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# Feel Good

**M Mark**



## **Feel Good:**

**Think Good - Feel Good** Paul Stallard, 2002-06-27 Think Good Feel Good is an exciting and pioneering new practical resource in print and on the internet for undertaking CBT with children and young people. The materials have been developed by the author and trialled extensively in clinical work with children and young people presenting with a range of psychological problems. Paul Stallard introduces his resource by covering the basic theory and rationale behind CBT and how the workbook should be used. An attractive and lively workbook follows which covers the core elements used in CBT programmes but conveys these ideas to children and young people in an understandable way and uses real life examples familiar to them. The concepts introduced to the children can be applied to their own unique set of problems through the series of practical exercises and worksheets. 10 modules can be used as a complete programme or adapted for individual use. Little else is available for this age range. Can be used as homework or self help material. Available in print and as a downloadable resource on the internet.

**Self-regulation exercises for children CBT exercises and coping strategies for children how to deal with anxiety and stress**, 2023-12-29 INTRODUCTION Teaching children how to identify, understand and be in control of their thinking, mood and behavior is crucial to their ability to self-regulate. This book introduces these skills in a child-friendly manner through both story and activities. While this workbook is intended for children ages eight through eleven, the tools and skills, especially those related to identifying and challenging unhelpful thoughts, are valuable for people of all ages and may be advanced for children younger than eight. When children struggle with self-regulation, it often leads to behaviors that make them feel even worse and create stressful situations for others. While children typically regret such behavior and don't want to repeat it, they likely don't have the skills to be able to react differently when faced with a similar trigger in the future. This workbook helps children to develop the skills to be able to identify, understand and express their feelings. Learn to calm their body. Identify and challenge unhelpful thoughts. Identify unhelpful behavior and more adaptive choices they can make instead. Identify and prepare for situations that may be tricky for them to navigate. These skills are the foundation of cognitive behavioral therapy (CBT), an evidence-based treatment that helps people to improve their functioning when dealing with a wide range of problems. Through CBT, which has a decades-old canon of nonproprietary clinical terms and techniques that are elaborated upon throughout this book, people can learn how to recognize their triggers, become aware of their Automatic Thoughts and responses to them, and learn more adaptive ways of thinking and reacting. In this workbook, a character named Alex will tell the story of his journey learning and using different tools and techniques to take control of his feelings. There are a number of activities to help your child learn, practice and internalize the concepts. Read Alex's story aloud with your child and support them in completing the activities. There are side notes for grown-ups throughout the book, which is applicable to teachers, mentors and clinicians, as well as parents and caregivers to support their work with kids. These are not intended to be read with your child. While none of the information provided in these side notes would be harmful for a child to

learn they are directed toward adults and are likely to be confusing and boring for them Alex is a fictional and hypothetical character Any resemblance he may bear toward an actual child or children is purely coincidental All of the lessons provided in the book work for Alex whereas each and every tool or technique may not be efficacious for your child Keep in mind that developing a skill takes time and practice Be patient and provide your child with the necessary support to be able to use these skills in their everyday environment This can include verbal reminders visual reminders and actually going through the steps of a skill or plan with them Spelling grammar and penmanship don't count when it comes to exercises to help manage emotions If these are challenging or triggering for your child consider allowing them to complete the exercises verbally and then writing their responses If that is difficult for your child you can read the text together and make up other ways to process and further explore the content such as acting it out or telling a story about it with toys Meet your child where they are at and adapt the lessons for them Simply thinking and talking about tricky or unmanageable thoughts feelings and behaviors is challenging enough It is important for you and your child to further discuss the content of the book and find opportunities to connect it to real life situations both while reading and as you're living your lives Additionally practice the skills repeatedly to help your child internalize them This will support your child's ability to access the tools when they are actually faced with intense emotions that are difficult to manage Even when a child has made progress he or she will continue at times to make mistakes and act on their overwhelming emotions or allow their feelings to get in control These instances can be opportunities to continue learning and growing Taking control of feelings is a lifelong process Even I a grown up who helps people manage their emotions for a living have moments when my feelings get in control and I react in ways that I regret later This is part of being human Anticipating this can help make these moments more tolerable It's stressful for your child when this happens as well Be sure to instill messages that decrease feelings of shame When children have difficulty with self regulation they often get messages that their behavior is bad and they develop an underlying belief that they are bad Help your child understand that even when their behavior is not good at times they are always a good person who has strengths Regulating emotions is hard It's harder for some people than it is for others and that's okay You will work together to help your child build the skills to be able to regulate emotions better Chapter 1 will help your child to expand their emotions vocabulary understand that it is normal to experience a wide range of emotions think about what triggers these emotions and how they affect their functioning and view emotions as something that they can do something about Having a larger emotions vocabulary can help a child more accurately identify and understand both their experiences and the experiences of others This improves a child's ability to manage their emotions and develop healthier relationships Learning that it is normal to experience a wide range of feelings can help children to feel more comfortable acknowledging and addressing their own emotions and to be more empathetic and tolerant when interacting with others Chapter 2 will teach your child to think about the intensity of their emotions Increased awareness of the ability to experience both pleasant and

