



Securing Your Daughter's Future: The keys to wellbeing, mental health & peak performance

with Dr Tom Nehmy

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Take Away Messages

- Wellbeing is more important than trying to feel happy 24/7, which is not normal. Treat your wellbeing like a project.



- Learning psychological skills for mental health and wellbeing is not only for treating problems – it should also be the focus of prevention and peak performance.
- Resilience comes about from what children learn – through modelling, general experience of life, and through what they are explicitly taught.
- Securing your daughter's future does not come from perfect parenting or your daughter's perfect achievement – unhelpful perfectionism is a barrier to achievement and wellbeing.
- You are modelling to your child *anytime you are in the same place*
- Children are apprentice adults who need guidance, coaching, feedback & support

- There can be no resilience without the opportunity to be resilient.
 - Try not to make the Great Mistake – prioritising short-term emotional states over longer-term learning and development.
 - Beware of ‘overparenting’ – You should only assist kids to the degree that is appropriate to their developmental level

- Use pre-emptive exposure
 - Kids can expand their comfort zone and build confidence reliably if prompted and coached to consistently go just one step outside their comfort zone, and by not avoiding or escaping when they feel uncomfortable.

- Your daughter’s future will reward her for:
 - Implementing psychological skills such as:
 - Balanced, realistic, helpful thinking
 - Self-control & ‘psychological muscle’
 - Self-compassion (which is more important than self-esteem)
 - A mindset of gratitude
 - Courage and willingness to take on challenges

- De-emphasise the importance of shape, weight and appearance.
 - Help your daughter be a critical consumer of media messages (1. “What’s altered or not realistic here?” 2. “How are they trying to influence us”
 - Talk about shape and weight in terms of health only.
 - Emphasis other values by which we might reasonably judge our self-worth

- Focus on courage over comfort!

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