

WELL-BEING NEWSLETTER



THE EMOTIONAL CUP

IMAGINE THAT EVERY CHILD HAS A CUP THAT NEEDS TO BE FILLED WITH AFFECTION, LOVE, SECURITY AND ATTENTION. SOME SEEM TO HAVE A FULL CUP MOST THE TIME, OR THEY KNOW GOOD WAYS TO GET A REFILL. IT'S ONLY NATURAL FOR CHILDREN TO GET NERVOUS FROM TIME TO TIME WHEN THEIR CUP GET NEAR TO EMPTY, WE JUST HAVE TO BE THERE TO SUPPORT THEM.

WE CAN MEASURE MANY ASPECTS OF CHILDREN'S HEALTH – HOW MUCH THEY WEIGH, HOW MANY PORTIONS OF FRUIT AND VEG THEY EAT, THE NUMBER OF TIMES THE TOOTH FAIRY HAS VISITED. BUT A CHILD'S MENTAL WELLBEING – THEIR ABILITY TO FUNCTION IN SOCIETY, HANDLE THEIR FEELINGS AND COPE WITH THE DEMANDS LIFE THROWS AT THEM – IS MUCH HARDER TO QUANTIFY.

HEALTHCARE PROFESSIONALS HAVE SEEN AN INCREASE IN THE NUMBER OF YOUTHS BEING TREATED FOR ANXIETY AND DEPRESSION. TAKING CARE OF YOUR CHILD'S MENTAL HEALTH CAN SEEM DAUNTING, BUT WITH A FEW SIMPLE STEPS YOU CAN CREATE AN ENVIRONMENT WHERE THEY FEEL MORE COMFORTABLE DISCUSSING THEIR EMOTIONS FROM A YOUNG AGE.

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Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate




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Possible emotions that can fill your cup:

Positive emotions:		Negative emotions:
Calm		Afraid
Creative		Angry
Cheerful		Anxious
Delighted		Ashamed
Energetic		Contested
Ecstatic		Confused
Elated		Depressed
Excited		Disappointed
Fortunate		Disgusted
Free		Embarrassed
Grateful		Frustrated
Happy		Guilty
Inspired		Helpless
Joyous		Hurt
Kind		Insecure
Loving		Jealous
Peaceful		Misunderstood


