Welcome
Our Appreciation

Thank you for taking the time to come along to this Zoom Workshop!
Acknowledgement of Country

- We acknowledge the Bidjigal and Gadigal people who traditionally occupied the Sydney Coast. We pay our respects to Elders both past and present and extend that respect to all Aboriginal and Torres Strait Islander People living, working or visiting Waverley today.
What is Change?

- A move from a current state to a future state
- Situations that vary, alter, modify, switch or transform
- An event that is visible and tangible and can generate psychological reactions including:
  - Stress
  - Anxiety
  - Apathy
  - Confusion
  - Hopefulness
  - Optimistic
  - Included
  - Excitement

- It can be inevitable (i.e. COVID-19)
- No situation lasts forever
- "Transition"
Recent changes we have encountered

- No smoking in pubs
- No smoking in restaurants
- Self-serve checkouts
- Zoom workshops
- Working from home
- Restriction of gatherings (until few weeks ago) – socialization
What changes have you experienced?

How have you coped during this change?

- Resistance
- Conscious/Unconscious Bias
- Thoughts/Feelings/Behaviours
- Activities
- Achievable
Grief and Loss of What we Can’t Do/Have

Living in ‘preferable reality’ and not actual reality

- “Why me?”
- Looking to blame others
- Question beliefs

Making yourself believe it can be avoidable (resisting change)
Which zone are you currently in?

Have you noticed a time where you progressed through these zones?
Window of Tolerance

Ideal State

In this zone, you function most effectively.

Hyper-arousal
- High energy
- Anxiety
- Anger
- Overwhelm
- Hypervigilance
- Flight/Fight
- Chaotic

Window of Tolerance
- Grounded
- Flexible
- Open/Curious
- Present
- Able to Emotionally Self-Regulate

Hypo-arousal
- Shut Down
- Numb
- Depression
- Passive
- Withdrawn
- Freeze
- Shame

What do you do when you are hyper-aroused or hypo-aroused?
Stages of Change

Pre-Contemplation
- Unaware or under aware of the problem
- Not thinking about changing/no intentions to change behaviour in foreseeable future
- Do your friends/family/colleagues see the behaviour as a problem?

Contemplation
- Aware of the problem and seriously considering overcoming it
- Not yet made a commitment to take action
- Struggle when thinking about the effort, energy and loss it will cost to overcome

Preparation
- Intending to take action in the next month and noticing 'baby steps' in behavioural changes
- Not yet reached criteria for effective action

Action
- Modify behaviour, experiences and/or environment to overcome problems
- Overt behavioural changes and requires considerable amount of commitment of time and energy
- Altered behaviour successfully changed for the period of 1 day to 6 months

Maintenance
- Keeping up the change to prevent relapse
- Free of the original problem/consistently engaging new behaviour for 6 months+
Can you think of a situation where you progressed through the five stages of change?
Maintaining Kids During Change

Why is it important?

- Positive transitions build resilience
- An opportunity for children to learn:
  - To exercise control during change
  - Communicate worries/concerns
  - Identify and self-regulate feelings
  - Problem solve
Have you implemented some strategies already?
**Strategies**

- Communication (about the situation)
- Listen to their concerns
- Maintain a routine (stability)
- Offer choices (re-establish control)
- Stay positive, present and calm
- Give warning about new changes
- Maintain connection and play
- Read books about life changes with them

Children look to you for guidance and they can ‘sense’ when something isn’t right
Strategies for Maintaining Healthy Relationships

1) Communication: voice issues/concerns/needs and discuss
2) Communication: voice appreciation/gratitude
3) Practice active listening (not just waiting for your turn to speak)
4) Compromise and be considerate, empathetic
5) Be supportive, particularly in this environment
6) Set reasonable boundaries together
7) Find new ways to connect (Zoom?)
8) Make the effort to allocate time with them (and be present)
9) Consider altering unhealthy reactions/responses (e.g. blaming, talking over the other person)
10) Regularly ‘check-in’ with the other person/people
11) Incorporate fun in what you do!
thank you