Families Emerging Stronger

Families experience life transition cycles. These transitions can result in positive or negative experiences for the family. Learn how to COPE and thrive during these transition stages.



C - Calm Down before connecting



Do deep breathing exercises to prevent the amygdala from highjacking our pre-frontal cortex which allows us to show empathy, think rationally, and respond appropriately.



- Behavior instinctive reactions
- Affect feelings
- Sensation physical sensation
- Images mental pictures
- Cognition thinking

(Kerns, 2013)



P - Personal Responsibilities

- Create margins schedule 15 mins buffer
- · Adjust our expectations.
- Schedule daily "me" time to reflect or meditate.
- Take leadership
- Focus on what you can change.

E - **Explore Options**



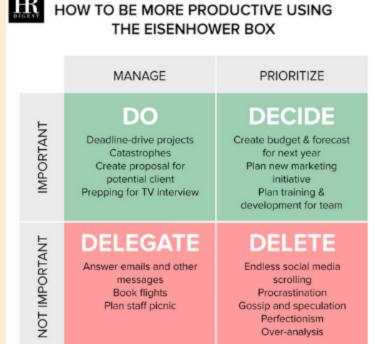
Adaptive flexibility or rigid chaos

- Create a schedule
- Coordinate with significant others and family
- Commit to some boundaries.

S - Seek Support

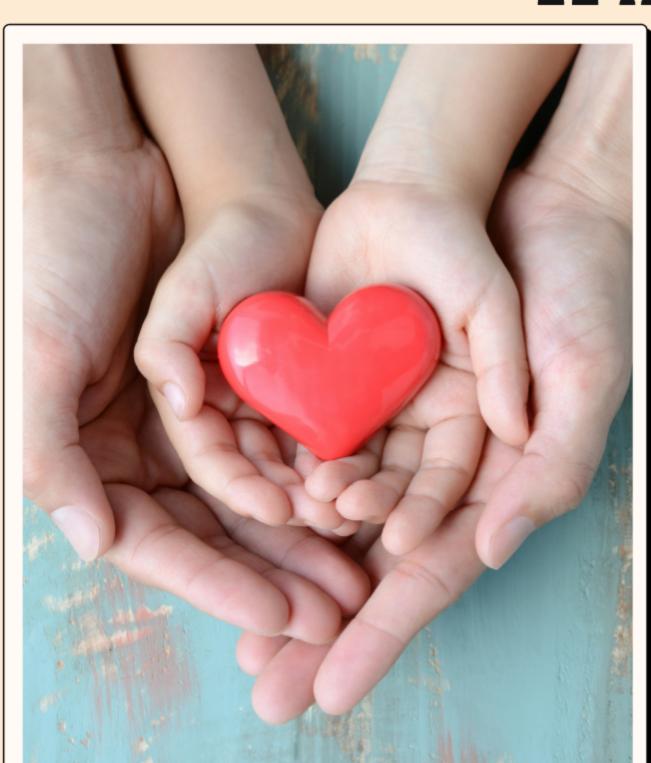
- Family
- Community/Friends
- Professionals





www.thehrdigest.com





RESOURCE PAGE

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FOR INFORMATION

FAM@FSC Webpage

www.msf.gov.sg/FAMatFSC



FAM@FSC Referral Protocol

> <u>www.go.gov.sg</u> /famatfsc-referral



Evidence-Based Parenting Programmes by PSPs

www.go.gov.sg/fflc-parentingprogrammes



Online Counselling by Community Psychology Hub

www.go.gov.sg/cphoc





