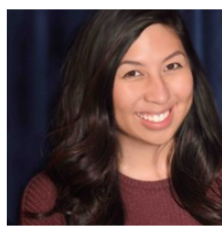




Teen Therapists:



Theresa Samuel-Boko, MS
(408) 355-9578
Marriage and Family Therapist
Trainee



Andrea "Andi" Wang-Rockwell, BA
(408) 317-1036
Marriage and Family Therapist
Trainee



Amanda Reid, BA
(408) 827-3904
Marriage and Family Therapist
Trainee



Chi Tran, BA
(408) 317-2106
Marriage and Family Therapist
Trainee



Ann Amador, MA
(408) 560-0675
Registered Associate Marriage
and Family Therapist &
Registered Associate
Professional Clinical Counselor



Lauren Werner, BA
(408) 478-3340
Marriage and Family Therapist
Trainee



Jihyun "Rosa" Yang, MA
(408) 596-7989
Marriage and Family Therapist
Trainee



Elena Park, BS
(408) 596-7329
Marriage and Family Therapist
Trainee



Therapists for Parents of Teens:



Mina Millen, MA
(408) 317-2035
Registered Associate Marriage
and Family Therapist
& Registered Associate
Professional Clinical Counselor



Joyce Weideling, MA
(408) 703-9961
Registered Associate Marriage
and Family Therapist



Abel Martinez, MA
(408) 508-6246
Registered Associate Marriage
and Family Therapist



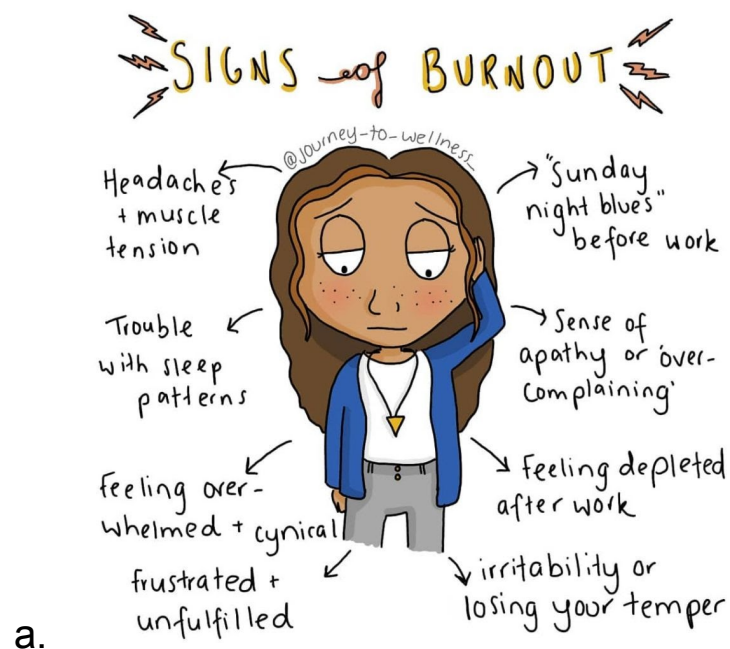
Armando Luna-Medina, BA
(669) 208-3939
Marriage and Family Therapist
Trainee



Theresa Samuel-Boko, MS
(408) 355-9578
Marriage and Family Therapist
Trainee

Parent Questions:

1. Trends? Parents & Teens?
 - a. Stress
 - b. Anxiety
 - c. Depression
 - d. Loneliness
 - e. Increase in Unhealthy Coping Techniques
2. What are the warning signs that our stress is impacting kids and household





