



REGULATING YOUR EMOTIONS AS A PARENT



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi



TIPS AND RECOMMENDATIONS

**PRACTICE
MINDFULNESS**

01

**USE DEEP
BREATHING
TECHNIQUES**

02



**IMPLEMENT TIME
MANAGEMENT
TECHNIQUES**

05

By integrating these 5 practices into your routine, you can better manage your emotions, improve your well-being, and create a more positive and restful family environment for the whole family and yourself first.

**ADOPT A REGULAR
EXERCISE
ROUTINE**

03

04

**SEEK SOCIAL
SUPPORT**



SEEKING SOCIAL SUPPORT



Description : Sharing your emotions and concerns with friends, family members, or professionals can provide emotional support and helpful perspectives.

- **Suggested Practice:** Schedule regular times to talk with trusted friends or loved ones, whether in person, by phone, or through video calls. Join a support group or consider consulting a therapist if necessary.
- **Additional Resources:** Use platforms like Meetup to find local or online support groups. Apps like BetterHelp offer online therapy options.
- **Incorporate into Daily Life:** Make a conscious effort to maintain and strengthen your social relationships. Take the time to send a message, make a phone call, or schedule regular meetups with friends or family members.



IMPLEMENT TIME MANAGEMENT TECHNIQUES

Description : Good time management can reduce stress by avoiding feelings of being overwhelmed.

- **Suggested Practice:** Create a daily task list and prioritize it. Use a calendar or time management app to organize your tasks and schedule regular breaks to avoid burnout.
- **Additional Resources:** Apps like Todoist, Trello, or Google Calendar can help organize your tasks and manage your schedule effectively.
- **Incorporate into Daily Life:** Break down large tasks into smaller, manageable steps. Be sure to schedule time for yourself each day, even if it's just for a few minutes of relaxation or leisure.

ADOPT A REGULAR EXERCISE ROUTINE



Description : Physical exercise releases endorphins, which are hormones of well-being, and helps reduce stress levels.

- **Suggested practice :** Aim for at least 30 minutes of moderate physical activity each day: brisk walking, running, cycling, yoga, or even active play with your children.
- **Additional resources :** Use apps with exercise routines tailored to your needs.
- **Incorporate into daily life :** Integrate exercise into your daily routine, for example, by walking or biking to work, taking the stairs instead of the elevator, or taking active breaks throughout the day.



USE DEEP BREATHING TECHNIQUES

Description : Deep breathing helps activate the parasympathetic nervous system, which calms the body and mind.

- **Suggested practice :** The 4-7-8 breathing technique is particularly effective. Sit comfortably, inhale through your nose for 4 seconds, hold your breath for 7 seconds, then exhale slowly through your mouth for 8 seconds. Repeat this cycle 4 times to start, then gradually increase.
- **Additional resources :** Watch online tutorials on YouTube or specific apps like Breathe2Relax.
- **Incorporate into daily life :** Do deep breathing exercises when you feel tension rising. This can also be beneficial before sleeping to improve sleep quality.

PRACTICING MINDFULNESS



Description : Mindfulness is about intentionally focusing on the present moment and accepting your thoughts and feelings without judgment.

- **Suggested practice :** Set aside 10-15 minutes each morning or evening to practice. Sit in a quiet place, close your eyes, and focus on your breathing. Notice the thoughts that come to mind without attaching to them, then gently bring your attention back to your breath.
- **Additional resources :** Use meditation apps that offer guided sessions for all levels.
- **Incorporate into daily life :** Try to do a daily activity mindfully, such as eating a meal, paying special attention to each bite, each taste, and each sensation.



