

# talk about it ... with every child

- a book about feelings in the family

by Karen Glistrup – illustrated by Pia Olsen



Foreword by Her Royal Highness Crown Princess Mary of Denmark

“Where Karen Glistrup’s work shows its strength, is its ability to open up for the dialogue between the adult and the child about feelings. I will strongly recommend this book to everyone, no matter how affected you are of mental disorders in the family.”

Poul Nyrup Rasmussen  
Prime Minister in Denmark 1993-2001

“It requires adults to talk to if you need to understand life and elusive, tabooed issues such as mental disease. Therefore, Karen’s book is an important tool towards greater understanding - for adults as well as for children.”

Lisbeth Zornig Andersen  
Chairman of The Danish National Council  
for Children, 2009-12

“This book creates a foundation of a new tradition which many of us have never known within the families who raised us. A tradition of increasingly stronger fellowship of children and their adults in opposite to pain, secrets and worries draining everyone of energy and vitality.”

Jesper Juul – family-lab.com  
well-known author of the book:  
‘Your Competent Child’

“When you fight depression, treatment is not enough. Information is also vital. Hence, books which demystify are needed. Therefore, this book meets a very large and important need.”

Poul Videbech  
Professor, Dr.Med.Sc, Consultant

“Thank you very much for writing the book ‘talk about it...with every child.’ I am an adult with mental illness but when I read the book I felt the child in me who grew up with parents who had untreated mental health challenges was being acknowledged by someone. Now I am a parent who is trying my best to be a good parent and manage my own mental illness. I appreciated how you approached this challenging but important topic.”

Elizabeth Nestlerode  
Portland, Oregon

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illustrated by Pia Olsen  
translated by Russell Dees

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See the evaluation at: [www.talk-about-it.eu](http://www.talk-about-it.eu)  
Thank you to everyone who has contributed to this book and who will help it become known and used.*

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– a book about feelings in the family

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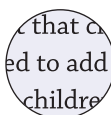
## Guidelines for reading



- The illustrated pages are meant as inspiration for conversations with smaller children



- The pages marked with the grey icons are mostly for school children



- The pages with the shaded backgrounds give further information and ideas for adults on how to continue the conversations with children

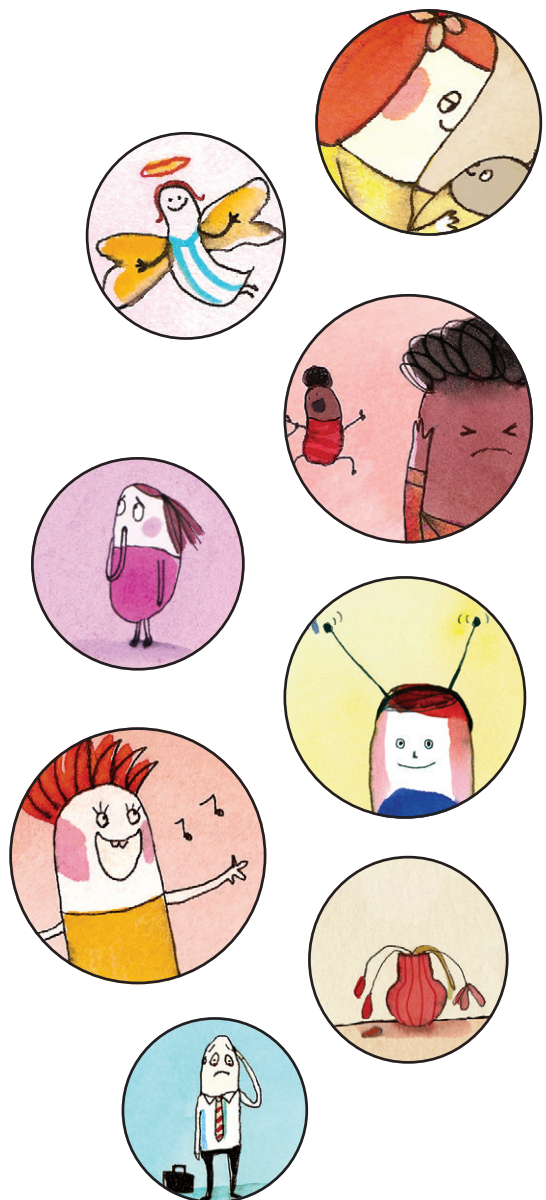
Do not put this book up on the bookshelf. Keep it out and accessible, so children can flip through it and read for themselves.

You can also read it together, research the topic, and talk about the pictures. Pay attention to what the children are interested in. Stay there. Listen, think out loud, and talk together.

Happy reading!



Talk about it - with every child

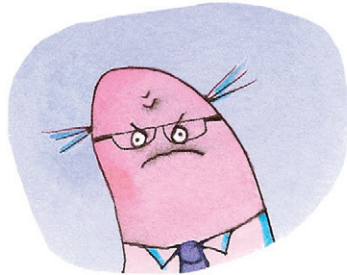


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# Welcome!

People have all kinds of moods!  
But, sometimes, people get into a bad mood for far too long a time.  
What could be wrong?



This book talks about what's wrong.  
That is, if grown-ups don't feel very well and can't understand why.

## Dear Kids and Adults

Sometimes we get sick. We can all be physically ill – but, it is also possible to be ill in the mind. And this is what we call mental illnesses.

When you have a mental illness, you are not quite yourself. Mental illness is not easy to understand – it is especially difficult for children when an adult in their life is suffering from one. “*Why is my mother crying all the time?*” “*Why is my dad in bed all day?*” Many children even think that it is their fault.

Anxiety and depression are the most well-known mental illnesses.

In Denmark as well as in Australia where I was born, these illnesses are widespread. It is estimated that one in five families are affected. This means that every child knows an adult who has a mental illness – either in their own family or in their friends’ families. The best way of supporting these children is by making sure they know something about mental illness.

Wars, catastrophes, and life as a refugee can also harm the human psyche. This type of mental illness is called trauma. Trauma is also very difficult for children to understand.

This book ‘talk about it...’ is informative and very helpful. The illustrations and text discuss issues that might seem difficult to share with children.

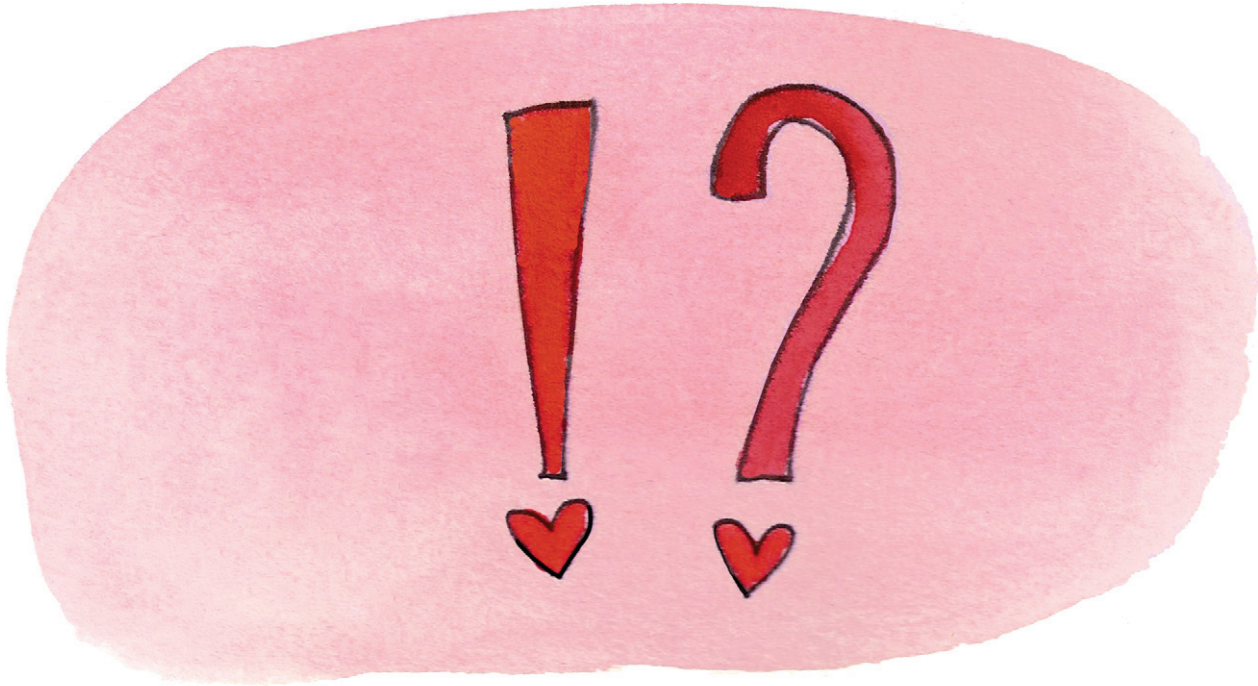
The book is also a tool that makes it easier for us to talk about our thoughts and feelings – and this, is so important for both children and adults.

Crown Princess Mary

*HRH Crown Princess Mary is the patron of the Danish Association for Mental Health, the Danish Refugee Council and the Danish Mental Health Fund*



## Mind and Psyche



What are these things?





### Kids are smart.

Yes, kids are smart.

And they understand a lot.

If someone is sad, children can feel it.

And children can see whether people are angry or happy.

Sometimes, it's hard to understand grownups. For example, if they're almost never happy. Or start yelling about minor issues.

### What's wrong?

It may seem that there is something seriously the matter. But no one says anything ...

Or they just say: *"It's grownup talk."*

Children who experience that can become very insecure. And they might easily begin to think: *"Does it have something to do with ME?"* or *"Is there something wrong with ME?"* or *"Have I done something wrong?"*

It's very bad for children to walk around with these kinds of thoughts. There could be lots of other things wrong that children just don't know about.

If someone is always tired and almost never really happy, then it might be due to an illness. An illness that makes for a bad mood. That is the kind of illness this book is about.

