



Thank you to everyone who attended the talk by renowned psychotherapist Stella O'Malley titled 'Managing wellbeing during a crisis'

This was our first occasion to host a talk online and we were delighted by the large attendance of parents during what was an incredibly honest, informative and engaging presentation. Stella's words inspired us all and gave us lots to think about as well as some great suggestions.

She spoke about the 4 parenting styles – Authoritarian, Permissive, Uninvolved and Authoritative. There were plenty of examples and anecdotes throughout the presentation. Humans are bundles of habits, the more we smile, the more smiling becomes a habit. The more we worry, the more worrying becomes a habit. The more we work too much the easier it is to work too much and the more we feel happy the easier it is to be happy.

Stella spoke about digital hygiene in the house and the analogy of getting into the habit of eating too many take aways for weeks on end, eventually we need to break this habit and eat healthy. We also need to create a place for technology - phones, ipads, consoles etc and create strict boundaries around their use in our homes. She is a big advocate of placing parental controls and locks that shutdown devices. Circle, Our Pact etc.

Anxiety was the most common mental health issue in Ireland in 2019. There are 4 steps required when trying to manage our child's wellbeing during a crisis.

1. Clarify what exactly is wrong. Ask lots of questions gently probing in order to pinpoint what's really going on
 2. Communicate what is wrong and get a reaction (it might just be a shrug of shoulders or a nodding of head) but it will be a physical reaction
 3. Connect with them, show them you understand what they are going through
 4. Show solidarity – what can we do? Work together to help them make a plan
- The most important response you can make with someone is to connect.

Thanks very much to all involved, there was a huge amount of work behind the scenes to ensure the smooth running of this event.

[Link to Journal.ie Article](#)

www.stellaomalley.com