unpleasant feelings at different levels of intensity can help your child to work toward having less frequent big reactions to small triggers and to calm down more quickly Chapter 3 will help your child to differentiate between experiences thoughts feelings and behaviors We live in a society that tends to jumble up these things It is important to realize that our thoughts and feelings are not facts This will set the foundation for your child to be able to do the work later Chapter 4 will teach your child to recognize the way that emotions effect their body Chapter 5 will teach a number of tools that can help your child to relax and take control of those feelings in their body Calming down automatic physical responses to emotions will help your child to improve their ability to control their reactions Chapter 6 will teach your child to be able to notice their Automatic Thoughts and recognize when they are unhelpful Chapter 7 will teach your child how to challenge and reshape their unhelpful thoughts The ability to identify and challenge unhelpful thinking can allow your child to view stressful situations more clearly and navigate them more effectively Chapter 8 will help your child increase their awareness of the fact that their actions are choices that they can thoughtfully make After your child develops an understanding of their ability to have an urge and be in control at the same time Chapter 9 will introduce them to tools that can support their ability to choose their actions Chapters 10 and 11 will help your child to connect all of the tools and insights that they developed as they completed the earlier sections of the workbook In Chapter 10 your child will write a story about a time when their feelings were in control Through this activity your child will further process and internalize the connection between a trigger their Automatic Thoughts about it emotions and reactions In Chapter 11 your child will rewrite that same story by inserting the coping skills learned to manage the same unhelpful automatic thoughts and urges If your child writes this story about a trigger that is actually challenging for them to deal with this can help them prepare to deal with a similar trigger when they are faced with it in the future Writing stories about coping with common triggers in a healthy manner and reviewing these stories can help your child to internalize the insights tools and skills that can be helpful in such situations This will support their ability to recall this information and apply it to real life situations Chapter 12 provides your child with a helpful self statement and image to instill a sense of empowerment in their ability to navigate the stressors that come their way If your child continues to struggle with self regulation seek the support of a trained mental health clinician Therapy can help you and your child to process and understand their unique complex thoughts feelings and behaviors Additionally having your child complete a neuropsychological evaluation can help to better understand the lagging skills contributing to their difficulties so that you can get them set up with the appropriate supports

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## **Table of Contents Feel Good**

1. Understanding the eBook Feel Good
  - The Rise of Digital Reading Feel Good
  - Advantages of eBooks Over Traditional Books
2. Identifying Feel Good
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Feel Good
  - User-Friendly Interface
4. Exploring eBook Recommendations from Feel Good
  - Personalized Recommendations
  - Feel Good User Reviews and Ratings
  - Feel Good and Bestseller Lists
5. Accessing Feel Good Free and Paid eBooks
  - Feel Good Public Domain eBooks

- Feel Good eBook Subscription Services
- Feel Good Budget-Friendly Options
- 6. Navigating Feel Good eBook Formats
  - ePub, PDF, MOBI, and More
  - Feel Good Compatibility with Devices
  - Feel Good Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Feel Good
  - Highlighting and Note-Taking Feel Good
  - Interactive Elements Feel Good
- 8. Staying Engaged with Feel Good
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Feel Good
- 9. Balancing eBooks and Physical Books Feel Good
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Feel Good
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Feel Good
  - Setting Reading Goals Feel Good
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Feel Good
  - Fact-Checking eBook Content of Feel Good
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

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## 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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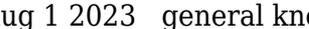
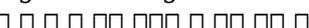
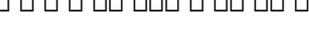
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