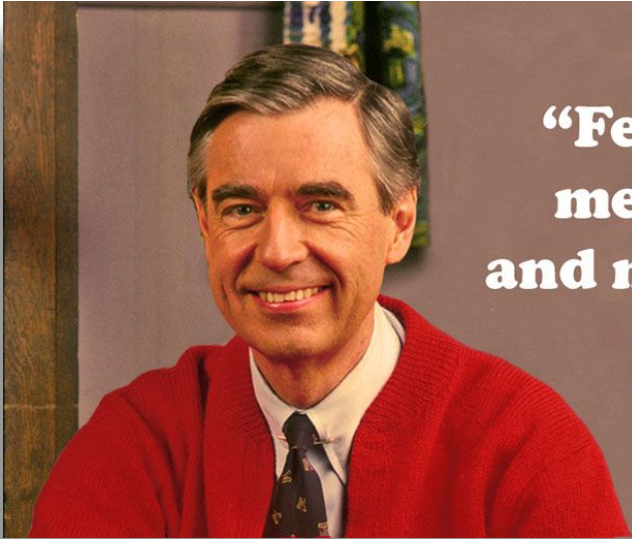


HOW TO SUPPORT YOUR STUDENT IN CHANGING THEIR RELATIONSHIP WITH STRESS AND ANXIETY

Elise Kenney-Caldwell

PRESENTATION OBJECTIVES

- Defining anxiety and learning the difference between anxiety and stress
- Teaching skills that parents can use themselves when kids are feeling anxious and skills that parents can teach their kids to help manage anxious distress
- Identifying areas where parents may be accomodating anxious behaviors
- As well as learning when seeking additional help would be beneficial.

A portrait of Mr. Fred Rogers, smiling and wearing his signature red cardigan over a white shirt and a patterned tie. The background is a solid brown color.

**“Feelings are
mentionable
and manageable”**

— Mr. (Fred) Rogers

“m fine”
FEELINGS SERIES

“

In the brain, naming an
emotion can help calm it.

- DR. DAN SIEGEL

”

@WILDPEACEFORPARENTS

STRESS VS ANXIETY

Is it anxiety or an intolerance to the feeling of stress?

STRESS VS. Anxiety

- Happens to everyone in varying degrees
- Caused by everyday living and real stressors
- Results in dozens of symptoms (including anxiety)
- Ability to manage stress will vary depending on individual

- Affects 18% of population
- Caused by stress, fear or apprehension (real or perceived)
- Results in extreme and often, debilitating symptoms
- Difficult to manage and usually requires treatment

Which Sounds More Familiar?

- You live with above normal stressors. Some are temporary and controlled, but others may be permanent
- Stressors affect energy, motivation, mood, balance and/or health
- You are applying lifestyle changes (exercise, nutrition, mindfulness), but could still use help managing your stress response

