



Chat Transcript: The WELCOA Pulse Supporting Parents at Work – Youth Mental Health

14:03:16 - Fatima:
Hi Sara

14:03:22 - MAUREEN:
all set

14:03:30 - Amy:
WI

14:03:31 - Anna:
La Crosse, WI

14:03:31 - Kyle:
Hayward Wi

14:03:32 - niashani:
chicago!

14:03:34 - Julie:
Lincoln, NE

14:03:36 - Arianne:
Ohio

14:03:37 - Arron:
From Montana:-)

14:03:37 - Nereida:
Hello From Sacramento, CA

14:03:37 - Karyn:
Hello from Wisconsin! So excited to be here!

14:03:38 - Alma:
Sacramento, CA

14:03:39 - Denna:
Pella IA

14:03:39 - Meagan:
OKC



14:03:40 - Carrie:
North Carolina

14:03:40 - Stephanie:
Little Rock, AR

14:03:40 - Audrey:
Richland, WA

14:03:41 - Mari:
Burlington, Vermont

14:03:41 - Jessica:
Milwaukee, WI

14:03:42 - Jessica:
Maryland

14:03:42 - Brie:
Michigan! :)

14:03:44 - Tory:
Virginia

14:03:49 - Megan:
Milwaukee, WI

14:03:51 - Stephanie:
Hi from Rapid City, SD!

14:03:52 - Suzanne:
Connecticut

14:03:55 - Karen:
Joining from Tucson, Az

14:04:00 - Lisa:
Buffalo NY

14:04:13 - Sheila:
Indianapolis, IN

14:04:18 - Mary:
CA



14:05:28 - Julia:
MA

14:07:53 - Amanda:
Caro, MI

14:12:53 - Audrey:
Yes! Communication is SO important, more than ever.

14:15:33 - Caroline:
Compassion!

14:18:14 - Lisa:
Everyone has a story and everyone wants to be heard. Compassion is key!

14:20:47 - Kelly:
It's okay as a parent to not always have the answers. I reached out to the school counselor for her to reach out to my daughter because I could see signs of depression and felt like she needed someone other than me to talk to.

14:21:34 - Tory:
Our safe space is in the car during the drive to sports practice

14:21:48 - Karen:
Love that, I did that in our carpool - no phones allowed. Was a wonderful opportunity to communicate and I miss that.

14:22:32 - Caroline:
Some of our best "mommy and me" conversations happen in the car. During the pandemic, since we were all studying/working from home, we needed to find other ways/places to connect.

14:22:38 - Melissa:
I think a lot of our society is uncomfortable with emotions, thus not allowing individuals to be able to share and truly feel

14:23:15 - Melissa:
We need to learn how to feel comfortable with emotion

14:23:30 - Heather:
I was taught "don't cry. Be strong" which makes crying seem not strong. We have changed that with our kids. ALL emotions matter and are validated



14:24:28 - CARLA:

The old saying - children are meant to be seen and not heard - is so hurtful. Children aren't trophies/home decorations. Children are people and all people deserve to be heard/validated.

14:25:15 - Arianne:

I lie on my teen son's bed while he is on his computer and pretend to use my phone while we talk about difficult things, until he opens up

14:26:17 - Heather:

This gives the kids space to ask for do overs too

14:26:22 - Lynn:

Has anyone read Running on Empty by Jonice Webb? It's about Childhood Emotional Neglect (CEN)

14:26:26 - Karen:

Some parents need to be right, and have their kids do what they think is right. They don't listen to their kids and validate what they are feeling. Kids are living through very different times than we did and it is important to try to understand why they feel the way they feel.

14:26:50 - Sheila:

amen!

14:26:51 - Fatima:

thank you- it really is hard

14:26:57 - Jennifer:

I try to remember they aren't giving me a hard time, they are having a hard time.

14:27:20 - Fatima:

I think sometimes my daughter hates me...and she is only 11 years old...both of us are needing to be right

14:27:27 - Fatima:

thank you for the heartfelt insights

14:27:42 - Audrey Wright to Everyone:

It is the most rewarding and challenging role. The real talk here is so nice to hear.