### There is a lot grownups can learn

Just 50 years ago, people thought that children were born 'empty'. Grownups were supposed to add the 'filling' to a child. Yes, people actually believed that children were 'shaped' solely from their upbringing. Not until later would children get the ability to view and understand things for themselves.

Today, we know that children are created from birth with a brain that contains pretty much all the functions needed to make contact and develop vital life experiences. Sensation and communication are core competences a SMALL CHILD is born with.



Newborns teach us to be intimate. OLDER CHILDREN AND YOUNG PEOPLE have acquired a lot of 'filling', and they have been 'shaped' by the experiences life has already given them. We

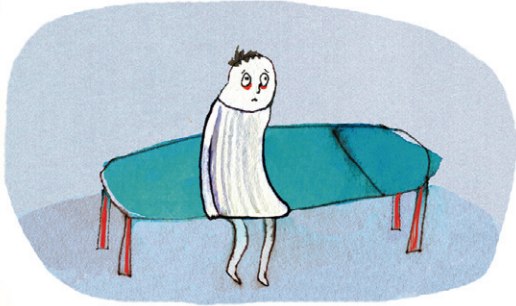
have to remember that they also need to be met with intimacy and respect for the fact that they are sensing, thinking people.

We must SEE CHILDREN in their reality and talk with them about what they are experiencing.

In this way, we strengthen children's confidence in their own senses and in us grownups.

And, in the long term, we give children the best experience of themselves.

## Here are some grownups who aren't doing so well



Abe can't sleep at night. His thoughts can only remember things that are bad. They keep him awake, even though he is so tired.



Oswald's stomach hurts, and he has no appetite.



Every day, Lana says, *"I'm no good at anything ... and I'm a bad mother, too!"*  
The doctor says that Abe and Oswald and Lana have a disease called **DEPRESSION**.



Laila just sits here, and she is **SO** scared. There's nothing to be scared of. But her thoughts – **THEY** are sure that everything is dangerous. The doctor says that Laila has a disease called **ANXIETY**.



## What are anxiety and depression?

Anxiety and depression are two very common mental illnesses.

Anxiety and depression cause nervousness and make your ideas and feelings go out of balance. This happens in the brain, but it can also be felt in the body.

People might behave differently. And this is felt by the people they are with. But many are able to hide their nervousness very well.

- People who have ANXIETY may feel like this:
- They feel unwell and nervous
- Their heart beats wildly
- They sweat
- Their muscles are tense and they cannot relax
- They feel like they cannot breathe or
- They may breathe like they are about to go parachuting for the first time
- Or they might be afraid of the strangest things

Anxiety can come and go.

So they never know how they're going to feel.

## How many people are affected?

Mental Health is a global issue, impacting the lives of families, individuals, and children everywhere.

Depression is a common illness worldwide, with an estimated 350 million people of all ages affected. (1)

One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide. (2)

The boundary between being sick and vulnerable is fluid. Many people who have a mental illness don't take medicine. So, it is difficult to know the true extent of the various mental illnesses.

This book deals mostly with anxiety, depression, stress and trauma.

The difficulties for those affected and their families, however, can be recognized in many other mental illnesses.

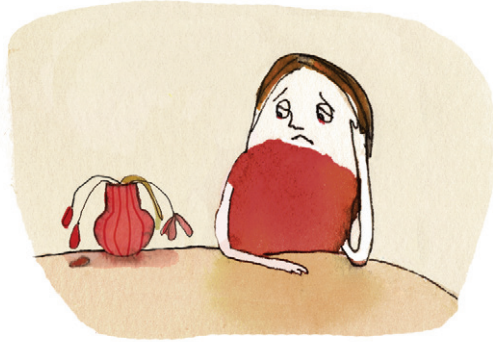
Despite how widespread they are, anxiety and depression are still very private illnesses. It is a great victory for some just to go to a doctor. So, many people do not get the necessary treatment.

*"I have suffered from anxiety for many years. But I have never told anyone. I was afraid of what they would think about me. It was a little shameful. Such a lot of energy I've used hiding!"*

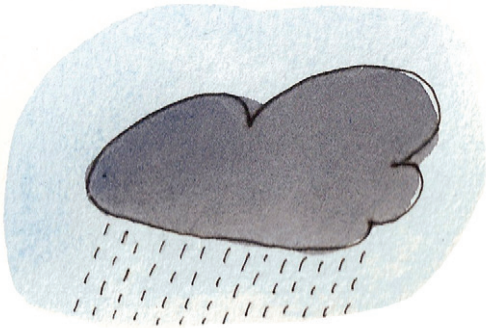
This is what Maritta says. She was employed as a social worker.

*"But it is interesting that, once I decided to tell my colleagues about it and finally got treatment, two people came out and told that they also had mental problems, and one has a spouse who was hospitalized with a psychosis."*

## Linda has a severe depression



When Linda is depressed, it can feel as if her brain is as sad as a bouquet of withered tulips.



Even though the sun is shining and she loves her wonderful children, she feels inside like it's an overcast day with rain and heavy clouds.



There are days when she thinks that it would almost be better to be an angel up in heaven.



A DEPRESSION can make you have feelings that make you as sad as if you were all alone in the world or if no one remembers your birthday.

- You become sad and tired
- You become restless and cannot concentrate
- Your body hurts even though you are not sick
- You cannot stand noise
- You become angry easily and yell at people
- You cannot sleep or you sleep too much
- You have no appetite or you eat way too much
- You cannot be alone
- You think: *"I'm a bad mother/father," "I'm not worth anything" or "It's my fault everything is going wrong."*

None of these things are true. But they feel real. You are not quite 'yourself'.

It happens that some people who have anxiety or depression get a PSYCHOSIS. Then, you can actually talk about them being 'outside' themselves! Because, in a psychosis, you can have completely unreal experiences. It is as if you are dreaming while you are awake. This is terrifying for the person who is psychotic and, certainly, for others as well. It feels as if you cannot make contact with the person you know.

## Life with a depression

Depression is a disease that strikes at the core of a person's quality of life. The desire to do anything decreases. Joy is felt to be beyond your reach. The contagious effect a smile can have on others is missing. Reality seems unreal. Thoughts go in circles and cannot get in focus.

You feel empty and valueless. It can be difficult to be together with other people, because you have to use a lot of energy to pull yourself together in order not to reveal how terrible you feel inside.

Depression can affect anyone. No matter your social or professional background.

*"I can be so overwhelmed by my own feelings that I just don't want to see other people."*

TANYA, KINDERGARTEN TEACHER

*"I have become incredibly sensitive to sounds. So when the children come home in the afternoon, I have to go out. I can't take it when they're just playing normally with each other."*

LEIF, ENGINEER

*"We've had to say no so many times to things that were going on at the children's school or kindergarten. Suddenly, I felt ill. And I couldn't stand the idea of being with people. I have SUCH a bad conscience."*

ANN, SOCIAL HEALTH WORKER

# The brain gets nervous

It can look that way when you are sick



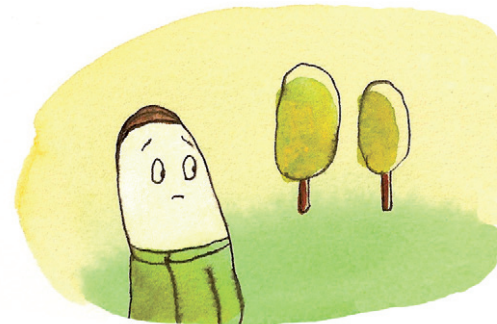
This is Anya. She doesn't feel like doing anything. She just sits in front of the computer. The mess just piles up and up and up, and nothing ever gets cleaned ... yuck



Others can do the opposite. Carolyn cannot sit still. Everything has to be perfect before she feels okay.



*"It's like I have a flock of wild animals in my head!"* says Mobuto. He cannot tolerate noise. Especially if it is children making the noise.



Louis has a feeling that someone is after him. There is not – it is just something he thinks.



### Is it like being crazy?

You may hear people say, “That person is crazy!” if a person has a mental illness.

This is not ok.

How would you feel if somebody mentioned you or somebody you love in this way?

Mental illnesses are real medical conditions just like any other physical illness. Mental illness is a type of illness in the brain and in the mind.

### But what is the mind?

The mind is: who I am inside.

- behind my feelings
- behind my thoughts
- behind what others can see.

### The mind must be taken care of

The mind is the ‘home’ we always have with us. Stress, anxiety, and depression make it so you’re sort of ‘not home’ to yourself.

Many grownups who know stress have discovered that it is good to take care of your mind by making sure every day to empty their brains of thoughts. Try to feel just your breathing or listen to the silence. You can call this ‘peace of mind.’

On page 53, there is an exercise you can try. It is good for children just to ‘be at home’ in their mind now and then.

### What do you call it?

Many people choose to avoid using words that might cause worry. People might say, “Marianne is not doing so well” or “Dad is a little tired” or “My head hurts.” These experiences happen to all of us once in a while. But they happen frequently when you are struck by a mental illness!

It is reasonable and responsible to protect children from unnecessary worries. But the murky conversations grownups have and the way they talk around problems MAKE children worry. Because it doesn’t make any sense. Healthy children clearly intuit that there is more behind what is being said. Healthy children will, therefore, try to create for themselves an understanding or a fantasy of what it might be ....

We might just as well use the right words: anxiety, depression, psychosis, mental illness, etc.

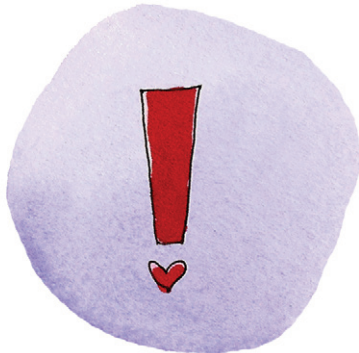
These words are not more difficult to say than divorce, bike helmet or gymnastics exercise. We just have to be careful to explain what the words mean. They must be put into a context that makes sense to children.