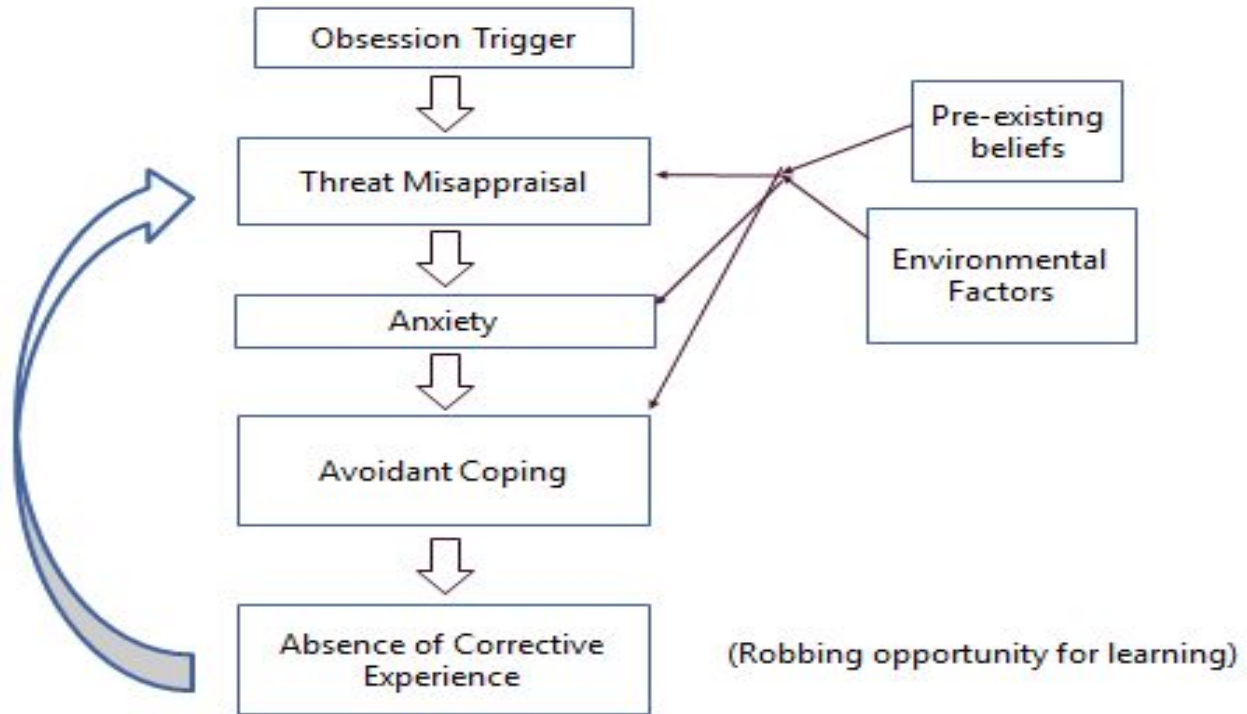
- You have above normal or excessive, irrational fears of everyday situations
- You suffer from panic attacks, and/or spend time worrying about having one
- Your worry is persistent, unrelenting, and interferes with cognitive, physical and behavioural functioning
- You feel you need help in dealing with this using natural ingredients and lifestyle approaches

ANXIETY:
WHAT IS IT AND HOW
IS IT TREATED?

WHAT IS ANXIETY

- Variety of anxiety disorders (ex: separation, generalized, social, etc.)
- May or may not be tied to an event
- Pervasive over time
- Think about anxiety disorders as “avoidance” disorders

BUT HOW DOES ANXIETY DEVELOP?

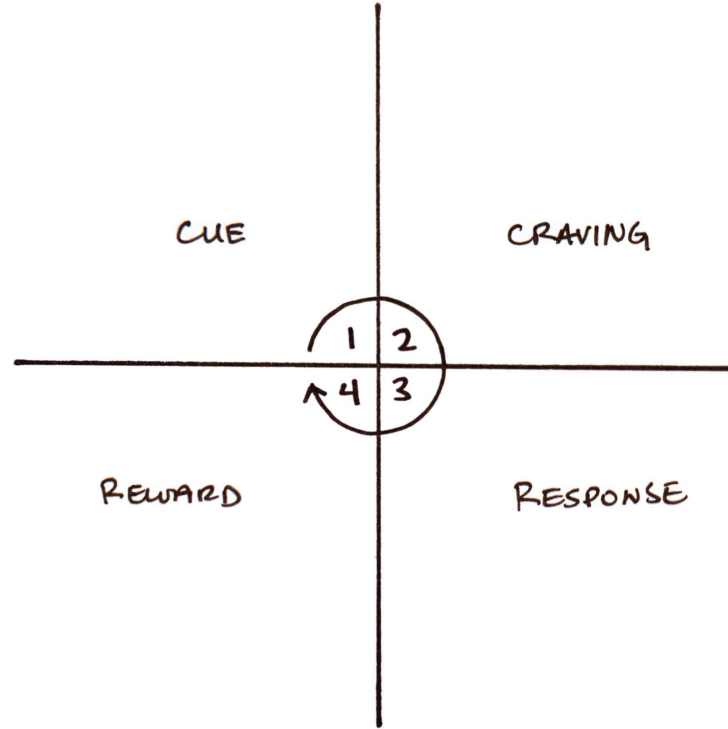


HABIT LOOP - SIMILARITIES?

