [Video]. You Tube.<https://youtu.be/Wcm-1FBrDvU>



# ANIMALS OF REGULATION

**ANGER RAGE**  
 furious  
 I don't care  
 leave ME alone  
 it's not fair!  
 I feel out of control  
 ready to FIGHT  
 too much energy  
 pacing  
 I want to go home!  
 ready to RUN  
 shaky tears  
 (feel powerless)  
 I WANT MY MOM/DAD  
 racing

**SCARED ANXIOUS WORRIED**  
 terrified  
 PANIC  
 MAD irritated  
 ANNOYED  
 feeling yucky  
 SCARED  
 NERVOUS  
 worried

**LAUGHING JOYFUL**  
 playful  
 YAY  
 excited  
 busy  
 JOYFUL  
 teamwork

**CONNECTED TO FAMILY & FRIENDS**  
 IN CONTROL OF  
 - Body  
 - Words  
 - Choices  
 - Actions  
 I CAN  
 - Think  
 - Be Curious  
 - Solve Problems  
 - Use My Voice  
 I feel ALL my FEELINGS  
 but stay in control.  
 you bet!  
 (I feel SAFE + LOVED)

**LAYING AROUND TYPED SLOWING DOWN**  
 SAD  
 EMBARRASSED  
 meh  
 discouraged  
 whatever  
 droopy  
 TV  
 I give up  
 numb  
 blank  
 Leave me alone  
 checking out  
 QUIET  
 still

**SOMETIMES I GO AWAY INSIDE...**

empathy  
 laughter  
 space & time  
 calm safe people  
 deep breaths  
 calm down spot  
 calm safe people  
 laughter  
 deep breaths  
 calm safe people  
 movement • rhythm • music • connection • laughter

Fry, 2023



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# Strategies for Regulation and Connection (Fry, 2023)



- Deep Breathing
- Horsey Breathing
- Laughter
- Hugs/Snuggles
- Give myself a hug
- Ask for help
- Music
- Calm Down Spot
- Swing





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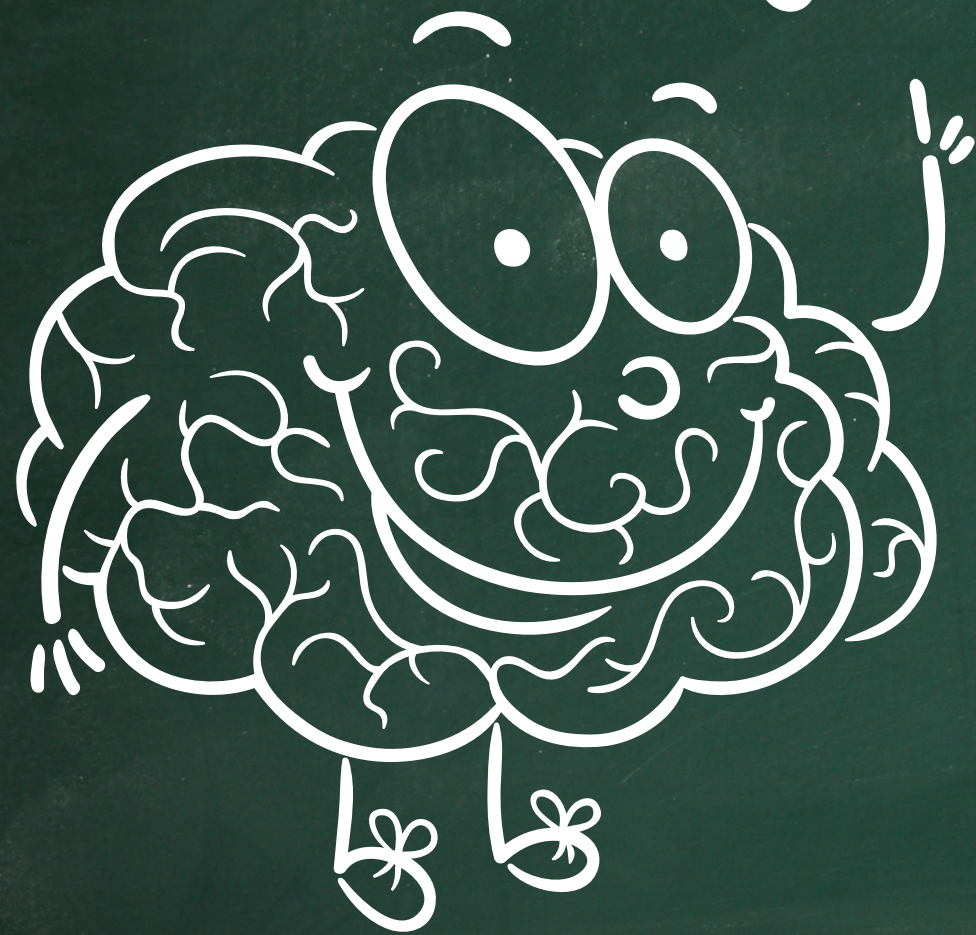
# Strategies for Regulation and Connection

- Jump
- Get a drink
- Eat a snack
- Go for a walk
- Use a regulation tool
- Chew gum
- Draw, art, craft
- Read a book
- Use my reset button



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# Strategies for Regulation and Connection



- Swim/bath/shower
- Playing/Exercise
- Journaling/Writing



**Distraction**

Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.

**Pros**  
Gives your heart & mind a break.  
Great for short term relief.  
Great to get through a crisis.

**Cons**  
Can't do it for too long.  
Doesn't resolve any underlying issues. Meds can make it hard to concentrate.

**Grounding**

Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.