So, give children simple explanations. Be open to talking about what they are thinking and make it clear that people who have a mental illness can get better with the right treatment and support.

*The World Health Organization provides links to a variety of useful sources that discuss mental health (3)*

## Do you know a grownup who is very tired and sad almost all the time?

The little boy here does.  
His name is Jonas.  
His mother cries a lot,  
and she always has to rest.  
Sometimes, she yells at him, too.  
Way, way too much.  
Jonas couldn't figure out what was wrong.  
He thought he'd done something wrong.  
And sometimes he thought that his mother didn't  
like him at all....  
Then, he got SO sad that he went into his room and  
cried into his pillow.



Now he knows it is because his mother has an illness  
in the brain. THAT is what's making her so sad.  
He also knows that he's the MOST IMPORTANT thing  
in the world to his mom and dad!  
And he knows that IT'S NOT HIS FAULT!



## Whose fault is it then?



*"Is it my fault?" asks the girl here.  
"No, it's not your fault, either!" we say to her.*

### Everyone has feelings of guilt

Mental illness often leads to people having a hard time keeping their feelings in. They 'overflow' and 'whirl around', so that the people who are closest to them often have to 'pick them up.'

Consequently, everyone finds that they carry around weighty feelings like powerlessness, inadequacy, a sense of being wrong, and feelings of guilt.

We each try to free ourselves from this discomfort by 'exporting' the feeling somewhere else. For example, by criticizing and blaming others. It happens quite unconsciously, but with the consequence of an overall increased quantity of guilt.

Children are the victims in this interaction. They are not easily able to put aside guilt, which can put down roots and often becomes a very viable weed.

It is important to emphasize frequently to children that they have no role in causing mental illness. At the same time, it is important to encourage conversation about family life, so that the mental illness is seen and understood as just one part of the life the family shares.

Family histories are very rich. We have to talk about the tough experiences along with all our other experiences. There are also chapters in our family story that remind us that we have been successful and happy and loving toward each other.

These are the chapters that help sweep guilt and shame away.

It is never the child's fault!





## There is no single cause

There is rarely one reason for why people get diagnosed with a mental illness.

It almost always has something to do with the vulnerability of an individual AND something to do with that individual's experiences in life.

## Death

It is perfectly normal to feel great sorrow when we lose someone we care about. Everyone feels that way. But, sometimes, sorrow develops into a depression.

## Birth

Strangely enough, some women can become depressed in connection with the birth of a baby. The baby is loved and wonderful, but an imbalance arises in the mother's brain, so all the love and joy can't come out.

It is very unhappy for both mother and child. If the new infant has a big sister or a big brother, it is also very sad for them. Because they also lose the mother they know, the mother who is happy and gives them warm hugs.



- 10-15 % of the women who give birth suffer from postpartum depression. (4)

## Inheritance and upbringing

Some people may have inherited or developed a predisposition to mental illness when they grew up. Difficult experiences in growing up may help make people vulnerable. But they can also turn out to provide a special strength. *"I CAN DO IT!"*, say the mind and the body.

Everyone has both strengths and vulnerabilities. Some people who have had a tough childhood use their experiences in the education they choose. They might become talented doctors, psychologists, or educators.

## Stress

If someone is subject to strain over a long period of time, the brain and the nervous system become overburdened. This is called stress. People can get stress from very different things – for example, conflicts, worries, too much work, or bullying.

A little stress is not dangerous. But we need peace of mind every so often. What makes you stressed or those you know?



- It is well known that untreated stress can trigger depression and anxiety attacks!

## War and catastrophes can hurt the brain



Sara takes good care of Asha and Arian.  
*"My wonderful children!"*, she says, hugging them close.

All grownups are afraid,  
but they try to take care of their children.  
The children are also very scared.  
They almost forget to breathe.



Millions of people on this planet have witnessed cruel war and evil deeds. Or natural disasters.

Many try to escape. Escape is dangerous, and many die. Some refugees succeed in reaching a new and peaceful country. They can expect to wait for a long time at asylum centres before they know whether they can live in that country.

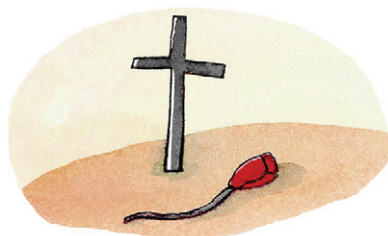
Arian says: *"This new country is very different from the one we come from. The language is hard for my mother to learn. I'm learning it quicker. So, I often have to translate for her."*

In the peaceful countries where many refugees arrive and settle, the people they meet may not know anything about life with war and leaving one's homeland to live in safety. Children who are refugees may not know who they can talk to about their experiences.

Mette's grandmother is dead. Mette is crying, and they are talking about it in class.

It is a really good talk. Several children have lost a grandparent, and the teacher comforts Mette.

Arian is quiet, thinking: *"I wonder if they know that my father and my big brother were shot?"*



## Must we talk about it?

The doubt and silence here are a lot like the doubt and silence that surround mental illness. We cannot find the words. It is too horrible. And we don't want to go poking around in something painful and, maybe, do more harm. So, everyone remains silent.

## Silence is a mistake

It is good to divert children's thoughts and to give them happy experiences. Music, sports, games, and going to school are crucial for the health of children. But total silence about what happened is harmful. Silence makes things invisible, and everyone needs to be seen. *"Only when people get to know me can I start to feel at home,"* says Malar.

Who in the school knows about the children's life before they fled? Or about the escape itself and life in the camps or asylum centre? Nadja came to Denmark as a refugee from another country when she was in the third grade, and now she is at high school. *"Nah, people don't ask us about anything... in a way, they don't seem to care,"* she says.

## Openness means both inclusion and that you care

Our interest in the stories of refugee families has significance for how these children flourish and for the understanding of their friends. That is why we should talk about it. We need to talk about the fact that many people in the world must become refugees. We have to make sure people know that lots of people may be traumatized after escaping catastrophes and war. We have to talk about what trauma is.

## Tell, ask, and listen

*"There is so much on TV about wars around the world ... where do you come from, Nadia?" "... maybe, I can help you tell your friends a little about your story?"*

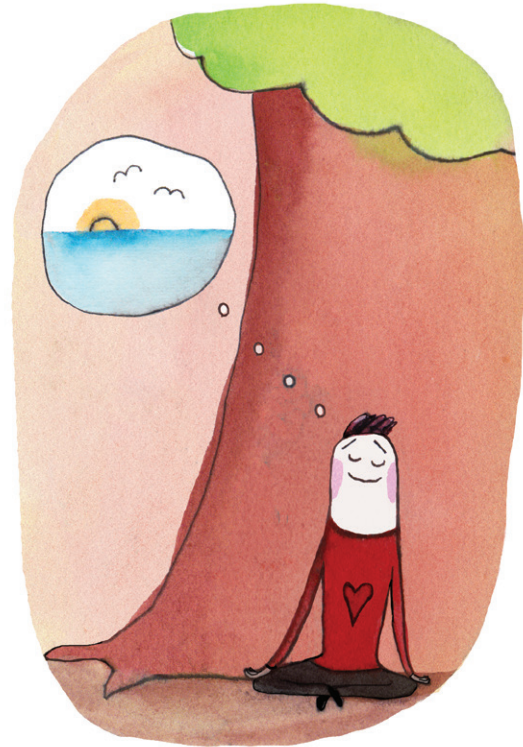
We do care!

## Trauma stress

Extremely violent experiences can produce very serious stress.  
They call this trauma.  
Trauma is like a brain concussion you get without hitting your head.



Sara's father saw his friend killed by a bomb.  
Even though this terrible thing happened  
a long time ago,  
he still sees the images in his mind.



Breathing exercises help Sara's father.  
He practices, thinking:  
I breathe in: 1-2-3-4  
I breathe out: 1-2-3-4



John was a soldier in a war far away from his home country. Now he is home again, but he is not doing very well. He has a hard time being with other people. He cannot stand noise. He flares up and screams at the children if they make the slightest commotion. Then, he is sorry and apologizes.

John says there is chaos inside his head, and his body hurts. He cannot calm down.

The doctor has told Mother and Sara that John's brain has been injured by the violent things he experienced during the war. The brain reacts as though it is always in danger.

Sara can see it in her father. His eyes seem scared, even though there is nothing to be afraid of. But Sara also gets scared when her father looks this way and when he suddenly starts shouting.

*Read more about trauma and psychological first aid (5)*

## Trauma and PTSD

A healthy nervous system is flexible. Shocks and tremendous strains can harm the nervous system, so it loses its pliancy. Just like the skin forms scar tissue, the nervous system can become sensitive and 'stiff' after a trauma, so that, for a long time afterwards, it reacts with hypersensitivity to even minor sense impressions.

This is called PTSD (Post Traumatic Stress Disorder), when a trauma continuously disturbs the mind.

The symptoms are:

- hypersensitivity to sounds
- memory loss and a feeling of emptiness
- sleep problems, mood swings, and fits of rage
- 'flashbacks'
- many victims isolate themselves from those around them.

Children who live with traumatized parents can often sense the grownup's unease and anxiety in themselves. We say that the children suffer secondary or vicarious traumatization. Children who are traumatized – or experience secondary trauma – may be difficult to be together with. They can seem unconcentrated and react violently and incomprehensibly.

The child's reactions can be interpreted as the nervous system's strategies for ensuring survival. The sense apparatus may close itself off from emotions. Or, vice versa, the nervous system may develop a special sensitivity and vigilance to prevent new traumas from overwhelming the child. The child does not understand what is happening.

Try to see the child behind the behaviour. Show interest in the circumstances surrounding the child's life. Relate to what you know and make connections.

Traumas can live on for generations. Openness and togetherness can make people free.

## Oh, no... not again!

Children can be both angry and afraid when grownups get drunk.



The grownups are enjoying beer and wine.  
But some drink far too much.  
So much that they do scary or foolish things.





## Why do they drink?

Many people drink because they feel bad inside.

