

**ARE YOU
RAISING A
BEN?**



I'm so glad you requested Five Essential Tips to Support Your Intuitive, Sensitive, Creative and Highly Empathic Preteen/Teen

WELCOME TO BEN SPEAKS

Ben Speaks' mission is to provide positive channels of expression and empowerment for a whole-person approach to wellness through clinical and holistic resources and education.

WHY? Because... Everyone Knows a Ben!

Who is a Ben?

A Ben is creative, intuitive, sensitive, and a high empath.

A Ben is unique and beats to his/her/their own drum.

A Ben is a kinesthetic and visual learner.

A Ben is labelled with a mental illness or learning disability at an early age.

A Ben is a daydreamer and can become easily distracted.

He or she is a round peg.

A Ben is often medicated early in life.

A Ben feels like a misfit and struggles to fit in.

A Ben is an easy mark for the bully or becomes one.

A Ben often develops a strong inner critic.

A Ben tends to self-harm in some way as a teenager.

A Ben can become isolated and left out.

A Ben often suffers with social anxiety & depression.

A Ben is high risk for becoming a statistic TODAY!

A Ben is not broken.

A Ben has one or many gifts to bring to the world.

There is a little bit of Ben in all of us!

www.BenSpeaks.org
501c3 Public Charity



Tip #1

Being Grounded

Bens have huge imaginations and live there. They often struggle to concentrate and focus for this very reason.

Learning tools to ground themselves is a first step in getting them connected to their body—especially when they are being tasked to perform (i.e., schoolwork, chores).

Connect them through their breath to their feet.

Invite them to lean against a tree and imagine roots going down to the earth.

Let them pick out a special rock or coin to keep in their pocket.

*Encourage physical movement/exercise.
For a Ben, non-competitive is more in their nature.*



Tip #2

Clearing Emotions

Bens are sponges for the world around them. They absorb other people's energy/emotions. This can cause them to be explosive and/or implosive! They have a tendency to hurt themselves or others to release the energy they absorb.

Help them find positive channels for the expression of their own feelings and the absorption of emotions from others and the world around them:

Scream into a pillow.

Stomp their feet on the ground.

Express their feelings in a journal.

Talk to a therapist or trusted friend.



Tip #3

Create Positive Labels

Bens are easily stigmatized by our societal labels. Mental health diagnosis can be helpful in accessing important services. Yet, a Ben tends to internalize the labels as a negative and wear that label on their chest like a scarlet letter. They can **BE-come** their label.

Remember, your child is not their label. They are so much more than that! They are creative, imaginative, entrepreneurial and out-of-the-box thinkers with deep feelings and an intuitive nature.

Help them harness their gifts and focus on their positive qualities.

**WHAT YOU FOCUS ON IS
WHAT YOU CREATE**



Tip #4

Listen With Your Heart, Not Your Head

Sometimes as parents raising a Ben, we have a difficult time understanding them. Our deepest desire is for them to succeed and BE ok!

Our tendency is to try to fix them and make them fit the societal box. The more we try to do that, the more they resist.

A Ben needs us to listen to their feelings and not try to FIX them!

Instead, practice active listening and repeat what you heard them say back to them!

Then, ask a question!

They love to share their feelings and have a deep need to be HEARD!

Feelings are not FACTS—
but they are real to your teen!



Tip #5

Stay Calm

Because a Ben tends to be reactive and easily triggered emotionally, your ability to role model calm behavior is key.

Be the calm in the storm.

How, you might ask?

Practice long deep breaths.

Meditate daily.

Practice what you teach.

Ground and clear yourself.

Remember, you are human and if you have a bad day and freak out, don't beat yourself up. Just practice staying calm tomorrow!

Take responsibility when you do.

