

Constructive Ways to Release Emotion Energy



Allison Livingston
5 STEPS TO CONNECT

Benefit: Aids focus on school work plus reduces conflict at home

Did you know... Emotions are part of our biology, and have a purpose: they guide us to get our needs met. The challenge in our modern world is that most of us never learned to sit with uncomfortable feelings. So instead we developed protective patterns to avoid/distract, repress/numb or offload them. Offloading is a term from Brené Brown describing the fight stress reaction when we react and direct emotions AT others in blame, criticism or judgment.



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How to experience and release anger, just not AT anyone

“ Top 3 emotions families are struggling with...

Most families I work with are struggling with anger, anxiety and hurt. They react and direct it at each other.

Do you want to learn proven skills and practices to grow your families emotional intelligence and stop reacting at each other?

Claim your [FREE 20 minute insight coaching call](#) to learn a proven skill to support an angry child you can start using today.

Did you know... Anger = something you care about wants to be expressed or stopped, something matters!

What to do when angry: S.T.O.P. talking, go...

1. Listen to loud music that matches your feeling tone while you move using big gestures.
2. Whack a towel onto the floor, hard. Twist a hand towel tightly and even bite it!
3. Write it out. Express how angry you are! "I hate this! I want it to be different! This should be easier!" Feel what matters to you.
4. Vent! Talk to a friend or mentor who will listen without fixing or judging.

Refer/work with me

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HOW THEY SHOW UP



What's underneath

ALLISON LIVINGSTON

Parenting Coach,
Inspirational Keynote
Speaker, Conflict Resolution
Specialist & Mediator



Together, what's Possible...

- ✓ The key to STOP yelling and arguing with your strong willed child
- ✓ Focus on the top priority for mental health + resilience:
build an emotionally healthy home
- ✓ Confidently face an angry, inflexible child WITHOUT getting triggered
- ✓ De-escalate sibling conflict

“ Testimonial

"Prior to Allison's Group Coaching Program, our youngest child was rude, spoke disrespectfully when he didn't get his way and taunted his siblings. Now- I understand his nature so don't get as triggered by his reactions. I'm better able to not take it personally which is what was actually causing my reactions in the first place. The best part is he is able to stop when I show up this way. He's just so surprised cuz it's so different!"
Lisa, Mom of 3

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About Allison

I have observed and/or been entangled in a lot of conflict over the past 17 years while being a parent, parent coach, mediator, office co-worker, and youth soccer & running coach. All these brought about education and survival tools that allow me to break the cycle of the unskillful coping I grew up with. Instead of armoring up, I de-escalate my nervous system, use emotional intelligence, stop taking things personally, deeply listen and set clear, firm limits.

These 'break the cycle' tools are the foundation of the 5 Steps To Connect curriculum. The practices give me a lifeline to re-center during or after a tantrum or defiant rage and keep me connected in a deep, real way to both myself and my strong willed child.

See In Action/In The Press



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