Unease and anxiety may be a cause. In the beginning, it may feel nice to be drunk or high, but afterwards everything is worse. People can actually develop a depression if they drink too much.

Some people drink beer, wine or strong spirits.

Others smoke marijuana or take pills. Some chew leaves called Khat or take other drugs.

Jeanette said in a group of children: *"I have never said this to anyone before. The grownups don't go around saying they have an alcohol problem!"*

*My mom, she puts on makeup and smart clothes and then NO ONE can see it."*

*"... 'It's not that cool if your mom reeks of alcohol.' Once I said this to her, and she became SO furious! Today, now that my mother and I have both gotten help, I'll tell other children: TELL SOMEONE, IT CAN HELP YOU!"*

People who drink too much don't like to talk about it... Hmm. On the next page, we can talk about the brain. It doesn't do so well from drinking too much!

■ Worldwide about 16 % of drinkers aged 15 years or older engage in heavy drinking. (6)

## Shame and scorn

Maybe this chapter reminds you of someone in your family? It is not surprising. In many families, there is at least one person who struggles with an alcohol or drug abuse problem.

For someone the problems start with a feeling of inferiority and performance anxiety that is dulled with intoxication. Slowly, things go wrong.

It is embarrassing to be dependent. No one is proud of having problems with alcohol.

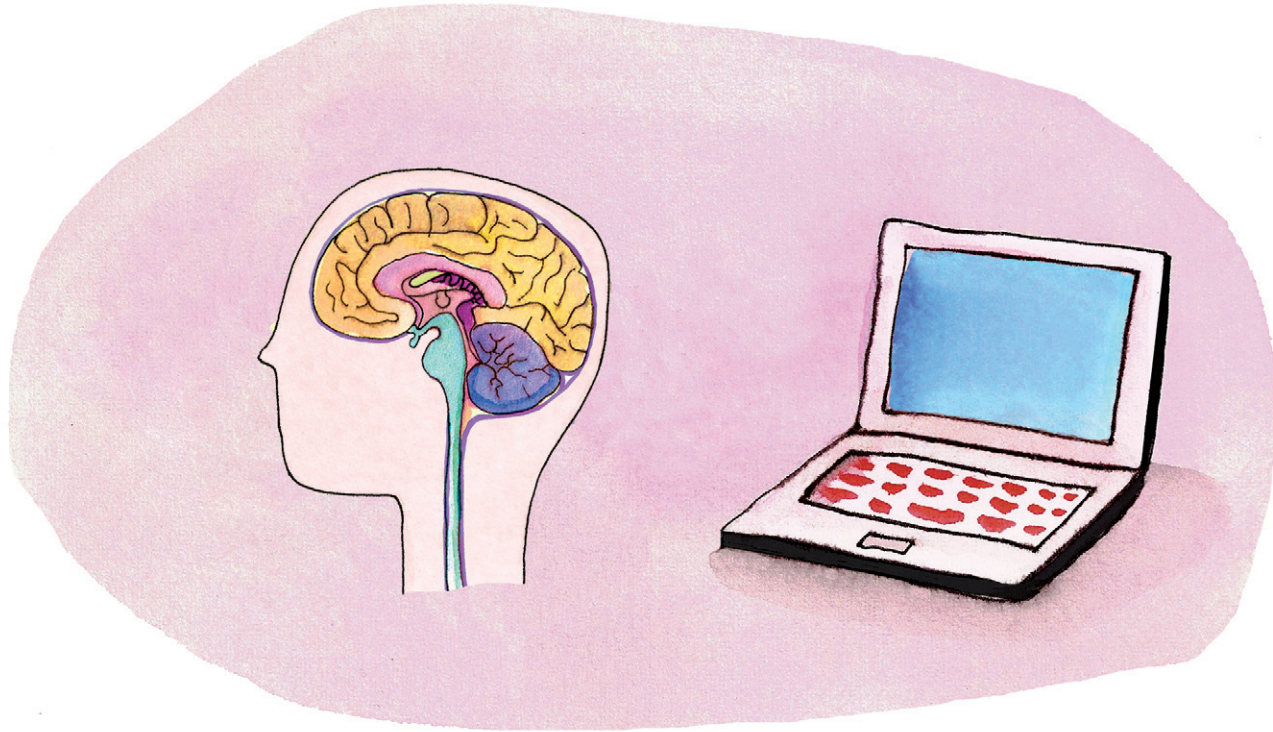
Some people may try to hide their struggles or pretend not to have a problem. But children develop a special sensitivity to the way adults use alcohol: Jeanette told me: *"- as soon as I open the door I just know how things are!"*

When parents are under the influence their children become frightened. If nobody around them talk about it children may feel isolated, alone and angry.



*"... when it's too hard to be at home,  
I just play football with John!"*

# The brain is like a computer



The brain is just under the skull.  
It looks almost like a gray lump of thin sausages.  
You can also compare it to a computer.  
Our own portable computer.  
- This is where everything happens!!



## Thoughts and feelings live in the brain

The brain contains many secrets. There is still a lot we don't know about it. But we've have learned some things.

The brain is full of nerve cells for thought and feeling. Over 125 billion!! That is, 125,000,000,000!!! Brain cells send messages to each other. And they see to it that we can think and speak, see and taste and smile, walk and run – and learn to read and do arithmetic. The brain is learning things all the time. Some nerve cells die, and others are created.

There are quite a few that function beautifully when things are going well.

But if the brain is suddenly stressed or an imbalance arises over a long period of time, it affects our thoughts and feelings.

You can compare it to when your computer is running too many programs at once or if a virus gets into it. Then, it might stop working.

How much stress different people can bear is different. But everyone is vulnerable, and everyone has a limit.

## Taboos can harm the health of the brain

The brain is for specialists. But some things can be explained to the rest of us. New findings support the fact that we must talk with children – even about painful subjects.

Taboos inhibit the brain's free flow of information.

Very simply, you can say that the human brain consists of three parts that are deeply dependent on each other. The three parts that contain INTUITION, FEELING, AND UNDERSTANDING communicate and develop a network of connections corresponding to the experiences a human being has.

INNERMOST in the brain, we have the old reptilian brain. This takes care of the most basic life functions: breathing, heartbeat, and the ability to sense what is happening and to react for survival.

IN THE MIDDLE is found the old mammalian brain. This is where memories are stored and, here, feelings related to social life are registered.

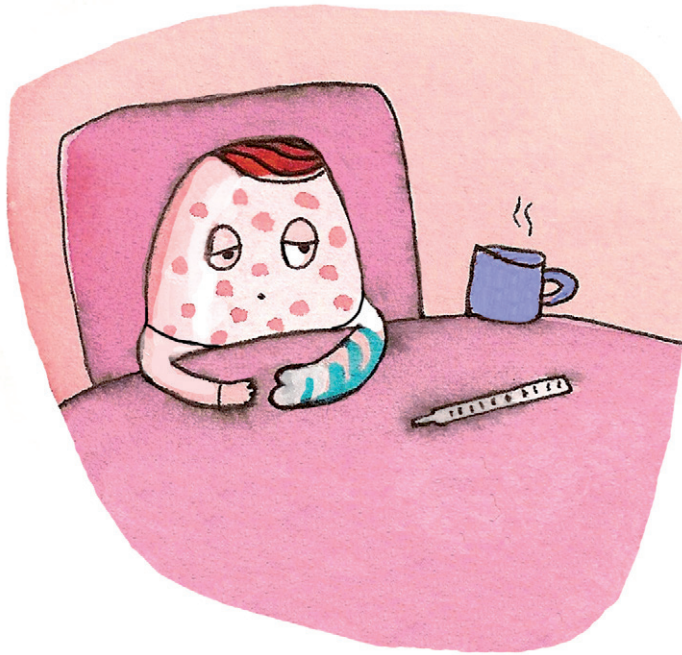
OUTERMOST is the new mammalian brain. This is where thoughts and understandings unfold with language and the ability to reflect and process feelings.

Only in human beings is the brain so developed that we can create meaning and connections between INTUITIONS, FEELINGS AND UNDERSTANDINGS.

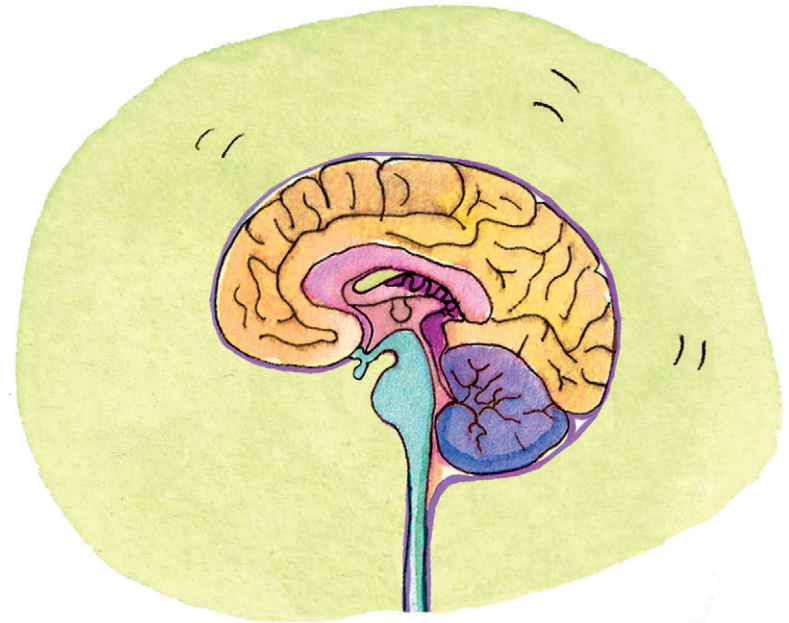
It is this experience of connection that makes us capable of surviving as human beings.

When children do not get help to understand what they intuit and feel, they will find a way to understand it themselves. But it becomes an understanding full of DOUBT, SHAME, GUILT, ANXIETY, AND LONELINESS.

