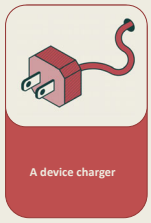
MomMA Module 6: Emotion Regulation

1

Before we begin, make sure you have...


A device charger


Your MomMA packet


Something to write with

2

3 Mindful Breaths


Sounds


Breath


Body Sensations

3

Creating Structure Review

- **Schedules and routines can:**
  - Improve time management and organization
  - Free up time for things you want to do (versus things you need to do)
  - Decrease the "brain power" needed for daily tasks (auto pilot)
- **Schedules should include:**
  - Sleep
  - Responsibilities (home, work, financial, etc.)
  - Physical activity
  - Pleasant activities and self-care
  - Time for transition between activities
- **Strategies for maintaining a schedule:**
  - Habit stacking
  - Using reminders (digital and physical)
- **Making and implementing changes to your schedule**

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Session 5

Creating Structure
Home Practice: Scheduling

Record the changes you will make to your schedule and steps you will take to help you implement your schedule. There is a weekly schedule template on the next page if you wish to record a schedule to follow over the next week.

Change I am going to make: *Set a consistent bedtime and wake time*	
• *Pack lunches for the next day after cleaning up dinner* • *Move alarm clock to dresser so I have to get up to snooze it*	• *Set alarm to get ready for bed*

Change I am going to make:	

Change I am going to make:	

5

Home Practice Review

What adjustments did you make to your schedule? How did that go?

Did you make any changes to your calendar system (paper vs. digital calendar or using reminders)?

What did you discover from following your schedule for a week?

6

Plan for Today



- Review MomMA next steps
- Explore mindfulness as a way to "tune in" to our thoughts and feelings
- Introduce strategies for regulating emotions
  - Brief/in-the-moment mindfulness exercises
  - Structured/planned mindfulness exercises
  - MomMA strategies for emotion regulation

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MomMA Study: Next Steps

Before Delivery:	• Post-program feedback interview (done remotely via Zoom) • Online survey $100 payment
After Delivery:	• MomMA booster sessions 4 + 8 weeks after delivery • Additional booster can be scheduled *anytime* if needed • Check in with therapist and troubleshoot any new challenges
When your baby is 4 months old:	• Online survey • Recorded parent-child play task (done remotely via Zoom) $100 payment
When your baby is 12 months old:	• Online survey • Recorded parent-child play task (done remotely via Zoom) $150 payment

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Feeling Overwhelmed?

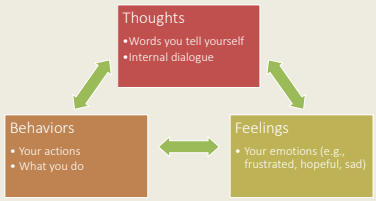
Schedule MomMA booster session

Magee BH Clinic 412-641-1238

Talk to your OB/GYN

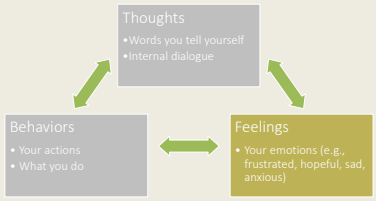
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Emotions and ADHD



10

Emotions and ADHD



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Why use mindfulness?

Mindfulness training can improve:

- ADHD symptoms
- Emotion regulation

Why practice in the coming months?

- Decreased parent depression, anxiety, and stress
- Decreased fear of childbirth
- Improved confidence in parenting

Consistent practice leads to the biggest benefits!

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Mindfulness Toolkit

Notice Your Senses	Do an Activity Mindfully	3 Mindful Breaths
STOP	Progressive Muscle Relaxation	RAIN

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Mindfulness Toolkit

Notice your senses
- 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste

Do an activity mindfully
- Notice your thoughts, sensations, and feelings while eating, preparing coffee, lighting a candle, etc.

3 mindful breaths
- Take 3 breaths, focusing on sounds, the breath, and body sensations

STOP
- Stop, take a breath, observe, proceed with awareness

Scan QR code for additional guided mindfulness exercises

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Jacobson's Progressive Muscle Relaxation

- Tense and then relax different muscle groups (hands, eyes, neck, legs) in your body.
- Choose the muscle group. Tense it and squeeze the muscles in that part of the body for 5 seconds. Notice how the tension feels in your body.
- Let go of the tension and relax the muscles in that part of your body. Notice the difference between the tension and relaxation.

