



5 WAYS TO GET YOUR ANGRY TEENAGER TO CALM DOWN

Rhonda Parry

THE
MINDFUL
MUM



HEY, AMAZING MUM!

I'm Rhonda Parry, a professional transformational coach and qualified mindfulness practitioner. I help working mums who are stressed out, burnt out and shut out, who are parenting angry, withdrawn or anxious teenagers. Teenagers who refuse to participate in the family, refuse to share what's going on, refuse to talk, listen or even be at home.

I do this through my Mindful Mum strategy delivered through my Clarity Coaching Project, online training programmes and 1 on 1 coaching, so you can completely transform the atmosphere of your home and your relationship with your kids.

This '5 Ways to Get Your Angry Teenager to Calm Down' toolkit is where I'm sharing a few simple tools from my 6 part Mindful Mum strategy that really WORK, and have resulted in mums being able to connect with their withdrawn child, so their child calms down, opens up, and has confidence to thrive.

Without it you'll continue to be yelled at, disrespected, frustrated and downright sad. Living by the seeds of guilt and shame that somehow you've failed your kids. Or living in the hope that 'someday' you and your teenagers will be happier.

With it, you'll have the confidence to stop trying to change your kids, you'll have life changing conversations with your kids, and have a connection that is strong enough to weather the teenage storms.

I don't want you to be left wondering what you could have, should have, would have done to build a healthy relationship with your kids "if only..." Please don't wait for 'someday'! Enjoy these tools, and like everything in life, make them a practice not a perfect!

Blessings, love and light to you

Rhonda x



Introduction

When a house is full of raging hormones, teenage brains 'under development' and stressed parents, the likelihood of 'calm' anytime soon feels pretty remote right? There are as many knee-jerk reactions, regrettable moments, tantrums, and slamming doors as there are hours in the day. And I'm not just talking about kids!

But it can be different.

This resource is going to help ensure your kids feel the sense of calm and confidence that comes from a stable, loving connection with you. Which role models to them how 'to be' calm too.

First two little tidbits about the teenage brain, which you may find helpful. I know I did!

The teenage 'rational' brain goes offline when they're stressed – they literally can't listen to you, can't learn, and can't calm down. Your teenager's access to anything resembling logic has gone offline and they revert to their survival brain, to protect themselves. Their brain is just doing its job, to keep your teenager safe when they feel threatened. Whether threatened by a 'saber-tooth tiger' or a maths exam or you saying 'no' to them. Logic? Gone!





The teenage 'rational' brain undergoes major development for a three-year period during their teenage years, making it unreliable for a good 90% of the time in that three-year window. They revert to the emotional brain. So when you cry, exasperated "what you were thinking?!" now you know they weren't thinking. Your teenager was feeling!

Got you thinking?

I know you love your kids and want the best for them. You're doing your best right? If only their unreliable brain, anger, and moods wouldn't get in the way of your good intentions!

Here's the thing: On top of love and good intentions to create calm and connect with your child, you need **mindfulness**. By mindfulness I mean:

Awareness of how you're showing up and the link between your emotional state and theirs!

Mindful communication skills you can access when your child is communicating with you.

Acceptance, Compassion and Non-Judgement for your child. Not wishing for them to be any different to who they are.

If you're role modeling a calm emotional state, showing compassion and acceptance, AND if you're going about communication with your child using the tips I'm about to share, you'll be creating an environment perfectly suited to bringing the calm version of your child to the table, to the conversation, into the relationship!

Here are 5 ways to use mindfulness to get your angry child to calm down - which don't require you to change your child!

Because we can't control or change our children. Not ever. But mindfulness and these tips go to show that we do have the power to change our own views, thoughts, and feelings about our parenting challenges.



You *can* do this!

1. Prioritize Your State
2. Listen Generously and be Present
3. It Makes Sense to Validate!
4. Skip the Lecture and just PAUSE
5. Breathe Your Way to Calm!





1. Prioritize Your State

What I mean by your state is how you are showing up in your relationship with your kids.

