

Anxiety and Coping Strategies

How it Works, How it Looks, and How to Help

October 20,2020

Teresa Kramer, BVM Principal

Luis A. Rodriguez, Resource Teacher

Sweetwater Union High School District

Transition to Middle School can be Stressful



Anxiety

- ▶ A certain amount of anxiety is normal and is to be expected
- ▶ Anxiety is a problem when it becomes a problem: too often, too strong, out of proportion.



What is Generalized Anxiety Disorder?



- ▶ Feeling restless, wound-up, or on-edge
- ▶ Being easily fatigued
- ▶ Difficulty concentrating; mind going blank
- ▶ Irritability
- ▶ Having muscle tension
- ▶ Difficulty controlling feelings of worry
- ▶ Sleep problems, such as difficulty falling or staying asleep, restlessness, or unsatisfying sleep

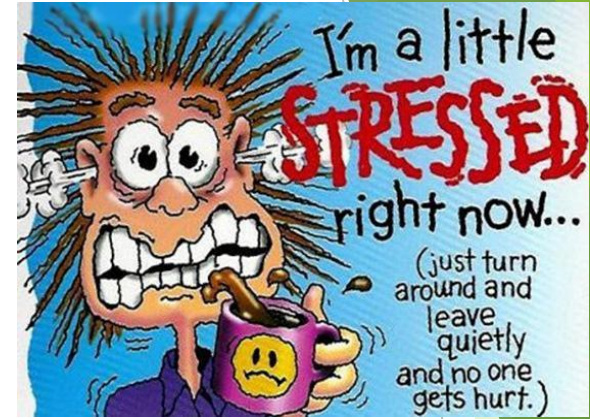
Marker for Diagnosis: More than 6 Months

How anxiety feels...



Unhealthy Coping Strategies

- ▶ Zoning out-on a Device all day
- ▶ Procrastination
- ▶ Smoking/drinking/drugs/vaping/Caffeine Overload
- ▶ Poor Dieting
- ▶ Taking it out on others
- ▶ Other avoidant behavior - withdrawing from friends/family, sleeping, skipping school



Social Media and the Impact on Mental Health

- ▶ Promotes Anxiety
- ▶ Low Self-Esteem
- ▶ Increased feelings of Depression
- ▶ High level of Stress
- ▶ Poor Body Image
- ▶ Loneliness
- ▶ Suicide



What parents should do about Social Media ?

- ▶ Connect
- ▶ Set an Example: Avoid heads down
- ▶ Give your FULL attention
- ▶ Create an Agreement among family members (i.e. Family Media Plan)
- ▶ Know their password
- ▶ Open each Application and Turn ON restrictions
- ▶ Use Security Apps (i.e. mSPY, TeenSafe, MamaBear)

Effective Ways to Treat Anxiety

- ▶ Family connection
- ▶ Relaxation techniques
- ▶ Identifying Physiological signs
- ▶ Family therapy
- ▶ Parent training
- ▶ Medication



How To Talk to Your Children About Anxiety

- ✓ Talk privately and tell them you notice something is bothering him/her
- ✓ Listen attentively/calmly to what is happening
- ✓ Validate feelings & label them if appropriate
- ✓ Involve the child in the solution – help them brainstorm things that might help
- ✓ Be patient – just being there helps

Academics



- Communicate with teachers and counselors
- Encourage attendance
- Consider making modifications
- Breaks in between assignments
- Opportunities for movement

Strategies for a Self-Care Plan

- Create a safe place to go with calming activities
- Teach relaxation techniques
- Consistent daily routines
- Play soothing music during downtime, homework, etc
- Incorporate exercise, stretching, journaling, painting, playing music, etc

11 FREE RELAXATION APPS FOR TEENS WITH ANXIETY



7 CUPS

7CUPS

Free anonymous emotional support and counseling from trained active listeners available 24/7



CALM

Calm is the #1 app for mindfulness and meditation for teens. Breathing programs, relaxing music, and sleep stories. Recommended by top psychologists.



MOODTRACK

My favorite mood track app for teens! You simply put in your mood, any notes you want to add, and rate it 1-5. The app tracks your app and shows you a graph.



PACIFICA

Manage stress, live happier. Pacifica offers daily tools for stress and anxiety as well as a supportive community.



RELAX MELODIES

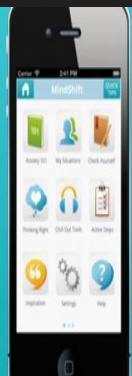
Combines over 100 relaxation sounds, melodies, binaural beats and white noise. Relax Melodies can play for a specified period of time or all night.

SEE THE FULL LIST AT
SLAPDASHMOM.COM

Small Steps Big Changes

MindShift is a free app that helps youth reduce anxiety and stress.

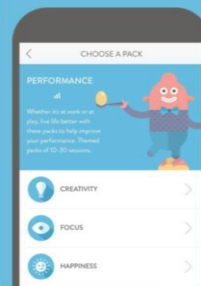
DOWNLOAD NOW »



Headspace is a gym membership for your mind



Bite-sized, guided meditations designed to fit busy modern lives





Thank You!

RESOURCES

Email links:

<https://childmind.org/article/how-using-social-media-affects-teenagers/>
<https://www.healthychildren.org/English/media/Pages/default.aspx>

Books:

[iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us](#)

Social Media Wellness: Helping Tweens and Teens Thrive in an Unbalanced Digital World (Corwin Teaching Essentials) 1st Edition