

HOW TO MANAGE YOUR IN YOUR

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Create a safe space: Ensure that your home is a safe and supportive environment where everyone feels comfortable expressing their emotions. Be available to listen and offer support when needed. In Psalms, it talks about God being our refuge and our strength. I want my home to be a place my kids sense the presence of God and His love and comfort. (Psalm 46:1)



Model healthy emotional regulation: Set a good example by managing your own emotions in a healthy way. Show your child that it's possible to express emotions without losing control or harming others. (Ephesians 4:26)



Validate their feelings: Let your child know that you understand how they feel, and that it's okay to have the emotions they're experiencing. This will make them feel heard and acknowledged. Some great phrases to use during this time are: what I hear you saying is...; and I can understand how you would feel that way....

This a great opportunity to use names of feelings based on intensity (disappointed vs sad vs devastated) and teach them emotional vocabulary. You can also validate their feelings by sharing stories from the Bible when someone else felt the exact same way. I love the Biblical example of Elijah. When he was most discouraged, God gave him comfort. (1 Kings 19). Remember to keep any sharing you do brief as all of our attention spans are now much shorter than they've ever been ever.



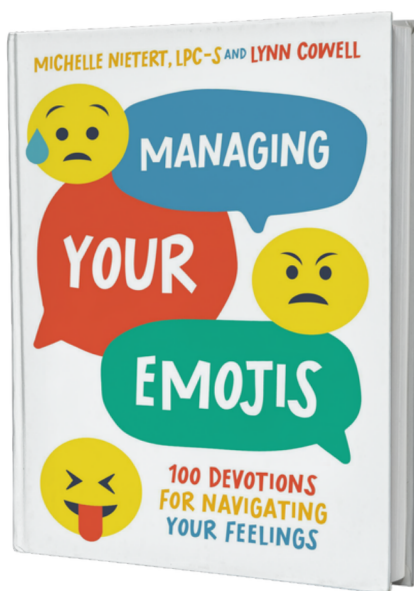
Teach coping skills: Help your children build emotional resilience by teaching them coping strategies like deep breathing, prayer, and positive self-talk based on Scriptures they've learned. Encourage them to use these techniques when they feel overwhelmed. I often encourage kids to remember that they are wonderfully made. (Psalm 139:13)



Model and teach them to turn to God: After you've given them time to identify their feelings and ask them where they feel it in the body, ask them if you can pray for them, or even with them, asking God to help comfort them in the midst of their sadness. Breath prayers are good way to do that together. You can breathe in God's love, peace or joy and breathe out whatever is bothering them. I even like to make an audible sound when I breathe out because I know it helps us release the emotion in our body. (Phil 4:6)



Seek help if needed: If your child is experiencing intense emotions that are interfering with their daily life, consider seeking professional help from a Christian counselor who specializes in childhood mental health.



God calls us to live lives of joy, but sometimes we feel mad, sad, or scared. *Managing Your Emojis*, a 100-day devotional, teaches kids that God loves them no matter what they're feeling, and Scripture can empower them to manage their emotions.

Learning to manage our emotions is a critical life skill, yet we've often missed equipping kids with these valuable skills before situations intensify into mental health issues. *Managing Your Emojis* will help kids discover that emotional control and happiness come from God's presence with them. Through short, accessible devotions kids will be encouraged to observe, name, and release their emotions while turning to God for the strength, love, and support they need as they begin the fast-moving process of growing up.



Licensed Professional Counselor of 25 years, **Michelle Nietert** is the coauthor of the bestselling book *Loved and Cherished*, award-winning *Make Up Your Mind*, *God I Feel Sad: Bringing Big Emotions to a Bigger God* series and *Managing Your Emojis*. A popular speaker on topics regarding mental health, faith, and parenting, she is a frequent guest on national television and podcasts, and hosts the *Raising Mentally Healthy Kids™* podcast. Connect with Michelle at YourMentalHealthCoach.com.



Lynn Cowell is a part of the Proverbs 31 Ministries team, speaking and writing for women of all ages empowering them to find confidence in Christ. In addition to speaking on the national level, Lynn reaches many through her writing as an author of eight books and devotion writer. Lynn and her husband, Greg, of over 35 years reside in North Carolina where they enjoy the mountains, sweatshirts and anything combining chocolate and peanut butter.