



MANAGING STRESS & ANXIETY

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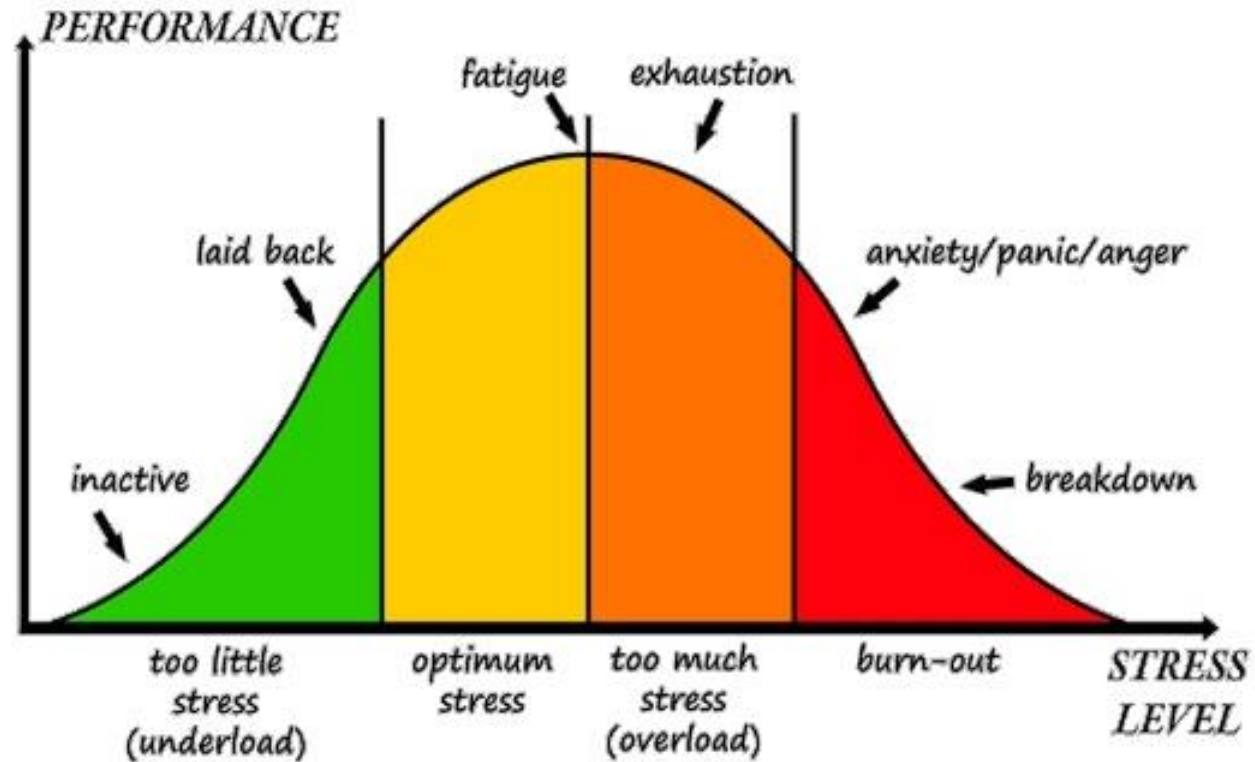




What is stress?

- How the brain and body respond to any demand
 - Usually affects us when we're faced with difficult or demanding circumstances
- Two types
 - Eustress - Normally motivating, short-term, and doesn't feel like a struggle to manage
 - Distress - Can be short or long-term, feels uncomfortable (anxiety, panic, worry), and often perceived as something we cannot handle or manage on our own

