

Tuesday Tips

Managing Mental Health During Uncertain Times
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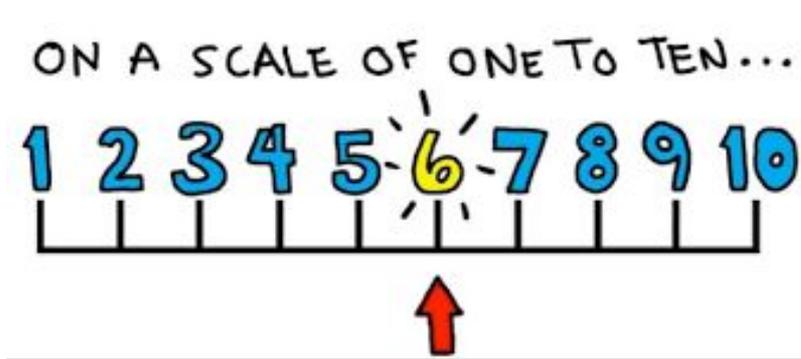
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“Peace I leave with you;
my peace I give to you.

Not as the world gives do I give to you.

Let not your hearts be troubled,
neither let them be afraid.”

- John 14:27



Exactly how *peaceful* are you feeling today?

The current state of affairs is NOT normal.

There are bound to be some effects.



ANXIETY MIGHT LOOK LIKE...

@POSITIVELYPRESENT

How Stress
and Anxiety
may look for
you....



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Stress

Stress is healthy! It keeps you motivated, helps you solve problems in life, and inspires you to action.

When stress becomes excessive, it gets in the way of living and can lead to anxious thoughts, physical symptoms in your body like muscle tension or pain, and leaves you feeling upset or exhausted.



Anxiety

Common physical responses to anxiety include: headaches, nausea, vomiting, diarrhea, sweating, increased heart rate, shakiness, muscle tension.

Dysfunctional thinking impacts our anxiety. Pay attention to your inner thoughts. Thoughts really do drive our behavior and emotions.

Black and White Thinking

Example: *"I shouldn't feel bad about being home with my kids all day." "If I can't teach them, I'm a failure."*

All-or-Nothing Words

NEVER
NOTHING
FAILURE
WORTHLESS
MUST NOT
SHOULD NOT
CANNOT
AWFUL

ALWAYS
EVERYTHING
PERFECT
COMPLETE
MUST
SHOULD
HAVE TO
IDEAL

Catastrophizing/Worst Case Scenario

Example: *"We will be stuck in our houses all summer!" "We can't do anything!" "This will never end!"*



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Tips to Manage Stress & Anxiety

1. Set a routine
2. Stay mentally and physically active
3. Practice gratitude
4. Notice and limit stress or worry triggers
5. Rely on reputable news sources
6. Limit time on social media and news content
7. Control the Controllable



8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



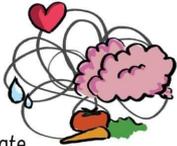
2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.



8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.



6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

How anxiety might manifest in children and teens...



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How to Help Your Anxious Child

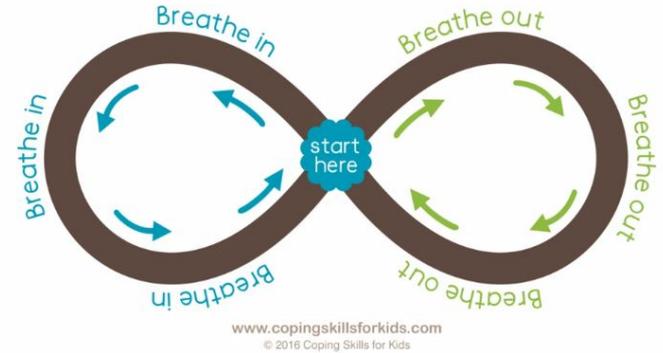
- First, take a deep breath yourself.
- Acknowledge the behavior and validate it
- Where is your child feeling it in his/her body?
- Name it to Tame it
- Assure your child this anxious feeling won't last forever

Then remind your child and/or teach some coping skills!