## There are diseases of the body and diseases of the mind



We call diseases that make our bodies sick physical illnesses.  
You probably know a lot about them!



We call diseases that create unrest in the brain  
– or the mind – mental illnesses.



## Everybody has a body, and everybody has a mind

We are familiar with the body.

It is everything we can touch: arms, ears, legs and fingers, neck and head. And then all the organs inside: stomach, heart, lungs, veins, and many more body parts.

You can see many physical illnesses.

If you catch your finger in the door, it becomes swollen and blue. You can see that. If you get the flu, you get a fever. You can measure that. But you cannot see a stomach ache. And you cannot see a heartache.

### The body and the mind go together

Just as the blood streams through the arteries of your body, so do the moods of the mind – the psyche – flow through the body's nervous system with the brain as our 'Central Headquarters.'

The psyche is our thoughts and feelings. The psyche is the way we are human beings. Our personality. You can be anxious, impulsive, or a loner without necessarily having a mental illness. Every human being has his or her own personality. And all people have a psyche. But we cannot see the psyche!

- One person in every four will be affected by a mental disorder at some stage of life (7)

## Mental illnesses for everybody!

All people have feelings.

All people have a mind.

Both vulnerability and strength are human qualities.

We are all different.

And we have a right to be the way we are.

No human being should wonder, *"Is there something totally wrong with me?"*

Mental diseases affect feelings, thoughts and behaviors. They can also affect the body, so it aches and becomes very tired.

There are many different types of mental illness.

Some very serious and others less serious.

They each have a name.

They can strike anyone. Whether you are rich or poor, smart or not so smart, whatever you look like.

Still, it is as if you would rather be like everyone else.

Many people are embarrassed if someone in their family has a mental illness. They think that their family is very different from other families. They do not know that many people suffer from, for example, anxiety or depression.

A lot of children are in the same boat



These children all have a father or a mother who has anxiety or depression.  
They have just come on board the boat.  
Still, it feels like they know each other.  
Because they have all experienced sort of the same thing.



## If your mother or father has a mental illness?

Yes, then you should know that there are a lot of you in the same boat!

You just don't know each other, because most people keep it to themselves.

*"What's the use of telling anyone about it?"* many children think.

*"Nobody understands what it means anyway."*

*"People will tease me,"* others think.

And then you may feel alone – like an outsider – and different – and wrong inside. On the outside, people can look as though everything is all right.

That is why grownups can easily be fooled into thinking that you are happy and well, even though you feel very bad inside.



■ Many children in classrooms and homes throughout the world have a father or mother who suffers from anxiety, depression, or another type of mental health challenge. These children are quite normal. Just like you.

## Children's signals

Children can have experiences – also in their family – that make them afraid or insecure. This is all a part of being a child and a human being. It provides important experiences that help them handle other difficult situations later.

But if it happens a lot that grownups are doing poorly, are fighting or drinking too much, children can develop stress. Stress arises when the nervous system is constantly on the alert.

Children don't say: *"I think I'm getting stress from all the insecurity here at home!"*

Instead, children's stress 'seeps' or 'breaks' out in some form of behavior that the adults have a hard time understanding. They can't see how the child feels inside.

It may be that Matt is being very difficult or Mette will not eat. Maybe, Matt does not want to go to school, and Mette seems sour and cross. Maybe, Matt just looks sad, and Mette cannot concentrate.

But just as often Matt and Mette are able to 'keep things on the inside.' They can hide how they feel, so no one gets suspicious or starts to worry.

Mette may be very meticulous with her homework and herself. And Matt may be one of the 'strong' boys, one of the leaders.

Our conceptions about certain signals must not blind our attention. A focus on behavior and on how the child is to be 'handled' simply confirms the child's feeling of being wrong. We must become interested in how it is to BE the child. We must become interested in their experiences, thoughts, and feelings. THERE we can catch sight of the child and THERE the child feels seen!

## Changing moods



Sometimes, Daniel's father is just fine. He is calm and full of good ideas. Daniel is very fond of his father. He is the best in the world!



But, at the drop of a hat, HE CAN START YELLING!  
– so LOUD – over the smallest things.  
Then, Daniel gets frightened and sad.  
He can be nervous about when his father  
will suddenly start shouting again.



It is unpredictable. But Daniel can easily sense  
whether it is a good day or a bad day.  
He extends his antennae and listens carefully  
for how his father is feeling.  
Today, he's probably fine!!



## Bad days and nice days

Heidi's mother can be sad and tired for days at a time. Heidi misses her. She wishes so much that her mother will look at her and smile at her. And talk to her. It is as though she is not there – *"Hello! Is there anybody home?"*

Heidi tries to be a good girl – and she tries everything she can think of to make Mommy happy. But it does not help at all.



Heidi checks in on her mother. She is lying on the couch, sleeping. Again today ...

*"Oh, is that you, Heidi? I'm so tired,"* says Mommy.

*"Do you want to draw with me?"* asks Heidi.

*"Oh, I don't have the energy right now,"* says Mommy.

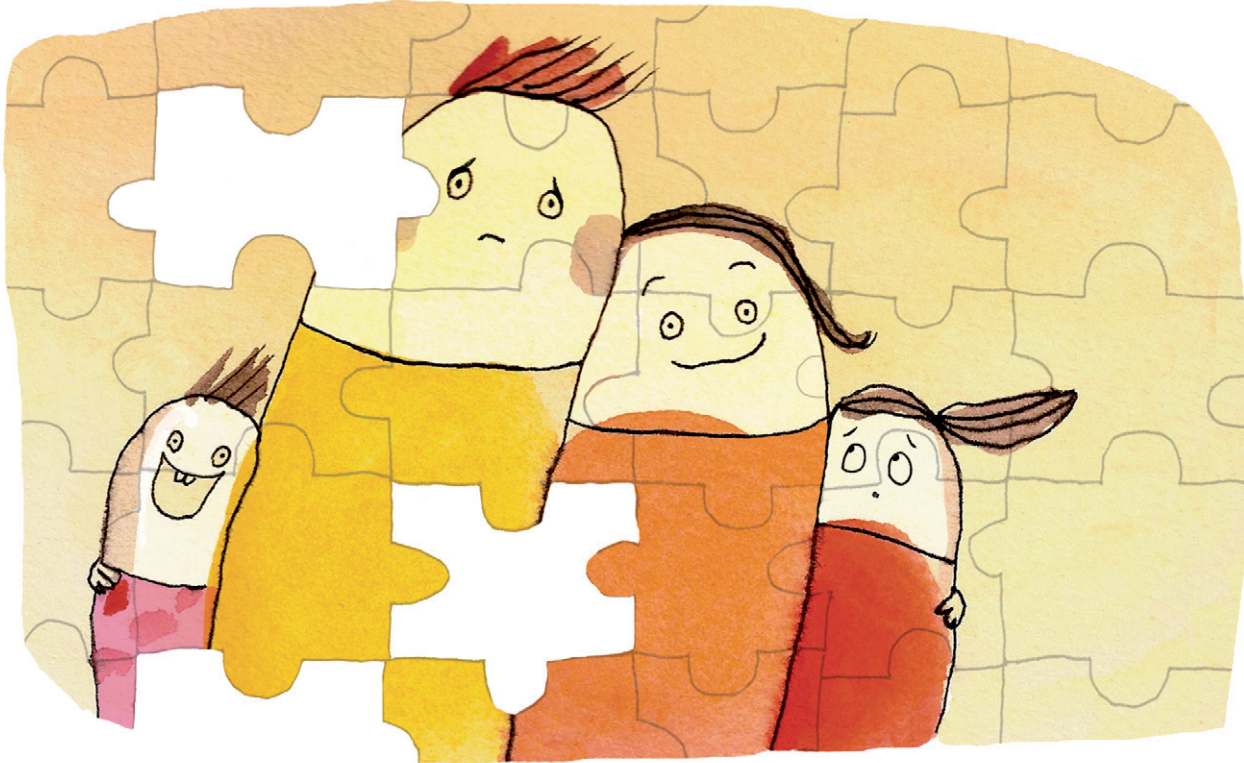
On some days,  
Mommy yells a lot



Sometimes, fortunately, Mommy is herself again. She sings in the shower. They bake cookies and go to visit Aunt Theresa. And they hug and just enjoy life.



Children want to put the pieces together



It is hard to put a jigsaw puzzle together, when you do not have all the pieces.



## Don't the children know that their mother is sick?

They are talking about something on the radio. It is grownup talk, but children listen, too! They are talking about something that has to do with help and treatment for an illness.

A woman says that, for many years, she has had a serious eating disorder. She says she throws up her food, takes diet pills, and is so weak in body and spirit that she cannot even promise she will survive.

If she does not get help and treatment soon, she is afraid that she will 'shut off the lights' herself.

The journalist mentions at the end that the woman is anonymous, because her children, ages 9 and 13, do not know that their mother is ill...

*"Yes, but what do they know about it?" asks Daniel. "They sense that something is very wrong!"*

Daniel is quite right. Because, like him, other children sense much more than adults think. We all have 'antennae' sort of like Daniel's. They are inside the brain. They are called MIRROR NEURONS.

## Healthy children sense when something is wrong!

Children are always involved in the life and illness of a mother or father. For better or for worse. But many parents – because they want so badly to keep their children from being burdened, or the parent is unsure of how to talk about serious medical issues in a way a child will understand - will try to hide their disease from the children.

In the reality of concealment, children try to put the pieces together and fill in the holes in their picture of the world. It is in the nature of a child to seek connections: What is it I am feeling? What is happening? What is my mother saying? What do the others say? How does it all fit together?

Our brains have some special mirroring nerve cells called mirror neurons, which capture some of what is going on in another human being.

It can be difficult to separate yourself from the mood swings that psychic unrest causes. Many children find that they almost swing emotionally 'in time' with their ill parent. We must help the child to distinguish between the feelings that are the adult's and those that are the child's own. If the child has all the pieces to the jigsaw puzzle, they will be easier to distinguish.