**Pros**  
Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).  
Reduces physicality of anxiety.

**Cons**  
Sometimes it's better to stay a bit dissociated (that's how your mind protects you).

**Emotional Release**

Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!

**Pros**  
Great for anger and fear.  
Releases the pressure of overwhelming emotion.

**Cons**  
Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)

**Self Love**

Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.

**Pros**  
Become your own best friend, your own support worker.  
Great for guilt or shame.  
You deserve it!

**Cons**  
Sometimes can feel really hard to do, or feel superficial (but it's not).

**Thought challenge**

Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts - what advice would you give them?

**Pros**  
Can help to shift long-term, negative thinking habits.  
Trying to be more logical can help reduce extreme emotion.

**Cons**  
The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.

**Access your higher self**

Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause

**Pros**  
Reminds us that everyone has value and that purpose can be found in small as well as large things.

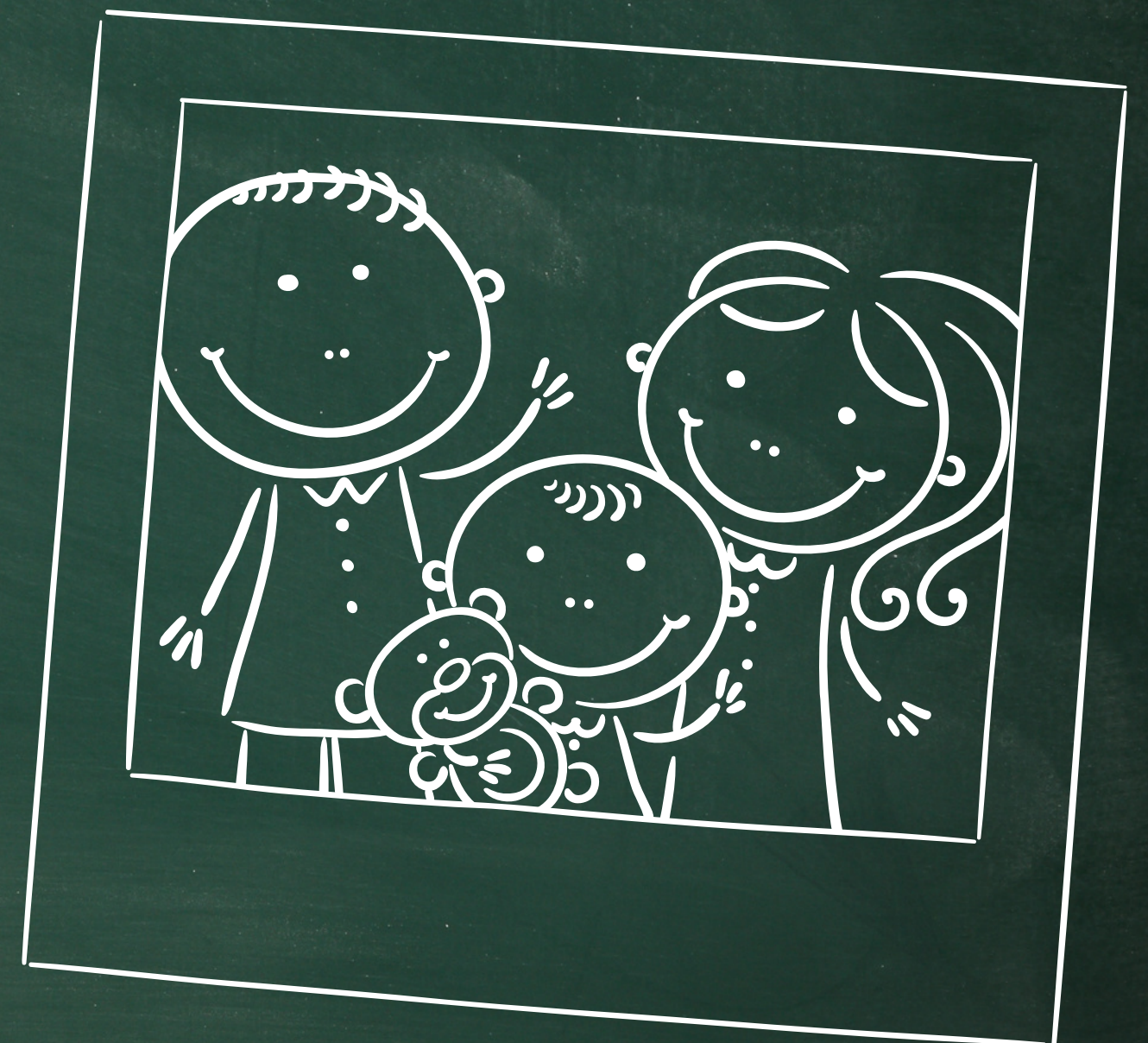
**Cons**  
Don't get stuck trying to save everyone else and forget about you!



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# How do we keep emotional disruptions from ruining the school day?

- Prepare for emotional disruptions ahead of time
- Determine the emotional temp of your home
- Hold your schedule loosely
- Don't be afraid to change up your curriculum or add supplements
- Don't treat special kids like typical kids





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# Final Thoughts

Discussion and Questions







# References

- Beacon House. (2018). The window of tolerance animation. [Video]. You Tube. <https://youtu.be/Wcm-1FBrDvU>
- Daya, I. (2019) Coping Skills. [Handout]. <https://www.indigodaya.com/resources/>
- Fry, C. (2023) Regulation Pack. <https://charissalopez.com/resources/regulation-pack/>.