“A habit is a behavior that has been repeated enough times to become automatic”

- James Clear, Atomic Habits

THE HABIT LOOP



The Power of Habit, Charles Duhigg

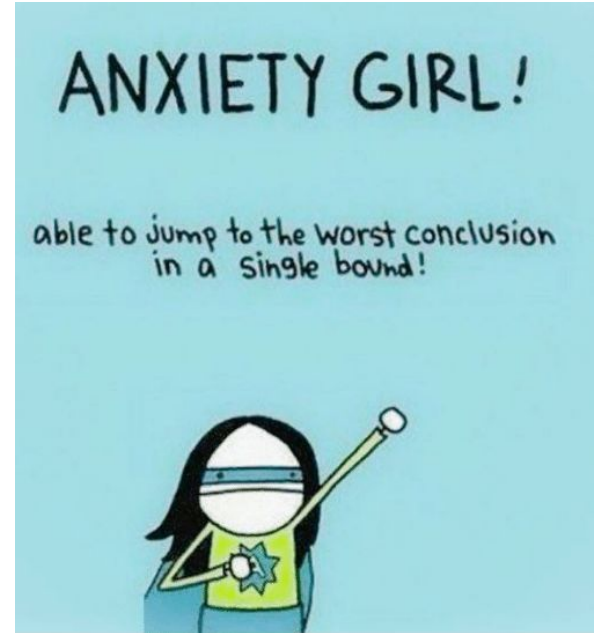
WHAT IS EVIDENCE-BASED TREATMENT?

EBT consists of three components:

- It is practice guided by the best available research evidence
 - Not all mental health treatments are equally effective
- Takes into consideration patient's values and preferences
 - Psychological treatment should be a collaborative process that respects your own experiences, needs, and values.
- It is conducted by someone with the appropriate clinical expertise
 - It is your therapist's job to interpret the best evidence from systematic clinical research (the first leg) in light of your preferences, values, culture, and daily life realities. Therapists rely on their own clinical expertise in figuring out how to integrate these different pieces of information to formulate your individual treatment plan.

EBT: COGNITIVE- BEHAVIORAL THERAPY

- Elements of CBT used when treating anxiety-based disorders
 - Thought records
 - Behavioral activation/Opposite Action
 - Fear hierarchy
 - Exposure & Response Prevention
 - Habit reversal



ANXIETY & SCHOOL

POSSIBLE IMPACT ON SCHOOL

- Poor Concentration
- Symptoms that mimic ADHD (focus, fidgeting, disorganization, etc.)
- Procrastination of work
- Poor test performance
- Time outside of class
- **Tardiness to school due to oversleeping, refusing to get up/get ready, etc.
- **Full school avoidance
- Social concerns

** Not avoiding school, they are avoiding the negative emotion(s)

UNKNOWNING ACCOMMODATION

WHAT IT LOOKS LIKE TO UNKNOWINGLY ACCOMMODATE ANXIETY?

- Changes in parents' behavior to prevent or reduce distress in children (Lebowitz et al, 2012)
 - Allowing avoidance
 - Adhering to child's "rules"
 - Changing family routines
 - Excessive reassurance or validation
 - May look like what feels intuitive as parents

FAMILY ACCOMMODATION CHECKLIST AND INTERFERENCE SCALE

(THOMPSON-HOLLANDS ET AL, 2014)

- Might Look Like:
 - Allowing child to sleep in parents bed or parent sleeping in child's bed
 - Allowing child to avoid social situations
 - Answering questions directed at the child
 - Allowing child to avoid or miss school (e.g., “mental health day”)
 - Responded to text message or call from child requesting reassurance
 - Pick up child early from school or social event
 - Let child avoid social engagement

WAYS TO REDUCE PROBLEMATIC BEHAVIORS

Punishment

- Usually has a higher correlation with the mood of the parent than the child's behavior

Extinction

- Necessary but rarely sufficient

Reinforcement of incompatible positive behaviors (positive opposites)

- Foundation of most successful behavior plans



FOOD FOR THOUGHT:

What message do we send to our kids when we accommodate the anxiety?