The Stress – Performance Curve

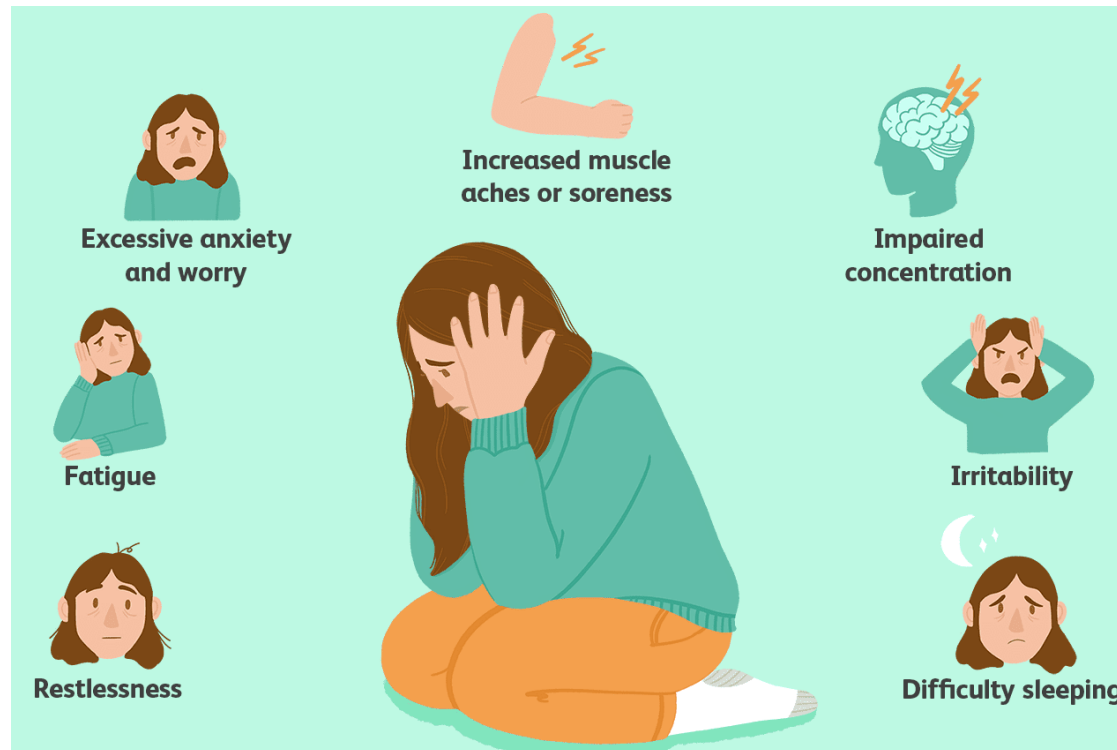


How it Can Manifest

- Physically
 - Pain
 - Sleep/appetite changes
 - Weakened immune system
 - Increased risk for other diseases/conditions, such as hypertension
- Emotionally
 - Trouble focusing or concentrating
 - Mood swings
 - Anxiety
 - Depression
 - Thoughts of suicide or self-harm
 - Agitation
 - Irritability and angry outbursts
 - Feelings of loneliness

What is Anxiety

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.



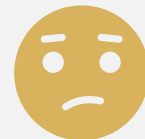
What to look for in Your Kids



Change in the quality of their schoolwork



Engaging in disruptive bxs



Withdrawing

How to Support Your Kids

- Provide safe space for them to discuss their challenges with you
- Identify & validate their feelings
- Emphasize safety
- Set a routine as much as possible
- Help them focus on what they can control
- Model managing difficult emotions
- Encouragement instead of praise
- Give yourself & them grace