Are you stressed, angry, frustrated, resentful, overwhelmed with everything that needs doing?

Or are you able to turn to your compassionate side, to connect, feel stable and calm? When things are going according to your plan, our love for them shapes how you react. It's pretty easy, right?

But when you're stressed and overwhelmed, angry or disconnected, it really doesn't matter how much love or good intention you have. If there is resistance, kickback or tantrums, it is nigh impossible to show up with love and follow through with our 'good intentions'. Sometimes your behavior and your words towards your kids are not very calm or compassionate, at all! They make you cringe! They make your child angry.

But it's worth prioritizing your state because ... your children become a reflection of you.

The very first community your child belongs to is your family. They learn everything from your family tribe. Your language determines the language your child speaks. Your attitude towards self-care impacts your child's ability and attitude towards looking after themselves. And your state impacts the state your child is in.

That's because we're literally hard-wired to detect and absorb the emotion of those around us. Your emotional state triggers similar emotions in others – including your kids!

This means role modeling is a much more powerful learning mechanism than anything your kids hear or read.

So it really DOES matter how you show up to your kids. Every. Single. Day.

Here's the thing: 'calm' is not innate. You have to decide if it's important to you and practice it, like any skill. And you keep practicing it, until one day, you realize, calm has become part of you, it is part of the fabric of you.



When you practice calm, it improves everything in your life. Relationships. Productivity. Resilience. Sleep. Happiness. Longevity.

But even if none of these wonderful benefits happen, it's still well worth being calm, to help your kids. Most importantly your calm benefits your kids, simply because it's easier, safer, to be around you. This is exactly what they need from you – a stable, loving connection with you.

Your calm creates calm in your kids. The opposite is of course true too.

Now it may be a terrifying thought – that your stresses and anger are naturally going to cause stress and anger in your child. And that when either of you is stressed or raging, it's impossible to be calm or have a loving conversation - even just a casual conversation about your child's day is impossible without it becoming an argument! BUT, the idea of 'calm' can become more of a reality than an 'unachievable aspiration' when you practice being a Mindful Mum.

When you practice the research and science-backed practices of mindfulness, you learn to pause before you respond, you gift yourself the space to be able to ensure your response is not going to shut up or close off your child even more!

Plus you become more accepting, compassionate, and less judgemental.

You are the parent after all: and it is precisely when your child has lost control that they need you the most. They need you to be calm and in control – even if they're being provocative, challenging, or refusing to talk!

TOOL

Live and breathe – a role model - the CALM STATE you want your child to be in because their state reflects your state. Wait for yourself to be calm and allow time for your child to get themselves together too.



2. Listen Generously and Be Present

Let's be honest, when our child is talking to us, often it's to have a rant about an issue, something they're unhappy with.

Something has gone wrong, they've procrastinated on some study, they've got wound up in a web of lies, or they forgot to do something they promised to do. Add to this, hormones, their brains under development, and social pressure and it's not surprising sometimes that they're unhappy right!?

Yet life happens – and just like us – your teenager is not perfect! They make mistakes! When they do, they don't want our advice or our criticism, they just want to feel heard and understood. Supported.

So how do we do listen generously? It starts with being present - and attentive listening. Being curious. Not distracted.

Yes, it takes practice!

Practice generous listening whenever you sense a heightened emotional reaction in your teenager. Could be any minute now right!?

Research has shown that tweens and teens are more likely to open up and feel better about themselves (which means less anger!) when they've been listened to attentively.

If we don't listen generously, we 'listen distracted'. Regardless of the outcome of the conversation, what your child will normally remember is the sense of not being heard and understood. 😞

TOOL

Be curious, pay attention, ask questions, be present with them.



3. It Makes Sense to Validate!

Let's be honest, when our child is talking to us, often it's to have a rant about something or someone they're unhappy with.

Something has gone wrong, they've procrastinated on some study, they've got wound up in a web of lies, or they've forgotten to do something they promised to do. Add to this, hormones, their brains under development and social pressure and it's not surprising sometimes that they're unhappy right!?

