



Superpowers you can share with your children

Our body and mind both hold innate superpowers that are waiting to be accessed to optimise the way we feel physically and emotionally.

To me, a superpower is a boost of an empowering energy that creates positive change for ourselves which ripples out and positively impacts others around us too.

Here are 5 superpowers that you can share with your children to help them to move from stresses to smiles, that they can access anytime, anywhere, just like their superheroes!

1. **Tell your children it's ok to not be ok.** This is a hugely empowering and important message that encourages them to know that it's safe and important to experience and share feelings, even if they don't exactly know what that feeling is. Emotional development is fundamental to the rest of their development, helping them to grow into well-adjusted adults who are healthy emotionally and psychologically.
2. **Encourage them to use their breath** to help them to relax - breathe in a superpower (of their favourite superhero) or a happy feeling or colour, and breathe out a sticky yukky feeling (as Brad Yates describes it) or a tension they may be experiencing.
3. **Show them they can change the way they feel** by using superpowers in their fingers to press on magic buttons on the inside of their wrists (where the watch strap would go). Take two or three fingers of one hand and tap on the inside of the wrist of the other hand. Do number 2 at the same time and encourage them to tap for as long as they need (normally only one or two minutes). Let them know that they can use their superpowers on these magic wrist buttons anytime, anywhere to feel calmer or more confident.
4. **Encourage them to drink water** (rather than soft drinks or milk) to maximise their superpowers. Up to 60% of our body is water and our brain and heart are over 70% water! They can also imagine the tension or the sticky yukky being washed away as the water goes down.
5. **Get them to smile!** A smile, whether a sincere one or a fake one, elevates your mood and creates a sense of pleasure and well-being. It's like giving your brain a feel good party! Smiling is contagious too, so it will lift the spirits of everyone who sees it.

I hope you have fun sharing these superpowers with your children. Asking for help is also one of the most empowering things we can do and model to our children, so if you would like expert emotional wellness support for yourself or your family, please do get in touch.

Lou x

www.optimalvitality.co.uk



© Optimal Vitality 2020