14:27:52 - Karen:

Great conversation!



14:28:08 - niashani:
Mindfulness.

14:28:54 - Melissa:
All of us can be change makers. I would venture to guess that most of us were told to suppress our emotions, but we can change that for our kiddos and help them learn how to express their emotions and validate. It's so hard to undo the generational cycle but having compassion for ourselves is so important. This is a hard journey and I agree that compassion is super important but learning self compassion is super hard too.

14:29:11 - Nancy:
Taking a walk with my child has been helpful.

14:29:16 - Heather:
Yesterday my daughter was so upset about Ukraine and that a Holocaust memorial was bombed. And then was upset that some people in her class didn't know who Anne Frank is. These are NOT the 14 year old conversations I was having at that age

14:29:25 - Nancy:
We just walk and I wait for them to speak.

14:29:31 - Karyn:
"The Pause!" The moment between stimulus and response! Yes!

14:29:55 - Arron:
My kids are in their early 20s. So often, especially during their teen years, I knew that a tough conversation had to take place, not necessarily WHAT needed to be said, but that the talk needed to happen....and I didn't. What a horrible feeling afterwards...to say, "Ah, we needed to talk about this!" It's only now that I feel comfortable going back to them and telling them, "Hey, I wanted to have this talk with you, but I didn't. I'm sorry. Can we talk now?" 100% of the time, they've said, "Absolutely!"

14:31:54 - Heather Matthews to Everyone:
They should be afraid of NOT asking, and not opening the door to conversation. That is where the fear is

14:32:05 - Karen:
Good point

14:32:41 - MAUREEN:
and great approach



14:33:04 - Karen:

I found talking in the car was often better for kids because they don't have to look at you. Sometimes they have a hard time making eye contact, especially when we talked about sex ed (LOL), and it gave them a little "space" to open up that worked for us.

14:34:41 - Lisa:

Yes, now but wow, it took a terrible turn but we finally got there. My daughter goes thru depression and was very suicidal in 2018. Luckily we are now in a better place. But when I see her mood turning, I ask, the question, because I need to watch and keep her safe until it passes.

14:34:54 - Sheila:

True!

14:34:54 - Lisa:

Yes, Yes, Yes

14:35:16 - Jessica:

Yes! that question is SO hard to even get out of your mouth, but so important

14:35:16 - Sheila:

Too important a question to beat around the bush

14:36:34 - Karen:

Heather I had a similar conversation with my daughter yesterday. She is 22, and what is happening in Ukraine is scaring her especially as we are Jewish. It hits too close to home for us given what our people experienced in the Holocaust. These are tough times.

14:36:49 - niashani:

Builds character and strength

14:36:53 - CARLA:

I found sharing my emotional struggles in a situation allowed them to see a vulnerable side of me and it maybe encouraged them to be vulnerable also. But, also, I think it would be important to ask permission to share. Some people don't have the space emotionally to process stuff if they have so much going on personally.

14:36:55 - Heather:

If you fix everything and then send them off to college, or out in the world, you are creating a space for them to fail



14:38:00 - Karen:

Lisa, so glad it is better now. That is terrifying to go through. My daughter had a tough time with anxiety in her sophomore year of college and it got pretty bad. We got her the right help and she seems to be managing it really well now thankfully.

14:38:17 - Melissa:

In households that are divorced or if there is domestic violence, that communication and co-parenting isn't always a positive experience

14:40:50 - Lisa:

Karen, the pandemic in some respect was helpful to me, because I was able to work from home. It really was terrifying. She was a freshman. Good luck with your daughter.

14:41:30 - Karen:

Such a good question. My son's gf shared so much with me that she would not share with her parents because they are extremely strict. Was difficult to navigate.