TAKE CARE

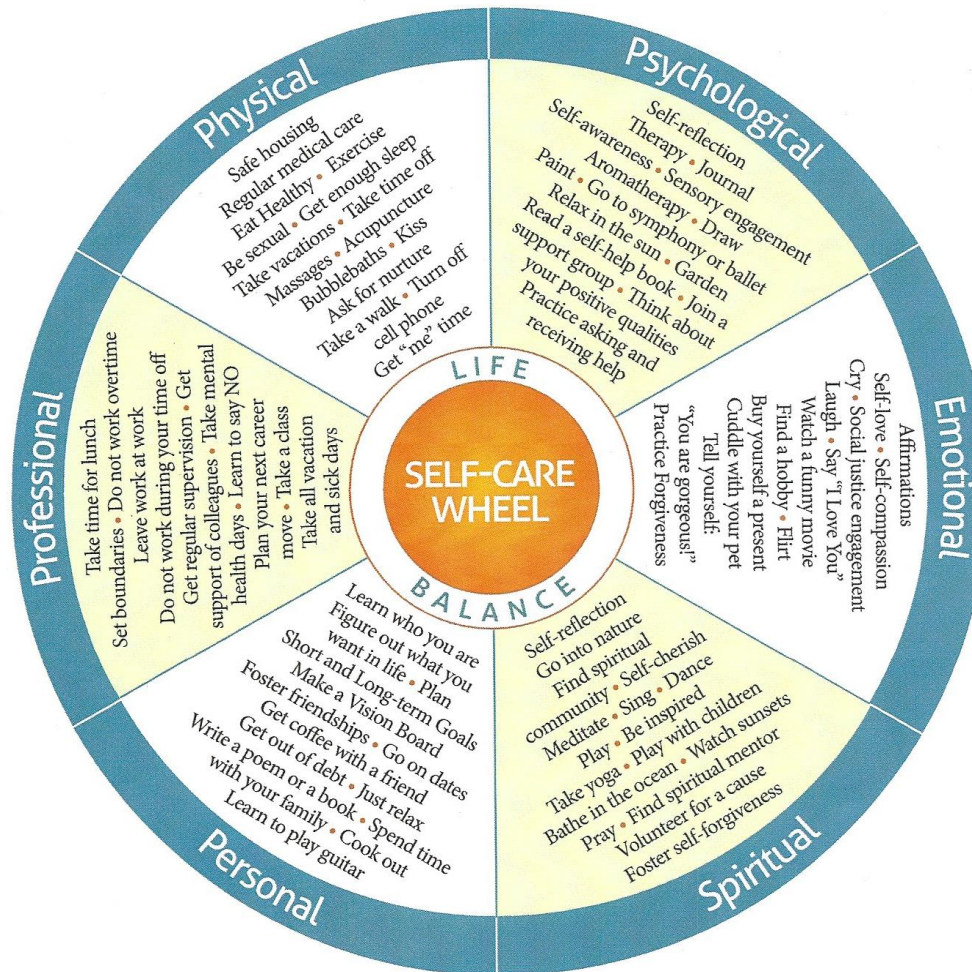


OF YOURSELF

So, how do we cope with Stress & Anxiety?

- Self-care
- Coping Skills
- Social Support
- Therapy

SELF-CARE WHEEL



This Self-Care Wheel was inspired by and adapted from "Self-Care Assessment Worksheet" from *Transforming the Pain: A Workbook on Vicarious Traumatization* by Saakvitne, Pearlman & Staff of TSI/CAAP (Norton, 1996). Created by Olga Phoenix Project: Healing for Social Change (2013).

Dedicated to all trauma professionals worldwide.

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Stress management tips



Become aware of
your stress level &
stressors



Recognize what you
can and cannot
control in your life.
Focus on the things
you can control.



Plan for probable
stressors due to
expected major life
changes



Establish priorities
to manage your
daily tasks



Spend time on
things you enjoy
and are important
to you



Set Boundaries.
Learn to say "No"
when you need to
without feeling
guilty.



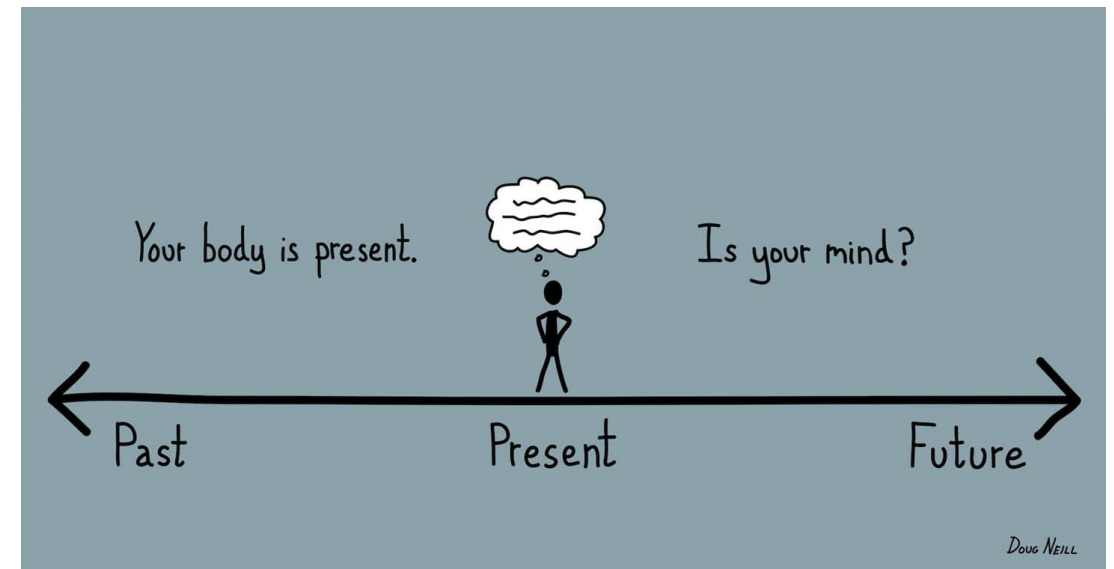
Recognize your
accomplishments



Stay connected with
your support system

Mindfulness

- A state of nonjudgmental awareness of what's happening in the present moment, including one's thoughts, feelings, and senses
- Two main components
 - Awareness
 - Acceptance
- Benefits
 - Reduces anxiety
 - Improved ability to manage emotions
- Body Scan
- 5 senses technique



Progressive Muscle Relaxation

- A deep breathing technique with long-term benefits for stress and anxiety
- Practice regularly to see long-term effects
- Utilize a PMR Script

Belly Breathing

1

Have your child pick a stuffed animal

2

Place stuffed animal on the stomach

3

Have child breath in slowly through their nose for three seconds

4

Have child breathe out slowly through their mouth for 5 seconds while watching the stuffed animal rise and fall



Resource:

The Child Mind Institute
<https://childmind.org/>

How to sign your child up for counseling

- Call or e-mail the front office at Summit
 - 678-893-5300
 - info@summitcounseling.org



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