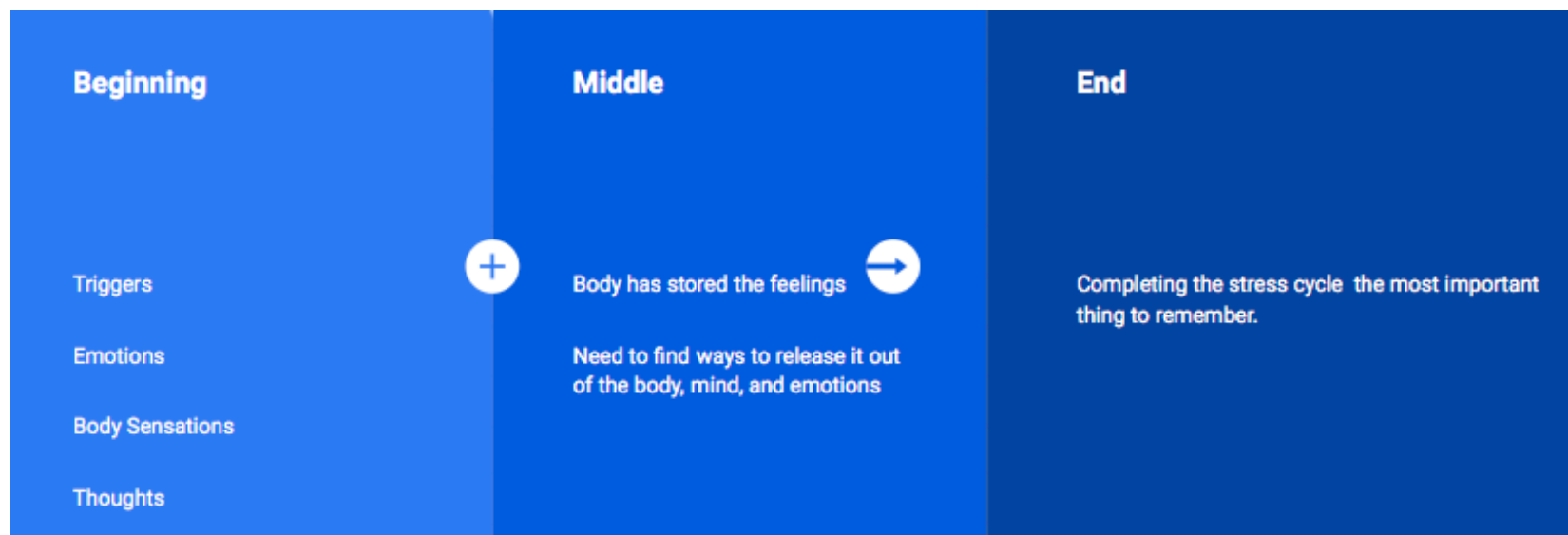
3. How to create an environment of security, nurturing, and caring environment in the home in quarantine and Covid-19 threat?
 - a. Structure & Routine
 - i. Exercise together (walks, hikes, beach strolls, biking, kayaking)
 - ii. Family dinners 4x a week (switch up who cooks)
 - iii. Take each child out 1-1 and switch out weekly to do what they enjoy
 - b. Learn
 - i. What your kids are interested in. Let them teach you why they are interested in it.
 - c. Games: indoor & outdoor
 - d. Zoom: Create Stories together
 - e. Ask if you can read in their room to just be with them
4. How to cope with stress as a parent? Self Regulation tools?

ADAPTED FROM AND REPRODUCED BY PERMISSION FROM JULIA WEST.