"The Power of Emotions"
by François Lelord and
Christophe André



"The French Art
of Not Giving a Sh*t"
by Fabrice Midal



"The keys to managing
your emotions" by
Christophe André

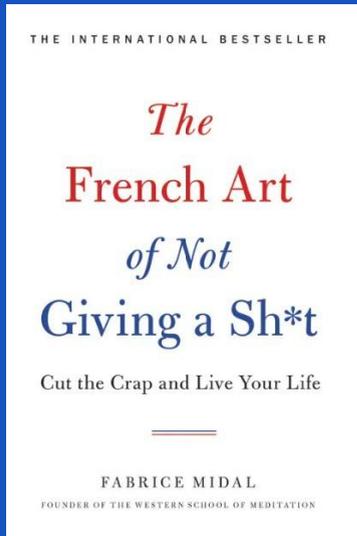


Positran-Psychology
and tools for positive
transformation - Ilona
Boniwell



"The power of gratitude"
by Florence Servan
Schreiber





"THE FRENCH ART OF NOT GIVING A SH*T" BY FABRICE MIDAL

This life manual, by Fabrice Midal, a pioneer of mindfulness in France, invites us to release burdens and free ourselves from internal and external demands. It teaches that meditation is simply "being," pausing, and connecting with oneself to find peace. A guide to learning how to say no without guilt, pause, and make room for what truly benefits us.





"THE POWER OF GRATITUDE" BY FLORENCE SERVAN SCHREIBER

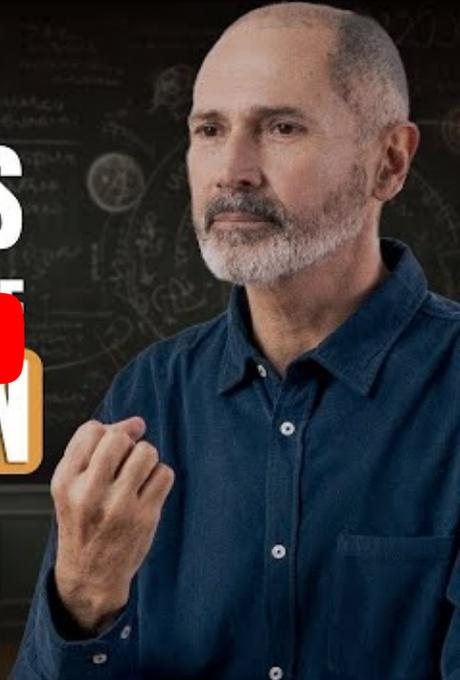
Trained in transpersonal psychology in California, Florence Servan Schreiber was a pioneer in teaching neuro-linguistic programming in France in the 1980s. A journalist and expert in positive psychology, she now applies scientific advances to promote happiness and well-being.





Christophe André : Les clés pour gérer ses émotions
MentorShow

LES ÉMOTIONS
DOIVENT PAS ÊTRE
UNE OBSESSION



Watch on  YouTube



"THE KEYS TO MANAGING YOUR EMOTIONS" BY CHRISTOPHE ANDRÉ

Discover how to identify, understand, and manage your emotions to better face everyday life. Christophe André explains how emotions can be both allies and threats, and how to find balance between stress and emotional well-being through effective regulation.



FRANÇOIS LELORD
CHRISTOPHE ANDRÉ
**LA FORCE DES
EMOTIONS**
AMOUR, COLÈRE, JOIE...



"THE POWER OF EMOTIONS" BY FRANÇOIS LELORD AND CHRISTOPHE ANDRÉ "LA FUERZA DE LAS EMOCIONES" DE FRANÇOIS LELORD Y CHRISTOPHE ANDRÉ

This book provides key insights for understanding and managing emotions such as jealousy, sadness, empathy, and joy. It explores the role of desire, fidelity, and the impact of emotions on our health and relationships. An essential guide to transforming feelings into tools for personal growth and emotional well-being.



POSITRAN-PSYCHOLOGY AND TOOLS FOR POSITIVE TRANSFORMATION - ILONA BONIWELL

This page features official publications by Professor Ilona Boniwell on positive psychology. It includes research, articles, practical tools, interviews, and books focused on well-being, education, work, and family. A valuable resource for exploring positive psychology applications.