Helpful Coping Skills for Children

1. Deep Breathing



5 4 3 2 1 Grounding Exercise



2. Grounding



Helpful Coping Skills for Children

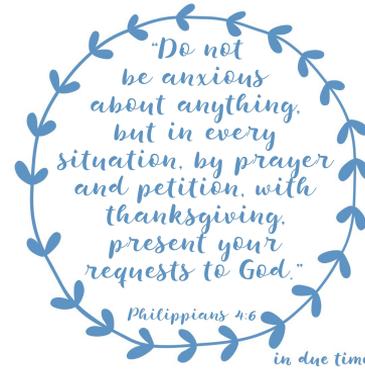
3. Set small, daily goals



4. Shift the focus



5. Give the worries a place to go



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Tips to Help Yourself while Working from Home

1. Set up working hours and breaks
2. Build a fake commute, a buffer between home and work environments
3. Exercise
4. Switch off for periods of rest
5. Set up a work space separate from other parts of the house (if possible); give yourself natural sunlight and make it free from other distractions
6. Resist the urge to multitask



A Dynamic Tension – the beauty of life's work
Dynamic tension exists between a culture of productivity, multiple professional & personal roles, and the need for self-care.



Tips for Parents of Adult Students Returning Home

Thoughts for the new reality of online, at-home learning:

- Your student is not home for break - don't treat it as such!
- Realize your student is under **a lot** of stress
- Encourage them by making connections to resources they need to be successful
- Let them feel what they are feeling, while being honest about your own feelings
- Model healthy stress relief; have them join you!
- Make connections as a family - older generation as well

Zapanta, Larua. (2020, March 16). *Grown and Flown*. Retrieved from:
<https://grownandflown.com/advice-college-students-schools-closed/>



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Dr. Elisabeth Kübler-Ross'

5 stages of grief

Acceptance

Depression

Denial

GRIEF

Bargaining

Anger

Key points:

- Stages are not linear
- May not happen in a particular order
- Not stagnant: you may bounce around and revisit stages you thought you had already worked through.



David Kessler

Offers a look at grieving in context of the impact Covid-19 is having on our society.

Acceptance

"This is happening, I have to figure out how to proceed. I can wash my hands. I can keep a safe distance. I can learn to work virtually."

Sadness

"I don't know when this will end."

Bargaining

"Ok, if I social distance for 2 weeks, everything will be better right?"

GRIEF

Denial

"This virus won't affect us."

Anger

"Your making me stay at home and taking away all my activities."

Berinato, S. (2020, March). That discomfort you're feeling is grief. *Harvard Business Review*. Retrieved from:

https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR1zjZ78zxR5mKtBbjjWsMNo5VLcK_VJazdkJVDiDZ2kiMT

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Anticipatory Grief

“Anticipatory grief is that feeling we get about what the future holds when we’re uncertain. Usually it centers on death. We feel it when someone gets a dire diagnosis or when we have the normal thought that we’ll lose a parent someday.

Anticipatory grief is also more broadly imagined futures. There is a storm coming. There’s something bad out there. With a virus, this kind of grief is so confusing for people. Our primitive mind knows something bad is happening, but you can’t see it. This breaks our sense of safety. We’re feeling that loss of safety. I don’t think we’ve collectively lost our sense of general safety like this. Individually or as smaller groups, people have felt this. But all together, this is new. We are grieving on a micro and a macro level.”- Dr. David Kessler

Berinato, S. (2020, March). That discomfort you're feeling is grief. *Harvard Business Review*. Retrieved from: https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?fbclid=IwAR1zjZ78zxR5mKtBbjjWsMNo5VLcK_VJazdkJVDiDZ2klMTsPxyx484jbZ0



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"WHEN MY HEART
IS OVERWHELMED

LEAD ME

TO

the Rock

THAT IS HIGHER

THAN I."

Psalm 61:2



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