

# HANDY 'TOP TIPS'

THOUGHTS FOR THE WEEK!

## DOING WHAT WE CAN – THE EMOTIONAL CUP

We all have within our brains the capacity to absorb good and bad emotions. When our emotional capacity is full of negative emotions, further negative emotions result in an overflow which is often seen in the form of a variety of behaviours. We see this in ourselves and our children. We tend to only deal with the symptoms of the full emotional cup which only provides a temporary respite. We need to learn to empty our cup of the negative emotions - to do this you fill it with positive emotions.

### How to change what your cup is filled with:

- If you are hurting you will need comforting.
- If you are angry you need to forgive.
- If you feel guilty you need to apologise.
- If you experience low self-esteem you need to hear the truth spoken to you.
- If you are fearful you need to receive love.
- If you are stressed you need to receive support.
- If you are tired you need to rest.
- If you are overwhelmed you need some time.
- If you are anxious you need reassurance.



### What Empties a child's cup:

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

### What fills a child's cup:

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

How are our children's cups?  
What are they full of? What can we do to fill them with things that encourage and build?

### THIS WEEK'S FAMILY CHALLENGE

Label a cup/mug for every member of the family and have some small pieces of paper and pens available near them. Spend the week trying to do things that fills each other's cup (being kind, being helpful, being grateful, being encouraging, spending time connecting, laughing together, playing together etc...). Every time you do something to fill another person's cup write it down and pop it into their mug. See if you can fill them all during the week. There is a great book that is a brilliant read to go with this:

Have you filled a bucket today by Carol McCloud - Take a look!