



1:1 and pupil workshops

Enrichment days

Staff INSET and supervision

Private clients

30+ schools

8,000+ students

Jessica Chapman

BRIYM Trainer and Therapist



Fight

Hitting

Angry

Blaming

Screaming

Yelling

Controlling

Slamming Doors



Not following
instructions

Punching

Defensive

Demanding

Irritable

Aggressive

Flight

Moving away from
what feels a threat

Running away

Overwhelmed

Unfocused

Scared

Fidget

Anxious

Restless

Put things off

Hyperactive

Panicked



Freeze

Say 'I don't know' a lot

Shutting down

Want to hide

Mind goes blank

Helpless

Feeling sad

Feeling stuck

Unable to answer

Bored

Not sure how you feel

Daydreaming

Difficulty completing tasks



Flop

- Faint (play dead)
- Zombie-like. Do things without protesting
- Feel weak at the knees
- Shutting down



Laughing

Children = 300 to 400

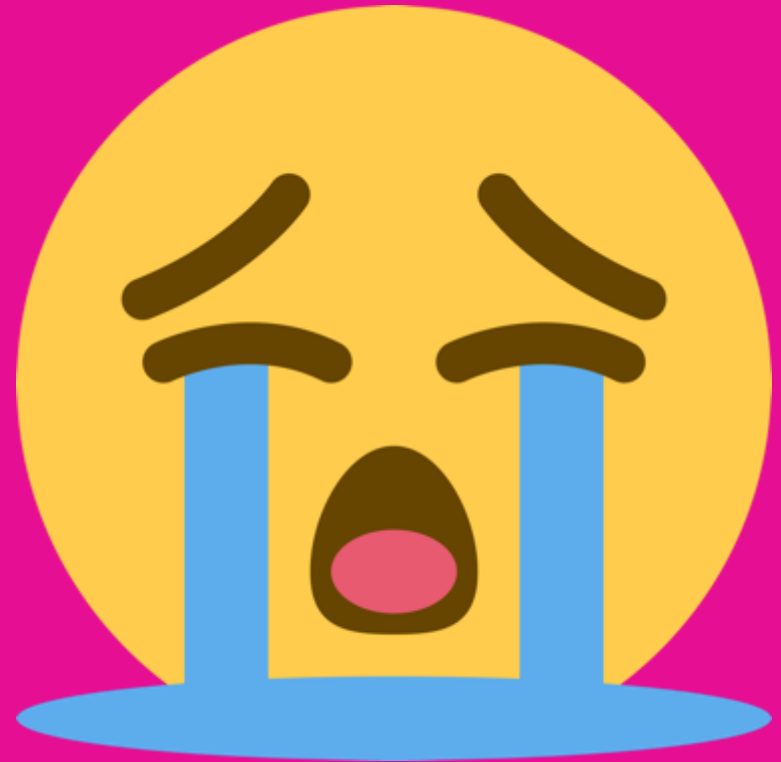
Adults = 15



Crying

Releases cortisol

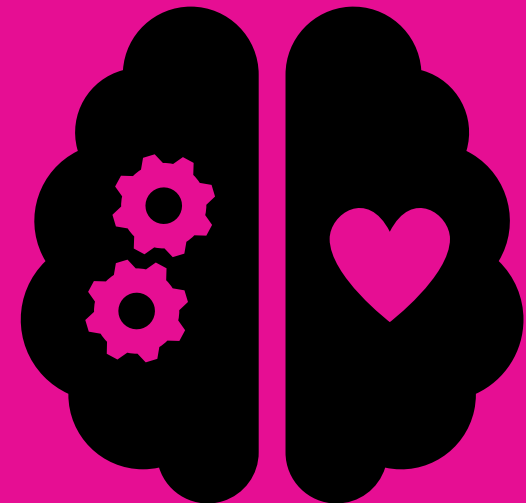
Increases endorphins



**The heart in
your hand**

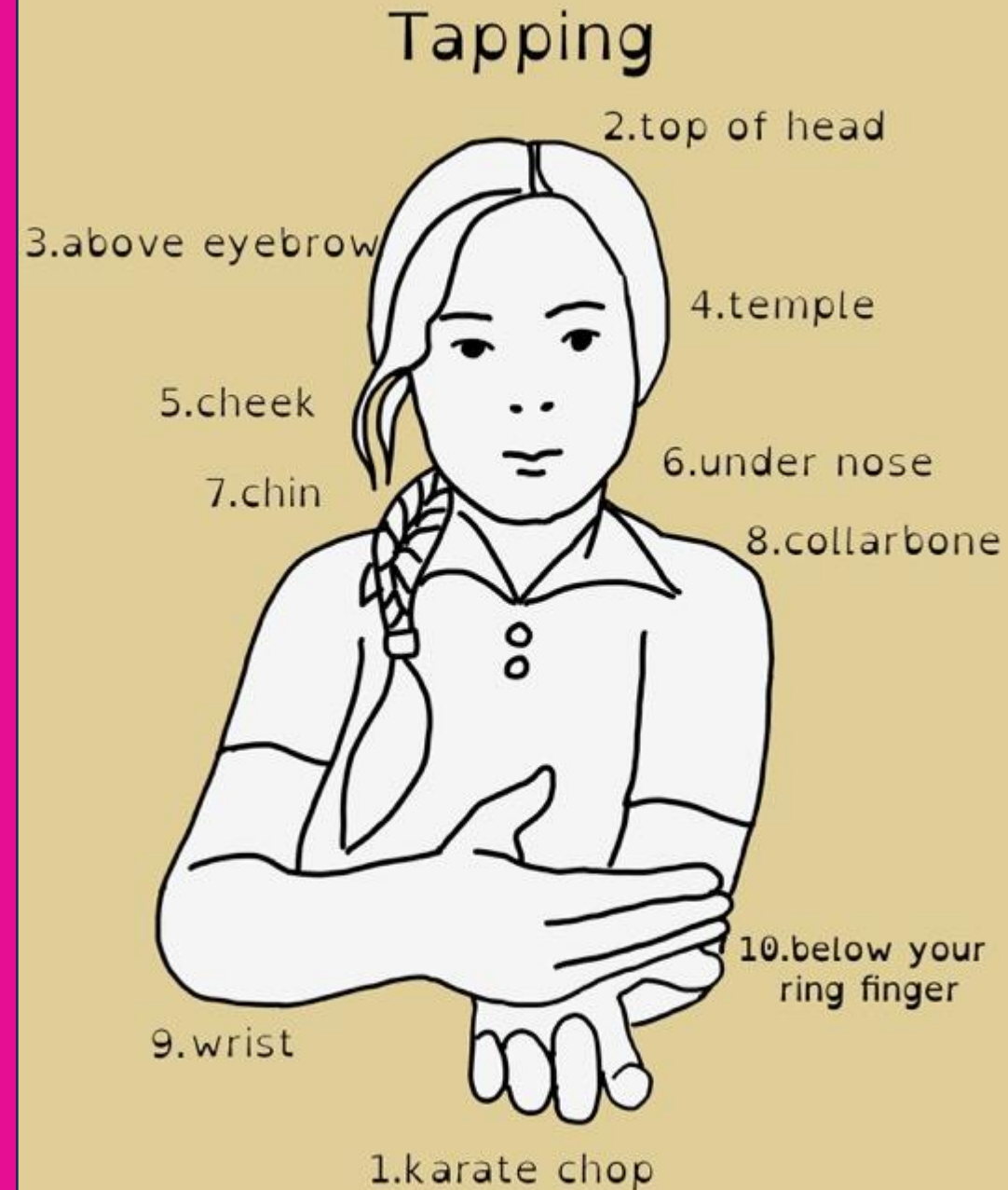


**Bilateral
Stimulation**

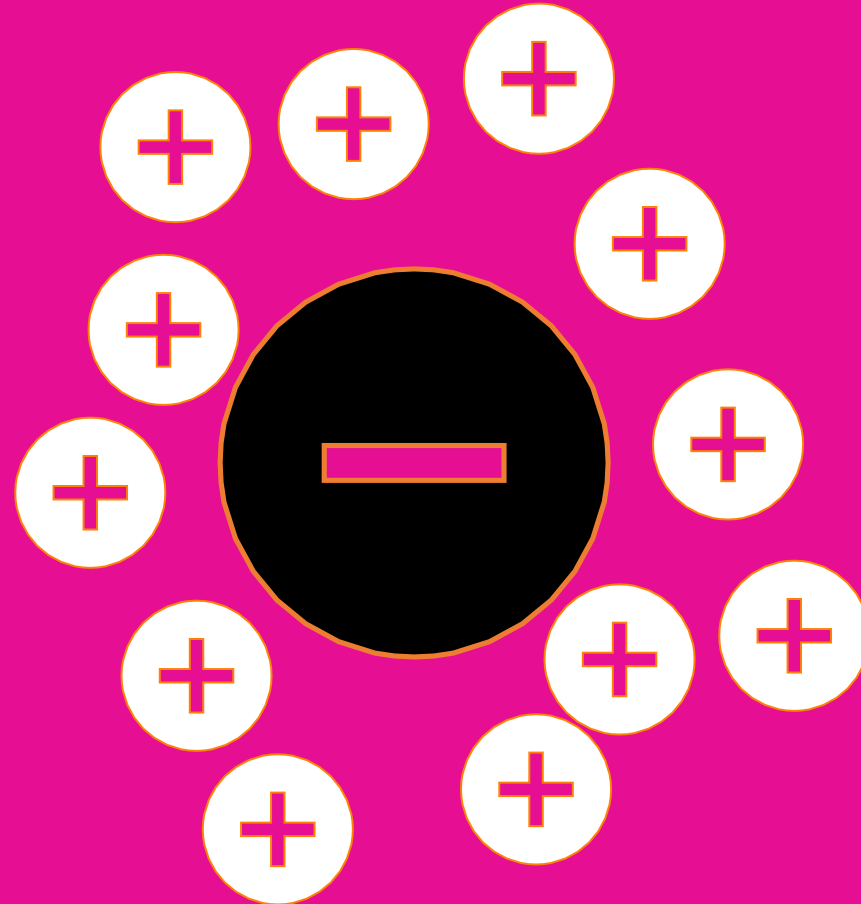


Emotional Freedom Technique

