



# Nervous System Reset Tools

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- Slow exhale breathing (longer out-breath)
- Physiological sigh (2 short inhales + long exhale)
- Humming / chanting
- Singing (or listening to calming music)
- Warm drink / warm shower
- Cold splash (face/neck)
- Gentle movement (walk, stretch, sway)
- Shake out tension (30–60 seconds)
- Grounding: 5–4–3–2–1 senses
- Orienting: look around, name “safe cues”
- Nature / outside air
- Sunlight (morning if possible)
- Hydration + snack (blood sugar check-in)
- Rest / micro-break (2–5 minutes)
- Yawn / jaw release
- Laughter / playful moment
- Connection: safe person, text/call
- Pet/animal time
- Journalling: “what do I need right now?”
- One small task (reduce overwhelm)



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# EMDR

## Eye Movement Desensitization & Reprocessing

### Heal without revisiting all the details

EMDR is an evidence-based therapy that can help people of all ages (including children) process trauma and distress without having to re-experience it in detail.



### What happens during EMDR?

- ✓ I guide you in recalling distressing memories while stimulating your brain with bilateral eye movements or tapping.
- ✓ This dual focus helps you process and release trauma without needing to go over every detail or relive painful experiences.
- ✓ Over time, the emotional charge of the memories fades and you feel more calm, confident, and present.

**\$150 per 100 minute session** while I develop my clinical hours

Enquire via my website to see if EMDR is the right fit for you.

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# TRAUMA-INFORMED COUNSELLING

## What Trauma-Informed Means

I understand how trauma shapes emotions, thoughts, and behaviours. I create a safe space for healing that empowers you toward real solutions.

## Helpful Tools I Use



**EMDR:** Process and release traumatic memories



**Attachment-Based Therapy:** Repair safety and relationships.



**Somatic Therapy:** Connect with physical sensations to release tension.



**Christian Counselling:** Integrate your faith with compassionate mental health support.



**Attachment—Based Therapy**  
Repair safety and relationships

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# Feeling overwhelmed... and carrying it alone?

Support for individuals, children & families

*Practical tools.  
Real healing.  
Warm support.*

**EMDR**  
for trauma  
& distress

In-person or Telehealth

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# Helpful Tools for Emotional Regulation

Supporting healthy responses to big feelings

Emotional regulation is the ability to understand, manage, and cope with our feelings in a healthy way. When we teach kids (and ourselves) to regulate, we nurture emotional wellbeing and strengthen resilience, relationships, identity and overall mental health.



## Name Feelings

Help children name and describe emotions, e.g. "I feel worried, like butterflies are in my belly."



## Use Calming Activities

Tools like deep breathing, sensory grounding, physical activity and creative outlets.



## Model Emotional Regulation

Calmly model how to manage sadness, anger, anxiety, etc., in real-time.



## Mindful Moments

Teach simple mindful tools like "5 senses," grounding or guided imagery



## Practice Co-Regulation

Stay calm and supportive when your child has big feelings on their way to learning self-soothing.



## Visuals & Tools

Use feelings charts, calm down kits and toolboxes for brain breaks.



## Manage Meltdowns

Prepare for dysregulation with compassion and plan to defuse safely.



## Problem Solving Skills

Teach conflict resolution, positive self-talk, and skills to cope and repair.

Emotional regulation is a skill. It can be taught and nurtured.



## **+ Christian & Faith-Friendly Crisis Support (Australia)**

If you or your child are in immediate danger, call 000.

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### **Lifeline Australia – 13 11 14**

24/7 crisis support | Phone & online chat

Originally founded by Wesley Mission

Faith-respectful and widely trusted

[www.lifeline.org.au](http://www.lifeline.org.au)



### **Salvos Care Line – 13 72 58**

Run by The Salvation Army

24/7 pastoral-style emotional and spiritual support

Christian-based listening and prayer available



### **Suicide Call Back Service – 1300 659 467**

24/7 phone & online counselling

Specialised support for suicide  
and self-harm



### **Kids Helpline – 1800 55 1800**

For children & young people (ages 5–25)

24/7 phone, webchat and email

Faith-respectful and very child-appropriate



### **Vision Christian Prayer Line – 1800 007 770**

Christian prayer and pastoral support

Available most days.

Great for families wanting explicit prayer support

Faith-respectful crisis supports for families who value spiritual care.



# Helpful Tools for Managing Your Child's Anxiety

Gentle, evidence-based support for you and your child

When your child experiences anxiety, it can be difficult to know how to help. Using gentle, evidence-based tools can reduce anxiety, teach self-regulation skills, and strengthen your child's sense of safety and confidence.



## Understand Their Anxiety

Recognize physical signs & anxious thoughts and validate their experiences.



## Create an Anxiety Toolbox

Use tools like breathing exercises, grounding and positive coping statements.



## Teach Calming Strategies

Teach skills like deep breathing, sensory calming and positive self talk.



## Co-Regulate with Them

Stay calm, use gentle reassurance, and help them regulate their emotions.



## Establish Routines

Predictable routines and consistent limits support a sense of security.



## Empathize & Normalize

Listen with patience and let children know they're not alone in their worries.



## Gradual Exposure & Practice

Take small steps to gently face fears and celebrate every bit of bravery.



## Reduce Anxiety Traps

Reduce unhelpful reassurance, escape behaviors and avoidance.

Support is available You don't have  
to navigate your child's anxiety alone.





# Helpful Tools for Parents

*Support that is practical, warm and empowering*

Parenting is one of the most meaningful — and most demanding — roles we will ever hold.  
Most of us were never taught the emotional tools needed to raise children with confidence,  
connection and calm — but these tools can be learned.

## Helpful Tools I Offer Parents:



### Psychoeducation

Understanding child development,  
behaviour and emotions.



### Emotion Coaching & Co-Regulation

Supporting big feelings and  
teaching regulation skills.



### Attachment-Informed Parenting

Strengthening secure and healthy  
bonds.



### Managing Challenging Behaviour

Tools for anxiety, meltdowns  
& school stress.



### Connection-Based Discipline

Setting limits with empathy  
and respect.



### Neurodiversity-Informed Support

Guidance for ADHD, autism  
& sensory needs.



### Parental Wellbeing & Burnout Support

Caring for yourself as a parent.




### Family Communication Tools

Improving listening and problem-solving.

**You don't have to parent alone.**

Let's build your parenting toolkit — together.





# Navigating Narcissistic Personality Disorder (NPD)

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## ♥ Understanding NPD

- NPD is a complex mental health condition marked by persistent patterns of grandiosity, lack of empathy, and a need for admiration.
- Education is key to recognising narcissistic behaviours and protecting your well-being.

## ♥ Staying Safe

- Dealing with a narcissistic individual can be challenging. Safeguard your emotional and physical safety by setting clear boundaries, seeking support, and trusting your instincts.
- Therapeutic support can provide tools and guidance.

## ♥ The Grey Rock Method

- The Grey Rock Method is a technique to reduce attention to emotional manipulation.
- By becoming emotionally unresponsive and “boring” like a grey rock, you make yourself less interesting to provoke.



*Helpful* **TOOLS**  
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