WHAT YOU CAN DO!

- Validation by listening without judgement or trying to “fix it”
- Help them find ways to cope that work for them
- Mindfulness techniques
- Checking the Facts? Reminding them that feeling aren’t facts and thoughts are temporary (Dr. Dalton)
- Check on yourself as well: are you taking care of yourself, what is the modeling, etc.
- Exposure (hierarchy) - breaking fear down into steps and moving through them one step at a time
- If things do not improve or worsen seek out a professional.
- Sit in the dark with them...do not flip the light on (Brene Brown)

SKILLS
&
STRATEGIES

WHAT IS MINDFULNESS

Is simply paying attention on purpose without judgement



MINDFULNESS TECHNIQUES

- Breathing/Progressive Muscle Relaxation/TIP the temperature skill
- Take 5 (Video following)
- Participate mindfulness - throwing yourself in to any activity: running, walking, yoga, etc.
- Coloring
- Meditation
- Mindful eating

Anything can be done mindfully!

Think about your favorites!

5 4 3 2 1...A SIMPLE RELAXATION/GROUNDING STRATEGY

5 Things you can SEE

4 Things you can HEAR

3 Things you can TOUCH

2 Things you can SMELL

1 Slow, deep BREATH

SKILLS/TIPS & TRICKS

- Best case scenario, Worst case scenario, Most likely scenario
- Imagine ourselves coping well
- Remembering other successful situations and visualizing that feeling
- Physical exercise
- Self soothing with 5 senses: take a bath, bake cookies, look at photos, music, pet your favorite fuzzy friend
- Write down all your feelings/thoughts
- Coping cards - montras, self-talk statements, quotes

CHALLENGING THE FACTS

Thought Record

A thought record is helpful for keeping track of your negative and anxious thoughts throughout the week. Whenever those thoughts come up, make sure to write it down here. Make an effort to change your negative thought into a positive one and see what happens!

WHAT HAPPENED?	HOW IT MADE ME FEEL AT THE TIME	ANXIOUS THOUGHTS THAT I HAD	HOW I RESPONDED

What are positive thoughts that you can have the next time these situations occur?



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Size of the Deal What are the facts?

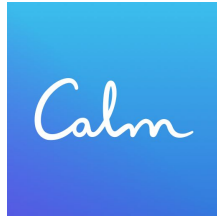
Problem Size		My Reaction	Expected Reaction	Example
BIG Adult needs another adult	10			
BIG	9			
BIG	8			
MEDIUM I need an adult's help	7			
MEDIUM	6			
MEDIUM	5			
LITTLE I can solve this issue on my own	4			
LITTLE	3			
LITTLE	2			
LITTLE	1			

RESOURCES

APPS



Clear Fear



Calm



Headspace



Smiling Mind



Mind Yeti

VIDEOS

Rewiring the Anxious Brain: https://www.youtube.com/watch?v=zTuX_ShUrw0

Neuroplasticity: <https://www.youtube.com/watch?v=ELpfYCZa87g>

Johnathan Dalton: <https://www.youtube.com/watch?v=dVsAHnORbGY&t=954s>

WEBSITES

Left Brained Budda <https://leftbrainbuddha.com/10-ways-teach-mindfulness-to-kids/>

WorryWiseKids <http://www.worrywisekids.org/>

BOOKS

“The Yes Brain” by Daniel Siegel and Tina Payne Bryson (Written several great books)

“I Am Peace: A Book of Mindfulness” by Susan Verde

“Gifts of Imperfect Parenting” by Brene Brown (audio only)

“Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens” by Laura S. Kastner

THANK YOU