



Erasmus + VET Strategic Partnership

IENE 8 - Empowering migrant and refugee families with parenting skills

Bite-sized Learning Tool no. 2.5

MOTIVATION AND COPYING (PARENT AND CARER)

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MOTIVATION AND COPING

This bite-sized learning unit will address what Motivation and Coping are and their specific relevance to the refugee and migrant parenthood. More specifically, coping is a cognitive strategy and it can be implemented.

LEARNING OBJECTIVES

1. A broad framework to explain what Motivation and Coping are, focusing on both the major components of Motivation and the three appraisal components.
2. To discuss why Motivation and Coping represent key-skills for refugee families in transit.
3. To propose ways of how to set and enhance Motivation and Coping strategies

WHAT ARE MOTIVATION AND COPING

Motivation is defined by psychologists as the process by which activities are started, directed, and sustained so that certain needs are met, either psychological or physical. Thus, motivation is what guides us to accomplish a goal. It is our desire to do things that lead us to set and reach our goals.

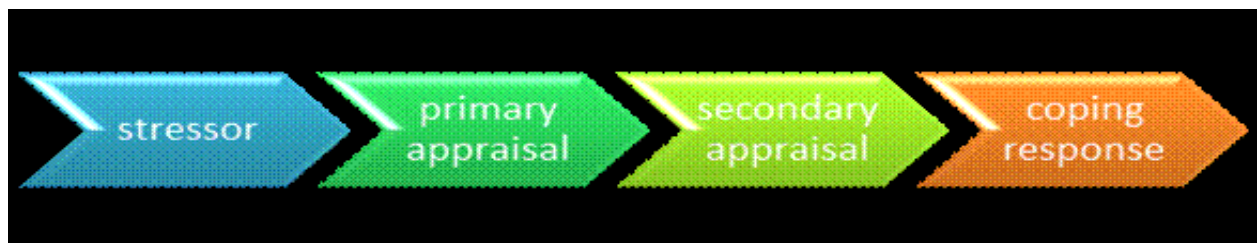


There are three major components to motivation:

- 1-Activation. It involves the decision to initiate a behavior.
- 2-Persistence. It is the continued effort toward a goal even though obstacles may exist.
- 3-Intensity. It can be seen in the concentration and vigor that goes into pursuing a goal.

Coping Richard Lazarus developed the Transactional Theory of Stress and Coping (TTSC) (Lazarus, 1966; Lazarus & Folkman, 1984), which presents stress as a product of a transaction between a person (including multiple systems: cognitive, physiological, affective, psychological, neurological) and his or her complex environment.

FLOW OF COPING



Lazarus and Folkman (1984) unpacked the concept of interpretation further in their model of stress appraisal, which includes primary, secondary, and reappraisal components. Primary appraisal involves determining whether the stressor poses a threat. Secondary appraisal involves the individual's evaluation of the resources or coping strategies at his or her disposal for addressing any perceived threats.

TYPES OF COPING SKILLS

<p>Self-Soothing (Comforting yourself through your five senses)</p> <ol style="list-style-type: none"> 1. Something to touch (ex: stuffed animal, stress ball) 2. Something to hear (ex: music, meditation guides) 3. Something to see (ex: snowglobes, happy pictures) 4. Something to taste (ex: mints, tea, sour candy) 5. Something to smell (ex: lotion, candles, perfume) 	<p>Distraction (Taking your mind off the problem for a while)</p> <p>Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.</p>	<p>Opposite Action (Doing something the opposite of your impulse that's consistent with a more positive emotion)</p> <ol style="list-style-type: none"> 1. Affirmations and Inspiration (ex: looking at or drawing motivational statements or images) 2. Something funny or cheering (ex: funny movies / TV / books)
<p>Emotional Awareness (Tools for identifying and expressing your feelings)</p> <p>Examples: A list or chart of emotions, a journal, writing supplies, drawing / art supplies</p>	<p>Mindfulness (Tools for centering and grounding yourself in the present moment)</p> <p>Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<p>Crisis Plan (Contact info of supports and resources, for when coping skills aren't enough)</p> <p>Family / Friends Therapist Psychiatrist Hotline Crisis Team / ER 911</p>

The process of reappraisal is ongoing and involves continually reappraising both the nature of the stressor and the resources available for responding to the stressor.

KEY POINTS

Both **Motivation** and **Coping** represent key-factors for parenting skills among migrants and refugees, just because they are living in exceptional conditions. The IENE8 is focused on helping refugee parents to better nurture, protect and educate their children under difficult circumstances. Motivation and coping strategies can help them to think creatively and get better at managing their parenthood.

Best practices for parents, according to experts:

-Stay calm; children model their parents' behaviours. "Kids learn how to cope from their parents," Dr. Steven Kairys, director of K. Hovnanian's Hospital in Neptune, N.J., said. "If the parents fall apart, you can be sure the kids will have poor coping skills."

-Stick to routines. Structure, such as observing consistent mean times, makes children feel secure. Assigning chores, even if it's busy work like picking up leaves in the yard or helping out someone less fortunate, gives them a sense of purpose and empowerment. "Routine cures lots of anxiety," Joseph Colford, president of the New Jersey Association of School Psychologists, said.

-Talk to your children. Be honest about your situation while reassuring them your family will get through this together. Limit media access so they are not bombarded with painful reminders and scenes of destruction that can re-traumatize them. Older children and teens may just need to know the lines of communication are open; create quiet time with opportunities for them to speak up.

-Give physical reassurance like hugs and kisses. Tell them you love them and remind them they are safe.

-Ask to draw pictures. It can be frustrating for those who lack verbal skills to communicate their feelings.

-Let them play.

-Expect some regression, especially in younger children.
 A youngster might suck his thumb or wet the bed, while an adolescent might show depressive symptoms, such as losing interest in his favourite video games. You might see a few bad test grades in school or aggressive behaviour.

-Count your blessings. Remind children that you are safe and together and that possessions can be replaced.



ACTIVITY

Try to make shape another image of Migration, just to look for opportunities rather than limitations. Try to change your mind, and focus yourself on strengths. List them and day by day check your behaviour in terms of best practices earlier suggested. Note both achievements and failures just to change the latter into the former.



REFLECTION ON ONE ISSUE FROM THIS BITESIZED TOOL

-Please, let write your view on why motivation and coping strategies can be assumed as key-skills for implementing refugees' and migrants' parenthood

SELF ASSESSMENT

Motivation cannot guide us to accomplish our goals	True	False
Motivation is composed with three components	True	False
Secondary appraisal is one of the Coping components	True	False

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