14:42:31 - Heather:

Sometimes, it's just getting the kid to understand that the truth is safe to share. If they don't know that yet, it has to be established

14:44:16 - Mary:

My 15 yo daughter has been on restriction. I've been contemplating when to end based on the nature of the offense. In recent conversations she has mentioned to me how her absence from her friend group is impacting not only her but the members of the friend group as one of their only outlets in this unique climate. Continuing restriction at this point is having unintended consequences so I think I'll be lifting that today.

14:45:25 - Heather:

@Mary - I think you will be pleasantly surprised when she feels seen and heard by what you respond with

14:46:51 - Mary:

@ HM thank you

14:51:34 - Karen:

Kee, how much do you think it matters what state you live in? Do you think living in a state that is more conservative where politicians are pushing back against rights for LBGQT community and other marginalized communities increases stress level for kids in these communities?

14:53:00 - Caroline:

My daughter deserves a happy mom! Self-care is not a luxury!



14:53:17 - Stephanie:

I LOVE the passion both of you have. I feel it and I share in it!

14:53:34 - Maggie:

We need to say no to homework. We need to say no extra curriculars. We need to say no to PTA.

14:53:40 - Karen:

No apology, you are 100% right Hansa!

14:54:17 - Stephanie:

you don't need an excuse to say no either, just say no. set that boundary

14:54:30 - CARLA:

you can't pour from an empty cup!

14:54:33 - Molly:

To offset guilt, I often tell myself, I'm doing the best I can with what I know at this time.

14:54:54 - Adam @ WELCOA:

Dr. Bhargava will be releasing a book on preventative mental wellness for parents, called Building Happier Kids. It is slated for publication in March 2022. See here for more information: <https://www.amazon.com/Building-Happier-Kids-Stress-busting-Parents/dp/1610025733/ref=nodl>

14:55:12 - Heather:

Just pre-ordered :)

14:55:18 - Kalen:

Truly an outstanding panel presentation today - thank you all for the guidance and wisdom.

14:55:56 - Jennifer:

Companies need to change their expectations. It is not up the individual employee to push back and say no to unreasonable asks, demands and workloads. It won't reduce the stress unless companies do something different.

14:56:09 - Adam @ WELCOA:

See Kee Dunning in an upcoming film by Ken Burns, HIDING IN PLAIN SIGHT: YOUTH MENTAL ILLNESS will premiere on PBS on June 27 and 28 at 9 pm ET.

14:56:26 - Jessica:

^^^^ yes, Jennifer! YES. Full stop.



14:56:41 - Karen:

That is so awesome Kee! Love Ken Burns! Can't wait to read the book Hansa!

14:57:23 - Adam @ WELCOA:

Preview the documentary, featuring Kee in the trailer, here!

<https://www.wellbeings.org/plainsight>

14:57:39 - Maggie:

Jennifer, as a representative from WELCOA we agree with you. We are working to help companies understand the power they have. This is what our next webinar will be about. Please tune in.

14:58:36 - Jessica:

Your sincerity (both of you) is heard and FELT. Thank you!

14:59:03 - Jennifer:

Thank you, I will. WELCOA is doing great work!

14:59:13 - Kimberly:

Thank you ALL! Great conversation!

14:59:17 - Lisa:

Excellent call today! Thank you

14:59:17 - Alma:

Thank you so much!

14:59:20 - Heather:

THIS was by far the best webinar I've been on all year

14:59:20 - Karen:

great conversation! Thanks so very much Kee and Hansa for your insights!

14:59:26 - Fatima:

thank you both

14:59:27 - Adam @ WELCOA:

Please take a few minutes to give us your feedback on today's WELCOA Pulse:

<https://www.surveymonkey.com/r/20220302-pulse-dunning-bhargava>

14:59:28 - Fatima:

congrats

14:59:29 - Audrey:

Today's content was so powerful! Thank you!!



14:59:31 - Arianne:
I'm a more empowered parent now; thank you!

14:59:35 - Tory:
Thank you!

14:59:43 - Danielle:
Thank you so much!

14:59:47 - Lisa:
Thank you.