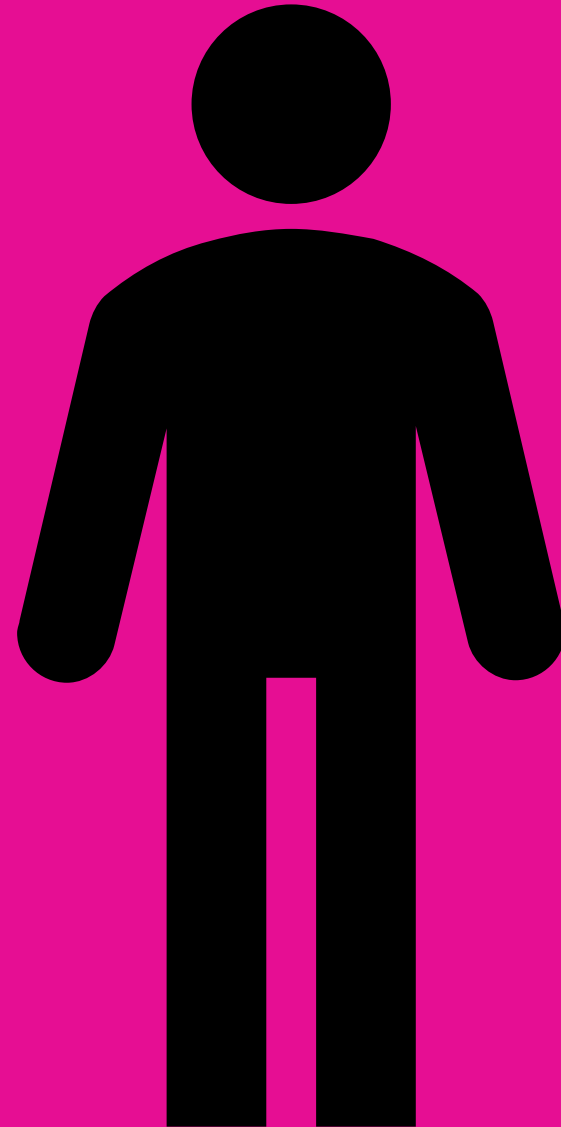
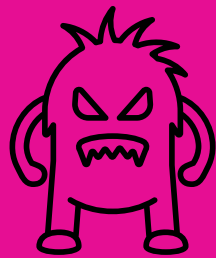
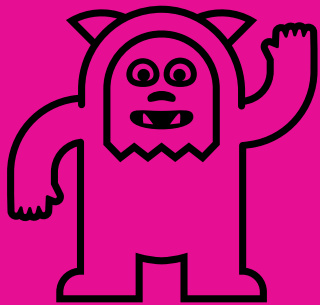
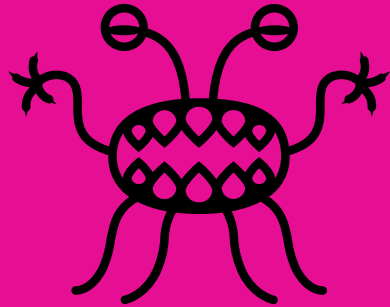
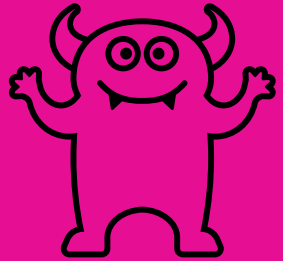
- Resilience: to return to original state after stress.
- Repressing emotions is not healthy.
- EFT significantly lowers cortisol.



Positive self-talk



Cartoon World



Let's recap



Cortisol = stress

Fight, Flight, Freeze, Flop

Laughter and Crying

Heart in your hand

Bilateral stimulation

Emotional Freedom Technique

Cartoon World

briym

BUILDING
RESILIENC
IN
YOUNG
MINDS



BRIYM.UK