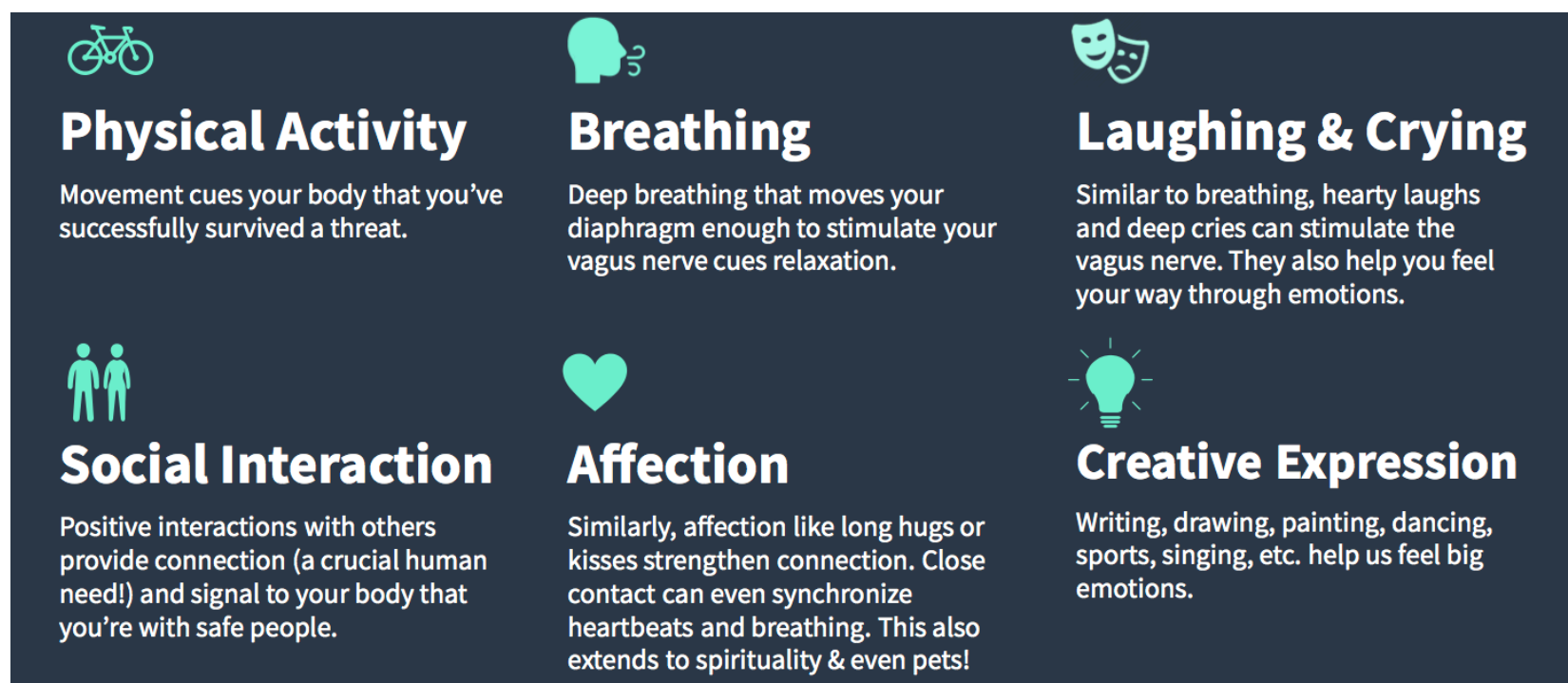
Intensity of Feelings	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irrate Seething Loathsome Betrayed	Terrified Horrified Scared stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly

The five core emotions run left to right across the top of the table. Manifestations of each emotion based upon the intensity felt are described down each of the columns in the table.

- a.
- b. Identify the triggers, feelings, beliefs, and reactions
- c. Find a release to complete the stress cycle



d.



e.

5. Christian Perspective on processing triggers and emotional dysregulation from it?
 - a. Romans 8:28
 - b. Jeremiah 29:11
 - c. Matthew 11:28
 - d. 1Corinthians 13
 - e. Hebrews 12:15
6. How to maintain mental health?
 - a. Awareness of triggers
 - b. Value and Validate feelings
 - c. Complete the Stress Cycle
 - d. Find times to rest, relax, and smile



- e. Check in with your mental health wheel to determine what you may need more of or less of depending on the season you are in. Seek mentorship, therapist, or sponsor for help in seeing blindspots.
- 7. What is normal to feel and what are warning signs?
 - a. Normal:
 - i. 0-5 stress with grief and loss, mild exhaustion, irritability, sadness, fears, anger, etc.
 - b. Warning signs: 5-10 intensity
 - i. Stuck
 - ii. Intensity of thoughts and feelings
 - iii. Reactive & Impulsive behaviors
 - iv. Unhealthy coping patterns
- 8. How to talk about emotions/ mental health with young kids?
 - a. If you ran this week like a movie clip, and you stop at the most stressful part, what was it?
 - b. What are the top 3 feelings you feel in that stressor (use feeling chart)
 - c. Where do you feel it in your body? (tension and tightness)
 - d. What do you do with your stress when it comes? Reactive and Impulsive behaviors to cope.
 - e. What can I do to support your process through this stress if anything?
 - f. If you had a do over in that stressful situation, what do you think you could have done differently to have a more helpful outcome for you and your self care?
- 9. How to create intentional time?
 - a. Pursue it
 - b. Schedule it
 - c. Follow Through with it
 - d. Value it
- 10. How to get high schoolers to open up?
 - a. Let them be your teacher
 - b. Spend unintentional time with them, reading a book, gaming together, watching a movie together.
 - c. Quality Time with no agenda
 - d. Affirm where you see them showing up well for themselves and/or others.
- 11. How to address hard things with teens when emotions and stress are already too intense?
 - a. Affirmation Sandwich