Let's practice!

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RAIN Mindfulness for Emotions

Recognize	Name and acknowledge the emotion without judgement while it is happening.
Accept	Accept the emotion; allow and welcome it. Remember that emotions are a normal part of being human.
Investigate	Investigate the emotion with curiosity, openness, and interest. Notice how the emotion feels in your body.
Nurture	Think of yourself as an "outside observer" of your emotion. Emotions are temporary; you don't have to take them personally.

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Session 6

Emotion Regulation
Home Practice: Managing Emotions

Notice when you are feeling strong or negative emotions this week. Each time, note the situation, any strategies you used to feel better, and if those strategies worked for you.

Situation	Emotion	Strategy Used	Did it work?

Strategies I used:

- ☐ Pleasant or self-care activities
- ☐ Changing your thinking (challenging unhelpful thoughts)
- ☐ Creating structure (using schedules/calendars/to-do-lists to manage overwhelm)
- ☐ Brief mindfulness exercises (notice your senses, do an activity mindfully, 3 mindful breaths, STOP)
- ☐ Progressive muscle relaxation
- ☐ RAIN (Recognize, Accept, Investigate, Nurture)
- ☐ Other: _____
- ☐ Other: _____

Home Practice

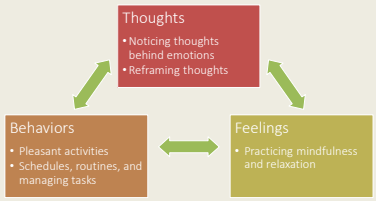
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Remember!

- Mindfulness is not easy
- Notice distracting thoughts and then let them go
- Mindfulness is a skill that develops over time (so stick with it!)
- Create structure (add to calendar or use a reminder)

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Tools for Regulating Emotions



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Pleasant Activities

- Negative emotions can put "pressure" on our emotion regulation systems
- Pleasant and self-care activities can act as a "pressure release valve"
- Use assertive communication to protect this needed time

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Creating Structure

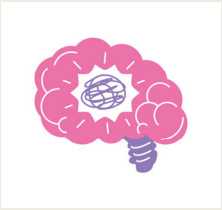


Schedules, routines, and to-do lists can prevent overwhelm



Balance structure and flexibility

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Changing Your Thinking

- What we think or tell ourselves about a situation changes how we feel about it
- We can interrupt the negative spiral by challenging or reframing negative or unhelpful thoughts

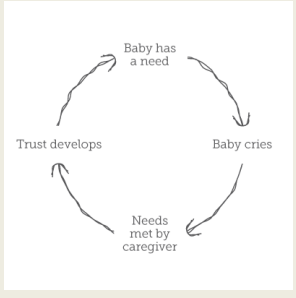
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Remember: regulated people are regulated parents!

When we are more regulated, we can parent better and build a healthier relationship with our child(ren)

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Attachment

Attachment: the special bond between an infant and caregiver

Mother-to-baby attachment typically begins in pregnancy and grows over time

The things you do now can help you and your baby in the future!

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Self-Care and Attachment

- The MomMA program is designed to help you feel better now AND to promote healthy attachment
- Taking care of YOU will help you be a better parent (put on your oxygen mask first!)
- Getting into the routine of self-care now will help you protect this time moving forward

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Parenting and Personal History

- What kind of parent do you want to be?
- What do you value?
- How were you parented?
- How might you use the skills you've learned in the MomMA program in your parenting?

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Celebrating Successes



Mindfulness and Emotion Regulation
In-Session Planner: Successes and Next Steps

Successes
What are my "wins"? Where have I seen progress? Remember nothing is too small to count!

Next Steps
How will I keep making progress?

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Congratulations!



28



S: Stop
T: Take a breath
O: Observe
P: Proceed with awareness

29

How do you feel about your ability to:

- Practice the mindfulness and emotion regulation techniques that were discussed today?

1 2 3 4 5 6 7 8 9 10

30

Reflection Questions

How might using mindfulness help you:

…be more aware of your thoughts and feelings?

…manage your emotions?

…in your parenting?

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