The ability to understand the feelings of others – empathy – is actually developed thanks to these mirroring nerve cells. Many good teachers and other therapists have learned a lot by growing up in families with mental illness. You might say that they 'apprenticed' here. The same is true of many actors, authors, and other artists.

Jacob can get SO furious!



His father has gone to bed again,  
and they had agreed to play football!  
It's so infuriating!!!  
It feels really good to get your anger and frustration out.  
What can make YOU angry?  
Or sad? And what makes you really happy?



## Children have a right to their feelings.

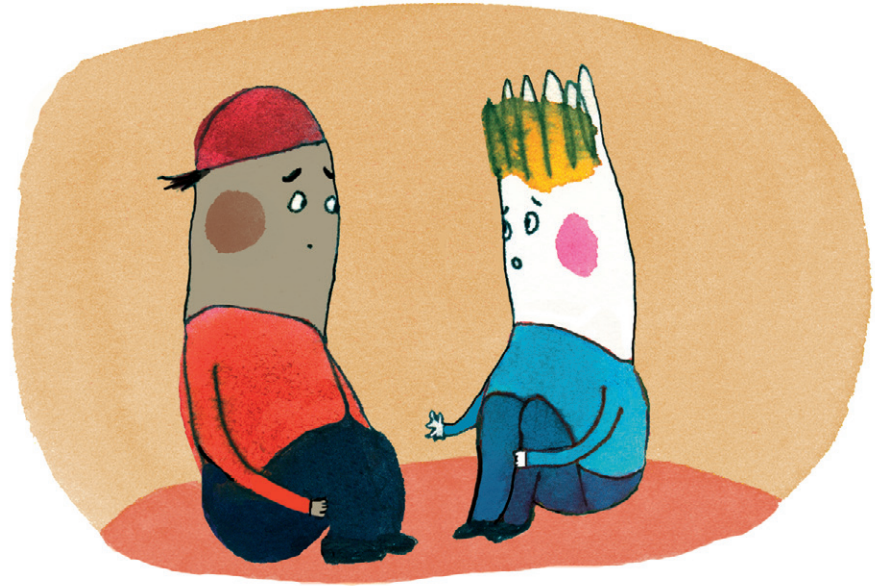
Sandra is also angry. She says:  
My mother always asks and asks "How are you, Sandra? Won't you tell me what you're thinking?"

She is SO worried about me. I can't stand it! Things are going both well and badly for me. And that's OK! I just don't want to talk to her about it.

But SHE could have told me that she took all those pills! It was SO PATHETIC that I had to hear it from somebody at school!!

When I get mad or sad, it's like she thinks it's wrong. "Calm down!" she says, or "It's not really all that bad!"

You have a right to have the feelings you have, right?



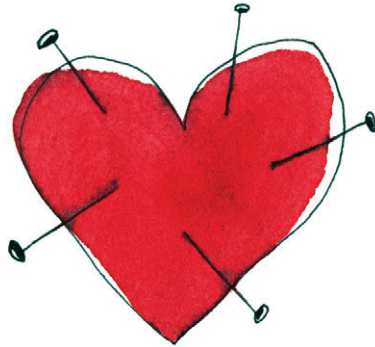
It's a little strange at our house.  
My dad is sad and quiet.  
Could it be something I did?  
Without my even knowing it?

My mom and dad talk a lot,  
very seriously, I can hear.  
But they say that it's nothing for me  
To hear with my childish ears.

If only they would just stop!



Grownups who yell or speak ugly to each other should realize that it is SO bad for their children to hear. Many doesn't know what he should do.



### Your heart aches

There are simply too many parents who cannot speak properly to each other. They don't listen to what the other one is saying. They just throw the words at each other. It feels almost like they are at war.

*"Often, it's because there's something they can't agree on about me," says Manny. "I try to get them to stop, but I can't ... maybe, that's why my stomach hurts so much?"*

The quarrels may actually have something to do with the anxiety Manny's father feels. It makes him flare up at the smallest things.

But even though he has anxiety, the adults can still learn to speak properly to each other.

### Poisonous atmosphere

Rough weather can hit every family. It is a part of living together that we can disagree and also get mad at each other. When we have calmed down, we can talk about what happened. Try to understand.

If people have mental health struggles, it can be difficult for them to keep their balance. Feelings fluctuate, the fuse is short. You can easily become frustrated and irritated.

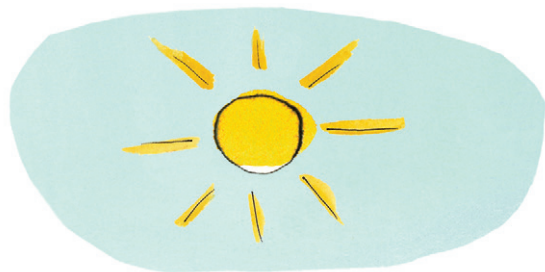
The atmosphere at home can become very unhealthy. Especially for children. Every time parents fight or talk ugly to each other, we pollute the atmosphere that the children breathe. Some children become so stressed or 'poisoned' from the bad atmosphere that they begin to deteriorate.

Anxiety, lack of sleep, allergies, headaches, and stomachaches are common reactions. Or they have problems concentrating in school and in their interaction with other children.

We must remind ourselves that children learn a lot by looking at what their parents do. Some will copy the pattern of conflict. Others will do the opposite and be afraid to enter into any sort of conflict. Both patterns are unhealthy. They are unconscious, and people are not in control of them. Therefore, they make you more vulnerable.

It may seem impossible to change bad habits. But, with a little help, it is, in fact, possible to form completely new habits in which listening and recognizing each other's experiences, thoughts, and feelings open up an entirely new form of contact and bring 'fresh air' into the room.

## Good news! You can get your thoughts on the right path – you can get better!



Some people have a hard time in the winter, when it is so dark. A special kind of lamp can help brighten dark thoughts.

It's called mental illness, when depression breaks out. You think thoughts so sad your soul aches and shouts.

But the brain can be trained to think thoughts that are new and make your heart glad for the person that's you.



It helps to talk to someone who is good at listening and understanding. Someone who can help nudge your thoughts in the right direction.



There are also many kinds of medicine that can give balance to the brain and start a chain of good thoughts.





## This is how you get well



Someone who is not doing well needs, first, to talk to a doctor to find out what is wrong. Is it a depression or not? Are there any other problems that may be making you feel bad? Should you take medicine or should you talk to a psychologist?

If a grownup is feeling very, very bad, it may be that they need to go to the hospital for treatment for a few days. For the most part, they come home after a short time.

Sometimes, it happens that the medicine does not work like it is supposed to. Then, the doctor tries some other medicine. And it takes time. It is really difficult for the family to be patient, because they have to see a person they care about feeling so bad.

At the hospital, the doctor can also do a treatment called ECT or electroshock therapy. This means that, while the patient is under sedation, they send electronic impulses through the brain's nervous system. Just like with a defibrillator. We do not quite know why, but some people experience an improvement.

Regardless of what treatment you get, there is a lot you can do yourself to get well, which is healthy for everyone. Including CHILDREN!

## Openness and honesty foster security and peace of mind

It is always good for children to know who is helping. And how. Children feel secure if there is enough openness and information. But what is enough openness and how much information is enough?

If the parents go to couples therapy to work things out with each other, it is a good idea to tell the children. THEY have certainly been aware of problems for a long time and they have been worried. When they know that Mommy and Daddy are taking care of the problem and getting help, it is easier for them to relax.

Similarly, we must be careful to tell children that there is someone to help a parent who has a mental illness. Otherwise, the children may actually imagine that they are alone in taking care of an ill mother or father.

Remember that children understand a lot more than we imagine. They do not ask about it if we do not tell them that we would like to talk about it.

If you have told 'a little, white lie' to spare the children, you can say: *"We're sorry, children! We thought it was for the best ..."*

You have to attune the knowledge you give a child with the experiences the child has had.

What has the child experienced?

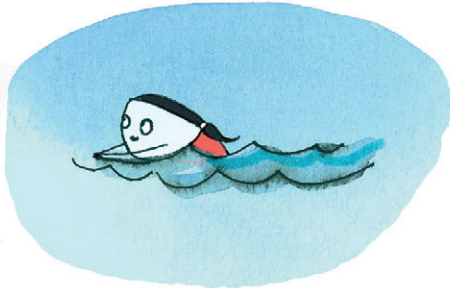
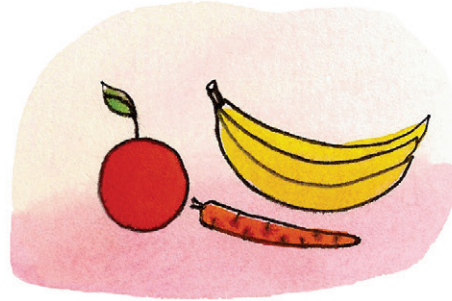
What can the child be wondering about?

What you say must make sense to the child.

What you say must help the child understand what is happening.

This creates security.

## We know what is healthy for the brain!!



All these things are vitamins for the brain.  
They are good for children  
– AND they also help the depressed brain  
to make fresh, new brain cells!!!



### **Come on, health! Talk to someone**

It is healthy for the mind to get things off your chest and to be listened to. We are already in the process of getting healthy by talking about the subjects in this book!

### **Get your pulse going, laugh and sing**

When we exercise, the brain creates new nerve cells and some of the biological chemicals that give us bright and happy feelings.

The same happens when we have a really good laugh or sing just for the pure fun of it.

### **Do something that makes you happy**

It is good to do something that makes your soul happy. Visit somebody you like, walk in the woods and look at nature, go for a swim, or listen to your favorite music.

### **Eat healthy food**

Body and mind work together. It is clear that a healthy diet with the right vitamins and oils is important for the health of the mind.

### **Take deep breaths**

Through deep breathing, you can find a source of health in your heart. Listen closely and try the exercise on p. 53.

