

# Cedar Springs Mental Health Matters



Week 4:

## How To Get Along As A Family

"If you are uncomfortable - in deep pain, angry, yearning, confused - you don't have a problem, you have a life.

Being human is not hard because you're doing it wrong, it's hard because you're doing it right. You will never change the fact that being human is hard, so you must change your idea that it was ever supposed to be easy."

-Glennon Doyle

## Tips To Minimize Family Fighting

- Have check-ins as a family - use one word to say how you feel
- Start with empathy - consider everyone's perspective
- When arguments ensue - read between the lines, what's really going on?
- Plan a family meeting to discuss triggering issues and solutions
- Carve out physical space for each family member
- Plan to have fun together as a family and plan for alone time
- Engage in stress-reducing activities - make sure everyone is getting up, moving, and going outside
- Sometimes we just lay down the bad day and try again tomorrow - we're doing the best we can

Source: U.S. News

## Restorative Family Questions

1. What were you feeling when it happened? How do you feel now?
2. What were you wanting or needing when that happened?
3. How did that hurt your brother/sister?
4. What will you do differently next time?
5. What was your brain saying?
6. What do you need to feel better and move on from this?
7. What can you do to make it better/make it right?
8. Did that make the situation better or worse?

Source: @theresponsivecounselor

## BEFORE YOU SPEAK

**T** *is it true?*

**H** *is it helpful?*

**I** *is it inspiring?*

**N** *is it necessary?*

**K** *is it kind?*

## More Resources:

- Click here to read: [5 Ways To Minimize Family Fighting](#)
- Click here to read: [Self-Care For Families](#)

## Mental Health Support:

- [Network 180](#): (800) 749-7720 (available 24 hours a day)
- [Heart of West Michigan](#): Dial 2-1-1 (referrals to services)

## For A Mental Health Emergency:

- Call 911
- [National Suicide Hotline/Crisis Response](#): (800) 237-8255

# Ways To De-Escalate

- 1. Behavior is Communication:** Every behavior is trying to tell you something. Look for signs of anxiety in body language and tone. What is the other person trying to tell you?
- 2. Avoid the Power Struggle:** No one can meet every need at every moment. Challenging or exercising authority over a person can escalate behaviors. Offering options and being flexible addresses both parties' needs.
- 3. Use Limit Setting:** Behavior can't be forced, but setting limits can help us influence behaviors. Framing acceptable behaviors and good outcomes can encourage the other person to choose the best option.
- 4. Don't Take Behaviors Personally:** Stay calm. Find a positive way to release the negative energy you absorbed during the conflict. Keep in mind, you can only control your own attitude and actions.
- 5. Build Relationship:** Learn from the conflict and help the other person learn from the experience. Focus on identifying and preventing the pattern of behavior in the future. Finally, put time and effort into repairing the relationship.

Source: Crisis Prevention Institute

## Ways to Connect

CSPS HS Counseling Instagram:

[@cshscounseling](#)

CSPS Redhawks at Home Facebook:

[@cshawksathome](#)

## Brene Brown's Family Rules

1. No harsh words
2. No nice words with harsh faces
3. Say you're sorry and what you're sorry for
4. Accept apologies with "thank you"
5. More puns and knock-knock jokes

## VOICING OUR NEEDS DURING TIMES OF STRESS

@HOLISTICALLYGRACE

### JUDGEMENT/SHAME

ALL YOU DO IS SIT AND SCROLL ON YOUR PHONE

YOU NEVER HELP WITH ANYTHING

IT'S ALWAYS ABOUT WHAT YOU WANT TO DO

I CAN'T COUNT ON YOU FOR ANYTHING

### EMOTIONS/NEEDS

I FEEL DISCONNECTED WHEN YOU ARE ON YOUR PHONE. I NEED US TO MAKE TIME FOR EACH OTHER

I'M OVERWHELMED IN THIS CURRENT ENVIRONMENT. I NEED YOUR HELP.

I FEEL VOICELESS WHEN YOU DON'T ASK MY OPINION. I NEED TO HAVE AN INPUT IN THIS PARTNERSHIP.

I FEEL ANXIOUS WHEN YOU WALK AWAY. I NEED YOU TO SIT WITH ME FOR A BIT.

## VOICING OUR NEEDS DURING TIMES OF STRESS

@HOLISTICALLYGRACE

1. EXPRESS HOW YOU FEEL, OR AN EMOTION. AVOID USING "YOU ALWAYS" OR "YOU NEVER." SPEAK FROM THE "I"

2. BE SPECIFIC. BREAK DOWN, DESCRIBE THE BEHAVIOR THAT LEAD TO THE FEELING.

3. STATE A POSITIVE ACTION TO RESOLVE THE SITUATION AND RESULTS IN NEEDS BEING MET.

THE COMPLAINT FORMULA  
-DR. JOHN GOTTMAN