But here's the thing: often they don't want your advice. They just want to be HEARD. And they want their views and feelings to be VALIDATED by you.

So how do we do it?

It's very simple but it is HARD.

Especially when you're exhausted and the kids are pushing your buttons!

But with practice, it will shift from feeling 'impossible' to becoming natural.

Remember the first TOOL – ensure your calm state first!

And your second TOOL – to pay attention to what they're saying. Undistracted.

Now it's time to validate which involves two steps:

First, observe what are they feeling, how are they feeling.

No opinions or judgements or problem solving. Just reflect back to them what you are sensing or hearing from them.

When your child hears you reflect back to them it may help them make sense of things themselves and it will definitely help them feel heard and understood! Respected. Which is exactly what they want!



Plus, it means they're less likely to feel the need to keep telling you the same stuff (over and over and over again!) and making themselves feel worse! Brilliant!

Now they know they've been heard, and that you see what has happened for them.

It's time for the second step: it's time to validate and let them know it makes perfect sense for them to feel that way.

Whatever their emotion is, it's ok.

This is how we express our empathy for what's going on for them. Putting yourself in their shoes and doing your best to imagine what is going on for them.

By the way, how they are feeling doesn't need to make sense to us remember! This step about validating how they feel, not questioning the logic of their feelings using our adult-brain!

The part we need to practice is not to offer a lesson, not to insert a 'but' and not to criticize their choice. So keep it clean and simple and bite your tongue!

TOOL

Reflect back on what you see or hear and
let them know why this makes sense.





4. Skip the Lecture and Just PAUSE

After you've validated, it's time to ... say nothing. Simply Pause.

Without a doubt, PAUSE is the simplest but hardest part of the process.

Pause reminds us to say nothing. You got it - nothing. Simply pause and wait.

P. A. U. S. E.

The Pause may feel awkward. You may sense your kids expect something else from you.

Here are some ideas to use, after your Pause has been sufficiently long enough!

- What do you think?
- What have you tried in the past?
- Your ideas are awesome, what do you think about this?
- I've never
- Your ideas are better than mine, what do you think?
- It's been decades since I was your age.

When you pause you invite your children to recognize the empathy you're extending to them and sense the connection. It makes your connection with them stronger because you're letting them know you trust them.

And just as importantly, it stops you from giving advice, offering solutions, opinions, and judgments - and even stops you from sharing your own similar stories.

When we offer up **advice or opinions** we're coming from an "I know best" position. And yet because we are not them, we may not even have all the information, how can we know best?

When we offer up **judgment or criticism**, we're breaking connection and making them feel 'not good enough'. This will mean they're less likely to share with us again.



When we offer a **story** that we think might be similar, we're turning the conversation back to ourselves. It's not about us and they may not care if we think we've had a similar experience "in the old days". They've started the conversation and we need to ensure they have our attention about *their* issue!

When we offer them a **lesson or lecture**, they tune out. The worst thing for them, at rock bottom, is to be 'taught a lesson'. Their 'thinking' brain won't be online so the lesson is never going to be heard or remembered anyway!

Sometimes in practice, when I've shown empathy using this method, my daughter feels safe to share something else. Maybe there's something else underneath the surface that's an emotion not yet expressed, or something else has happened at school and she's been holding onto it until now.

My middle child is very much like this – if we start talking about one matter, and I validate and pause, then whoosh, if she's in the mood, it all comes tumbling out! This is far more effective and 'safe' than to just keep asking 'what's wrong, what's going on with you, why are you in a grump!?!'. They may well have no idea themselves!

When I use this technique with my eldest daughter, the daughter with whom I used to have the most heated stressful conversations, she often comes up with her own solutions. Brilliant.

TOOL

After you've validated, PAUSE. Say nothing.

Unless invited.

Refrain from giving advice, offering solutions, opinions, and judgments,
or sharing your own 'similar' story



5. Breathe Your Way to Calm

The first tool was about prioritizing your state. But what if you're already in a stressed-out state and you can't see your way out of it? How do you get calm *then*?