*Read more about mental health (8)*

## **SHARING HELPS**

### **Groups for children and young people**

It is good to meet with others who have had the same experiences and feelings as you. You do not have to say that much for the others to understand how it is.

Recognition creates a feeling of community and security. While many children often have the feeling of somehow being wrong, sharing experiences in a group can create a feeling that everything is OK. Just knowing that we share something we do not often share with others creates a safe space. Children who have had the desire and opportunity to be together in a group recommend that others do the same.

However, some children and young people say ‘no thanks’ to a group. This must be respected.

### **The family is the most important group**

Groups with children and young people are good. But remember that family is the most important group of all. Yet, many parents have difficulty talking to their children about what is painful. Regardless of how good a parent you are, you may need help with this kind of conversation.

*Read about family conversations and therapy groups in  
“What children don’t know... will hurt them  
– break the taboo”  
by Karen Glistrup*

# Nobody said anything

... even though a lot of people knew that something was wrong with Mommy.



But look!  
There is someone who wants to talk to them!



## Then, say something!

Anna's story:

For a long time, nobody said anything to me. And I didn't say anything to anybody, either. Not even my friends. What was I supposed to say?

You don't go around telling people that your father has been in bed for weeks without really being sick. It is psychological, I heard my mom say. Probably a depression. And he doesn't even want to take a bath.

But then, one day, my teacher came and said: *"Anna, I've been thinking a lot about you lately . . . your father is sick, I know. How do YOU feel about it?"*

She placed her hand on the top part of my back. It was nice. I started to cry. Then, she told me that her own brother had also had a depression once. It was a difficult time – also for his children.

*"What are their names?"* I asked. *"I would actually like to talk to them."*

This fourth-grade class is studying family life. They're talking about how children can sense when grownups aren't doing well. The teacher says that right now, in about every 4th or 5th family, there is someone who suffers from a mental illness. The children didn't know THAT!

## But what do you say?

What do you say to someone who has a mental illness?

Well. You could also ask: *"How would you like people to treat you if you were shaken and not at your best?"*

Or: *"What do you say to someone who has lost his hair?"*

It is the same set of values that apply whenever people are in contact with each other. Also in a conversation with a person who is extremely insecure and upset.

Try to have a good balance between CREDIBILITY AND RESPECT. Then, you cannot go completely wrong.

People who are particularly insecure and vulnerable have a special need for these qualities in their contact with people.

If you are not sure what to say, simply say that you do not know what to say. THAT is credibility.

Or you can say: *"Maria, I know you are grappling with some mental health challenges, but I'm not sure whether it's OK to ask how you're doing?"* THAT is respect.

If it is OK and you learn that things are not going so well, you can say: *"what about Sara? I was wondering whether you had talked to her about what's wrong? . . . pause . . . She can't help but be worried, when you're doing so poorly. . . pause . . . Is there anything I could help you with?"*

Some grownups do not know what to say ...



Even though they are grownups, they can be insecure.  
Maybe, they are afraid that the children will be sad?  
Some grownups ask way too many questions.  
If only they would be themselves and talk openly and honestly.

there are three sides  
to good contact



### Good conversations on difficult topics

A lot has been written about difficult conversations. So, in this little book, only a very few but very important points or values will be put into focus. Let's call the theme: Good conversations about difficult topics. The contact triangle on the left has three sides, each of which must be present in order to be in good contact with someone. If the contact does not succeed, it is probably because one of the sides is too weak.

**BEING THERE** is a quality mentioned a lot recently, because we have all become so busy. We are only really **THERE** when we can be present with an open mind and listen with an open heart. When we can carry on a conversation with peace of mind, then there is room for what is really important. When we are not absorbed with 'getting somebody to do something,' evaluating, judging, taking a position, or 'doing something' about what we experience.

**CLARITY** is playing with open cards. What do I know? Where do I know it from? What do I not know? What I am interested in, I share with those I am together with. With a clear statement of what my thoughts, fantasies, and conceptions are. It is about having the courage to express yourself clearly and to be quiet. A pause can also be clear. A steady breath can give it value. Good pauses help you to 'be there.'

Both children and adults are familiar with the feeling of inadequacy and insecurity; and, however they appear, they need to feel that someone sees beyond appearances and recognizes a good intention, love, and a desire to be a healthy family. **CONFIDENCE, KINDNESS AND APPRECIATION** must come from true sincerity in order to be felt by someone.

It is good to talk about everything







## Good advice for grownups

What is it that makes some grownups particularly good at talking about difficult things?

Listen:

Michael, age 9, says: *"I think that some grownups are good to talk to, because they talk quietly and don't sound grouchy."*

Julia is 16. She says: *"You have to be able to feel that they have plenty of time, and they shouldn't be so all-knowing. Just take it easy."*

Sophie, age 13, says: *"The ones who are good to talk to are the ones who are good at listening."*

Emanuel, age 14, says: *"The ones who think that children might know something that the adults didn't know."*

Mathias, age 12, says: *"It's good if they can understand that you can be sad even though you act dumb. It's terrible if you just get yelled at when you're sad."*

Madeleine, age 5, says, *"It's irritating when they say that I'm too little to understand. I understand."*

## Speak to and from the heart

Be a bit more in your heart than in your brain, when you talk to children about the topics in this book.

Find a good balance between reading, telling, thinking out loud, and listening.

Be open to being guided by the child's associations.

Maybe, there is an important theme hidden here?

See yourself as a rubber band. Return to the subject when you are ready and be a guide who consistently comes back to the topics that you know are important but that the children themselves did not know they could talk about.

It's fine to share with children if you yourself have painful (perhaps, childhood) experiences that can be generalized and give the child the experience that you can come out of a difficult childhood fine on the other end.

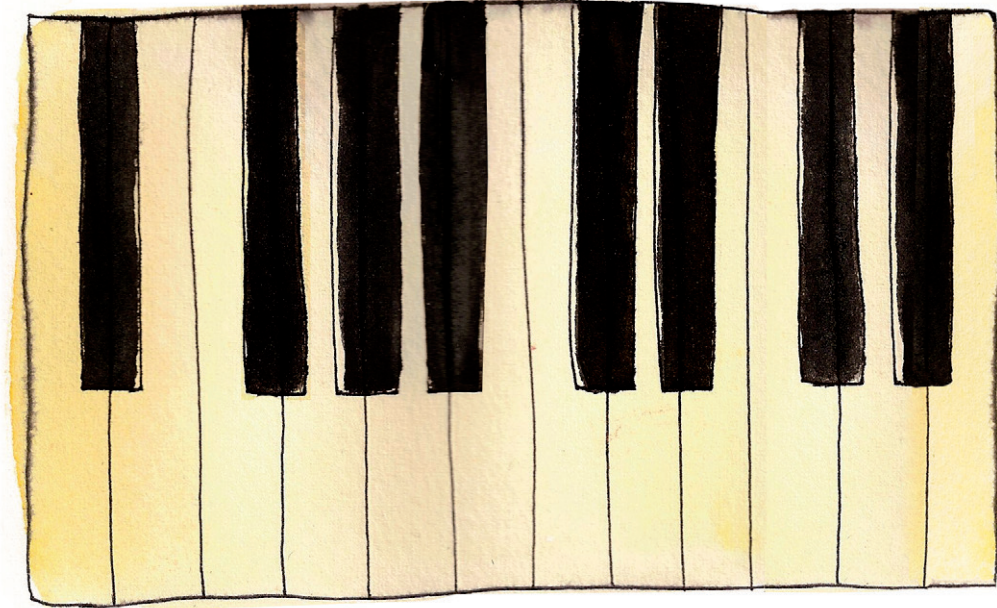
If you have an old, unresolved pain in your heart that still moves you, however, be a little extra careful.

You can risk unconsciously conveying some of your own history, so it affects the way you see the child.

Furthermore the child might end up 'swimming around' in your pool of deep sorrows. This is not the point.

If you are not sure of what to say, listen closely to your heart. Pay attention to your breathing and see what turns up. Talented musicians improvise on a theme while they listen to themselves and to each other. Can this serve as an inspiration for you?

## Good conversations are like a good melody



Melodies can be both in a major and a minor key!  
Do you know what major and minor keys are?  
Major keys are happy tones, and minor keys are sad tones.  
If you know anyone who can play the piano, you can hear the difference.  
When people talk together, there can also be different moods.



### “So long as the children are happy”

My mother and father don't believe that you should talk to the children about anything sad. They think it's bad if children cry, and it is especially bad if the children see the grownups cry!

But isn't it better to be sad together with your mom and dad than being alone, crying into your pillow at night?

Nothing gets worse from crying, right?

And crying eventually stops!

Is there anyone who is happy all the time? I don't think so. If they are, then it's just something they're pretending to be. But there are people who do that ....

For example, I have a friend who says that her mom and dad sometimes fight at home! But when they are out, they smile and talk as if nothing is wrong!



### Sharing about life and death

This must be mentioned here even though it is tempting to skip over it. It is terrible when a human being – perhaps, a mother or a father – chose to leave life and leave a child behind. We almost cannot bear it that children are hit so hard. Do they need to know the truth? We ask ourselves and each other this when it happens.

There is only one answer:

Yes, children need trustworthy adults.

Children need to share sorrow, anger and powerlessness.

Children will never be old enough to accept the pain. But they are always old enough to feel guilt and to feel let down by those who are alive. The adults who are still here have a great responsibility for how the child heals the wound in the soul and re-established trust in people.

We are on shaky ground. But the child needs to encounter adults who have the courage to be with the child in the reality that exists. So many children who are today adults have experienced the opposite. They were abandoned – also by the living.

A symphony that only consists of minor chords is probably inconceivable. We need to be released from the tension. Also when we are together with others. Often, children help when we are too long in a melancholy mood. They break in and make us see the light. We can also strike a tone ourselves that indicates we have faith. Faith in change and a good life.

## We look after each other



Psychologically, my Mom  
is having a hard time.  
It has an effect on the family.  
And things aren't going so well for her  
Despite our good will to the contrary.

