

*The Feeling Better Plan

Some adults struggle with their feeling better plan. But there are innovative resources to help adults with this nowadays, and they will work. The brain has neuroplasticity and you can change old patterns very, very effectively. Have another look at the **We all experience heartache** page again and following resources.

If a Feeling Better Plan has been prepared, written down for some, nearly all kids can carry out the steps easily, even when things are dire for them. A few have to do something like hide away on their own in a sleeping bag for a long time, but you can make this easier for them and praise getting back to calm, or OK, even if they have had the meltdown. But kid's brains have excellent neuroplasticity, and you can help your kid build new pathways with the Feeling Better Plan that bypass the meltdown to effective communication with words. Then things are less stressful for your child and you.

Some kids can say what they would like to have on their Feeling Better Plan. This is not a time for them to control and manipulate, as that will increase heartache - hugely. It makes them feel insecure and scared. This is a time for them to think what would really make them feel better, on the inside, not superficially.

If your child can't say, subtly watch out for what relaxes and calms them, and puts a smile on their face. Kids can't go straight from an empty heartache box to a Power Activity – when their eyes shine and they are in their element. They need little stepping stones.

Suggestions to have ready / written down for a Feeling Better Plan:

- going outside – Cats need an activity, Owls need peace and quiet

- jumping, running,

- jokes to tell,

- activities to do like Hama beads,

- natural essences to take or spray, and essential oils to massage with,

- candles to light and blow out

- stories to read,

- a box of little surprises.

- changing to a different room can help – the bathroom for playing with water or even a lavender bath can often bring relaxation.

- Sitting Still like a Frog – Eline Snel, book with a CD.

These type of activities give children a feeling of comfort and security.