

With a Peaceful Heart Gary Sweeten & Cyndi Wineinger

- There's a tiger after me!
 - Historic stressors
 - Occasional threats
- Hard Wired by Creator to survive
- Fight or Flight

Contemporary Stressors

- Life's challenges
- Chronic Stressors
- Daily tigers
 - Intimate Irritants
- Marriage, Parenting, Work, Driving
- Special Needs-Special Stressors

Parent Chronic Stressors

- 90 to 100% said-Greatest Stress Comes
 - We can never relax!
 - Sickness of the SN Child
 - Spouse is sick
 - Constant clutter
 - People say/do disrespectful things
 - Training new care givers
 - Going on vacation, travel
 - Changes in schedule

Brain Waves

- Activating Events
- Belief System
 - Perceptions
 - Self Talk
 - Shoulds / Ought's
- Consequential Feelings: Mad, Sad, Glad, Guilty, Ashamed
- Decisive Behavior

Planned Responses

- To Negative Events
- Adult/Parental Time Out
 - Stop, Drop and Roll
 - Get distance from the moment

Rude Behavior

- Staring
 - Step into it;
 - Roll Daniel Over;
 - Respectful Introduction
- Stupid Comments
 - Push
 - Pull
 - Paradox