It's like we're all ashamed of it  
And want to hide our troubles and cares.  
We feel like giving up because  
It's such a weight to bear.

But, luckily, we're able to talk  
To a person who really listens,  
Someone to tell us that our love  
Will help Mom's outlook glisten.

Then, we get hope and faith to believe  
That, even though life has its quirks,  
It can always be made much better  
When the power of family works.



## Mental illness is 'contagious'

When one person in the family suffers, it affects them all. For good and for bad. For good because we feel that we mean something to each other. For bad because anxiety and difficult emotions are contagious.

Our brains copy each other. It happens without our noticing. Therefore, everyone in the family can sense these emotions and agitation in themselves. It is unpleasant, and it can make you so sad. It is as if everyone feels they are 'wrong'.

You can learn to protect yourself against the anxiety that comes from other human beings.

### ***Because it is not your anxiety!***

You can do different things:

- go for a little walk
- breathe very carefully and listen to your heart
- go out and play
- listen to music through headphones
- take a relaxing shower
- go swimming
- play, dance, jump, and sing
- pray to God for help
- think good thoughts
- find someone who would like to listen and understand.

## Attachment and good boundaries

The beautiful thing about children is that they become attached to the people who take care of them. This happens from the moment children are put into a pair of arms to embrace them.

Children attach themselves in trust and learn by experience. Trust is a decisive element in a child's healthy development and the formation of the child's personality.

Just as important as secure attachments is a healthy boundary between child and adult. The adult has a responsibility to draw his or her own boundaries and to respect the child's. To give children faith that they can count on support and be the 'leader' of their own lives.

## Your feelings and mine

Both children and adults can train themselves to get into touch with their feelings. When you know your own feelings, it is easier to distinguish them from the feelings of others. It is certainly not easy, but it can be learned.

Adults can help by 'mirroring' the child's feelings. Show the child with your voice and facial expression that you see, sense, and understand:

*"I know you must be scared! ... or angry!"*

*"I understand very well WHY you're sad!"*

Or by telling the child about your own feelings:

*"I'm sorry I scolded you. It was probably because I was so tired. Please forgive me."*

Here are a few more ideas to talk about

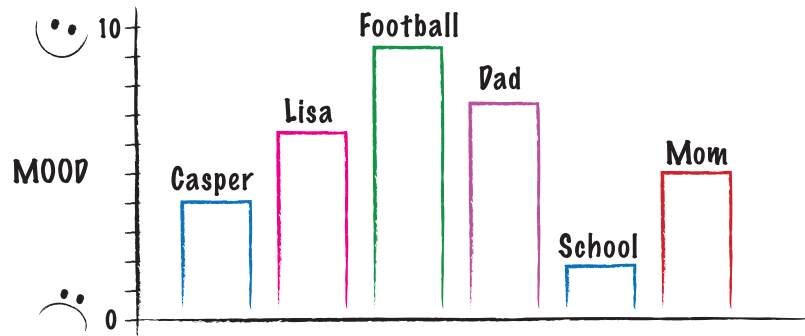
Look at the faces here and in the book and talk about when you recognize the various moods and feelings in yourself.



Draw a bar chart with 8-10 bars and give each bar a topic. For example: school, mother, father, myself, my sister, riding, etc.

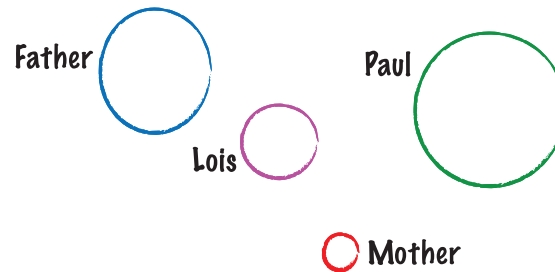
Have each child fill out his or her own bars corresponding to how they rate the mood in themselves and others and how happy they are about various activities. Children are familiar with the scale of 1 to 10.

The results are not important. What is important is whether the children are engaged and get in touch with what is meaningful for them.



You can draw the amount of the energy and happiness in each family member. Everyone draws his or her own. Big or small. This provides a very clear picture for children to see how large a circle their mother and father draw for themselves in relation to the children's.

When children and adults draw together, they both feel they are seen and see a connection.





## Peace of mind – an exercise

It's good to be able to create your own peace of mind. This exercise is a good way to combat anxiety and stress. It can create peace of mind when our thoughts and feelings are uneasy and out of balance.

You can practice this exercise, so you can preserve your own peace of mind even when you are with someone who is agitated. Just read calmly to yourself, and try doing what is suggested.

Sit down in a cozy spot that you like. Make sure your legs and your back are comfortable. Also your behind and your feet. Relax your shoulders and your stomach and take some deep breaths, in and out.

Slowly, read on in the text here, while you breathe in and out alternately. As you read, pay attention to whether there are any sounds in the room. Just note the sounds. Let them just be the sounds they are.

Imagine you are sitting in your own special place, where nothing can disturb your breathing. Maybe, there are no sounds. Then, just listen to the quiet. Keep paying attention to your breathing the whole time. Stay in your breathing for a few minutes. At your own tempo, in. At your own tempo, out.

When you find your thoughts wandering 'out into the world,' help bring them back with a friendly, little smile so that you're only paying attention to the sounds or the quiet and your breathing.

Continue breathing slowly ... in ... and out ...

Remember that you are entirely yourself. You are not what happens to you.

Try to think of a really difficult experience you have had with someone who was agitated. Was there blaming and shouting? Was

it completely quiet? Were you afraid or sad? Or did something else entirely happen?

Can your body remember how you felt when it happened?

Do you feel something? In your skin? In your gut? In your throat? Somewhere else?

Maybe, you don't feel anything. That's OK.

Now try to look at your experience as if it were drawn on a blackboard. While you are looking at the blackboard, make sure that you breathe slowly in ... and you breathe out. Pay attention to your heart as well.

Take your time. Maybe, close your eyes for a while.

Now, think again about the fact that the experience was an experience.

It was something that happened outside you. You can – in spite of everything you experience – train yourself to preserve your peace of mind. You have your own heart, your own breathing, and your own life.

You are a person.

You are just the way you are supposed to be.

Give yourself a smile.

And direct your attention to your breathing.

Now, once again, in the quiet, listen to your thoughts.

Let everything be completely quiet. Every time you catch thoughts sneaking into your tranquility, direct your attention calmly back to your breathing. Keep sitting as long as you want to.

If you do this exercise regularly, you will gradually create peace of mind for yourself with the help of your own breathing.

## Smile to the world

All good stories are supposed to end well.  
This one does, too.

Here's a story about why people smile.

You make up the story yourself  
– all of you sitting here.

Like this:

Choose someone to start.

Taking turns, each of you is to receive a smile from everyone  
else. Everyone gets a chance to try.

Who is first? OK. Now close your eyes. When you open them,  
look around at the others, all of them are smiling. Pay attention  
to what happens to you. Maybe, you come to smile yourself?  
Yes. You almost can't help yourself – unless you force yourself  
not to. (Maybe, mirror neurons are helping?)

And now it happens! When you smile, your smile sends a  
message to your brain that you are secure and happy. And  
when this message arrives, you FEEL more secure and happy.

See? That's why it's so good that people smile.

Now, it's the next person's turn.





## Afterword

Just a few decades ago, there was a general agreement that children should not have to deal with difficult things in life such as illness and death. People thought that children should be spared and you shouldn't talk about these things with them.

Today, we know that children sense things and are affected by them far more than we are aware of. Especially when something is wrong. They are worried and curious, and they want knowledge about what is going on around them.

Since the late 1990s, I have been talking to families with children about mental illness in the family. This book is a result of the experiences I have had in my encounters with many such families.

More and more people are struck by mental illness. Every child will experience this with someone they know. Therefore, it is a topic that all children need to learn about.

But many parents and teachers are uncertain about how to approach this subject with children. One of the reasons may be that they themselves grew up in a time when talking about mental illness was taboo.

I hope that the book will inspire many new conversations between children and grownups.

- About ideas and feelings
- About mental illness
- About pleasures and pain
- About the good life for human beings.

Find the book and get more ideas at  
[www.snak-om-det.dk](http://www.snak-om-det.dk) / [www.talk-about-it.eu](http://www.talk-about-it.eu) /



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## Karen Glistrup

Karen Glistrup is a social worker and a psychotherapist specializing in families and couples.

She lectures, teaches, and supervises professionals who work with children and afflicted adults.

Karen has also written the critically-acclaimed book, "Hvad børn ikke ved ... har de ondt af" Hans Reitzel 2002/2006/2014 (What children don't know ... will hurt them).

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## Pia Olsen

Pia Olsen is an artist located in Copenhagen, Denmark. She works freelance and makes illustrations for books, web, magazines, apps and advertising.

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"I strongly agree with the way in which this book approaching both the children and their parents. It can be helpful in our practice and it can help parents as well as mental health workers to talk to children. I am pleased to recommend the book to my networks here in Europe as well as worldwide."

Karin van Doesum  
Phd. Psychologist/Researcher.  
Mindfit and Radboud University Nijmegen.

**Every child will meet an adult who has a mental illness – either in their own family or in their friends' families.**

This book provides children with knowledge, understanding for each other, and insight into the fact that it is never the child's fault if adults become ill. The book is written for small children, older children, and adults, who themselves were once children.

The first part discusses anxiety, depression, stress and trauma.

The second part deals with children who are grappling with mental illness in their family. The last part provides ideas about how we can talk with every child about difficult things and how people can become well.

*"Children feel things and seek context. We can help them by talking openly about the reality in which they live."*

Karen Glistrup

“ This book 'Talk about it ...' is informative and very helpful. The illustrations and text discuss issues that might seem difficult to share with children.

The book is also a tool that makes it easier for us to talk about our thoughts and feelings – and this, is so important for both children and adults.



Extract from foreword by  
Her Royal Highness  
Crown Princess Mary of Denmark