The first thing to understand is that fight and flight – your stress response – is a physical thing, it's designed to gear you up for a physical encounter or threat. Literally to fight or run away from a physical threat, like a sabre tooth tiger.

Your prefrontal cortex, the intelligent part of your brain, goes offline when you're stressed so there is no point trying to 'think your way out' of fight and flight. You have to intervene using your body.

Your breath is the BEST source of calm. It's free, legal, and right under your nose. 😊

When you take deep delicious belly breaths, you're sending a physiological message to your mind and body that it doesn't need to be in a stressed state. And you're switching to 'rest and digest' – your calm state.

In your calm state, you can access your pre-frontal cortex and engage in a conversation using the tools we've just talked about (2, 3, and 4).

So now, take a deep breath, allow yourself to hold your breath at the top of the inhale with a full set of lungs, and after a few seconds let out a long slow exhale. Try to make you exhale that little bit longer than you inhale. The longer exhale helps calm your vagus nerve which connects your brain to your body.

Yawning, sighing, and singing – these are 'intervention' tools too – they interrupt the rapid shallow breathing you're doing when you're stressed.

The difference that a long slow breath makes to your ability to choose between a knee-jerk reaction and a considered response is profound.

Don't be afraid to insert an "I'm going to take a few deep breaths before I reply" before you reflect back and validate. You're setting yourself up for a more constructive conversation, and role modeling the behaviour you desire from them!



One of my proudest parenting moments was taking a breath before I responded to my 10-year-old after she dropped the 'millionth' school notice on my desk that day. Slight exaggeration but I did have 5 kids at 5 different schools at the time, so the volume of school notices was driving me crazy!

My daughter was stressed out because she was worried she'd miss out on the school camp if she didn't get her permission slip back to school. I listened to her, and rather than reacting from the stressed-out state I was already in, I took a deep breath, (literally) shifting the brain I was using, and I responded. Calmly and with compassion.

This calmed my daughter down, immediately. I saw, with absolute clarity, the power that my state of calm had on my daughter's state.

And all it took – in this case - was some breathing!

TOOL

Take 5 – take 5 seconds, take 5 breaths, take 5 minutes to induce calm, and get access to your rational brain again! 😊





FREE 45 MIN CLARITY COACHING CALL !

WELL DONE, MY FRIEND!

The truth is, IT IS HARD being a mum. Especially when our kids shut us out, or they start to withdraw from us or the family unit.

That's why I'm sharing all this with you. Because I want YOU to be able to create that safe, stable relationship which empowers your teenager to open up, connect and thrive!

Without it taking 15 years! Or filling your shelves with self help books.... Like I did! 😊

The great news is that right now you're in possession of a toolkit that can get you massive results when practiced correctly and consistently.

But unless you understand how to practice and be consistent in your own teenage-environment, it'll only ever remain an(other?) underutilised tool gathering dust in your toolbox.

It's like having keys to a gorgeous car but not knowing how to drive it. Or being too scared to!

So, if you'd like to really get a handle on how to use these tips to get transformation and become the Mindful Mum... I want to show you how, through an in-depth, advanced mindfulness based training.

Inside the Clarity Coaching Project I deep dive with you, into exactly how to create a sense of calm, confidence and connection – in you, your kids and your home.





I provide you with training and 1 on 1 coaching so you have everything you need to know, everything you need to do, and an understanding of 'how' to do it.

I even provide the mindfulness guides, worksheets, resources and tools (all backed by science and research) to 'practice, not perfect'.

Becoming a mindful mum is SO MUCH easier when you have this level of personalised coaching support and accountability.

You are looked after and encouraged the whole way!

If you'd like to have a complimentary coaching call with me to learn more about the programme and if it's a good fit for you, click the link below to be taken straight to my calendar.

[CLICK HERE for free coaching call](#)

I can't wait to meet you and help you even more, so jump into my calendar and I'll see you soon!

Blessings, love and light to you

Rhonda x

