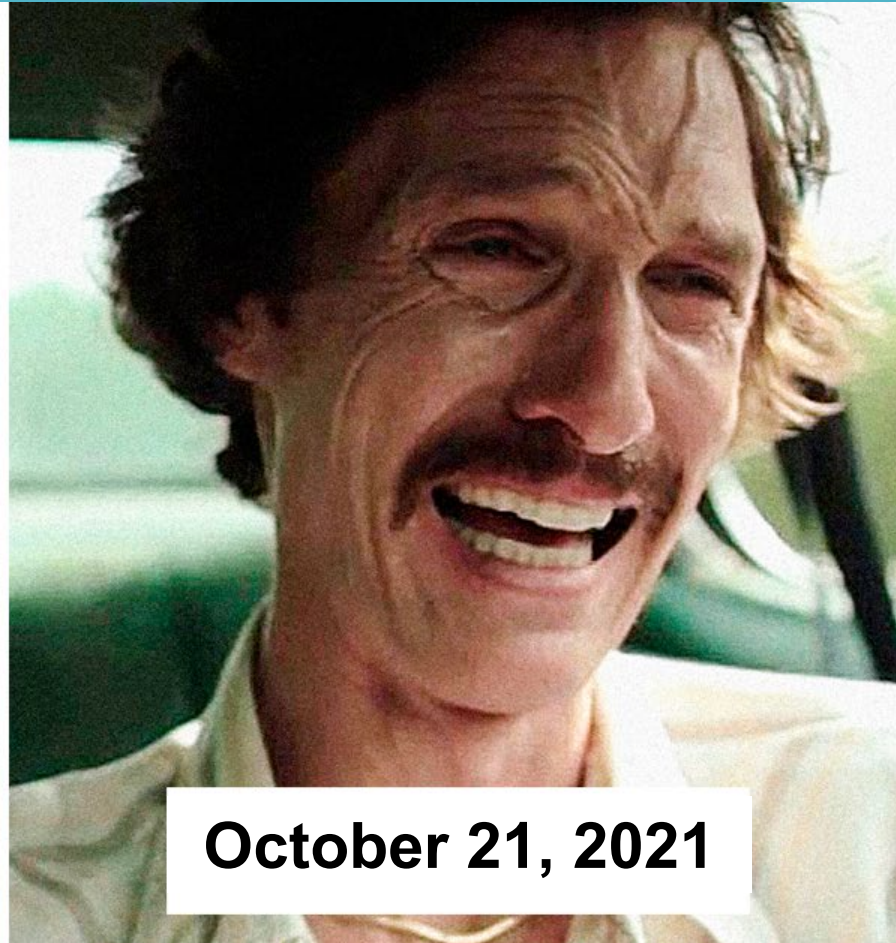


Helping Teens Manage Stress & Anxiety During Uncertain Times

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With Therapy Cypress

The curse of 2020.....2021.....lingers.....





These are stressful times

COVID, Masks, Vaccines, Social Distancing.....oh my!!

Job loss, businesses closed, economic uncertainty

Starting a new school year as we adjust to our *“new normal”*

Why are teenagers more stressed and anxious than ever?

- One in three adolescents (31.9 percent) will meet the criteria for an anxiety disorder by age 18.
- According to the [Child Mind Institute](#), 14.3 percent of teens will be affected by depression and bipolar disorder.
- The restrictions of the pandemic have been felt across the board. For teenagers, restrictions have meant months of virtual learning, more time isolated from friends, and the canceling of important social activities like sports, school performances, graduations, and proms.



RELATIONSHIPS

PARENTS KEEPING UP COLLEGE S FITTING IN EXPECTATIONS

SCHOOL

OVER-SCHEDULING

WOMEN STRESS 101

CAUSES OF TEEN STRESS & ANXIETY

Stress from Academic
Requirements

Drastic Hormonal and
Physical Changes

Peer Pressure and Social
Stress

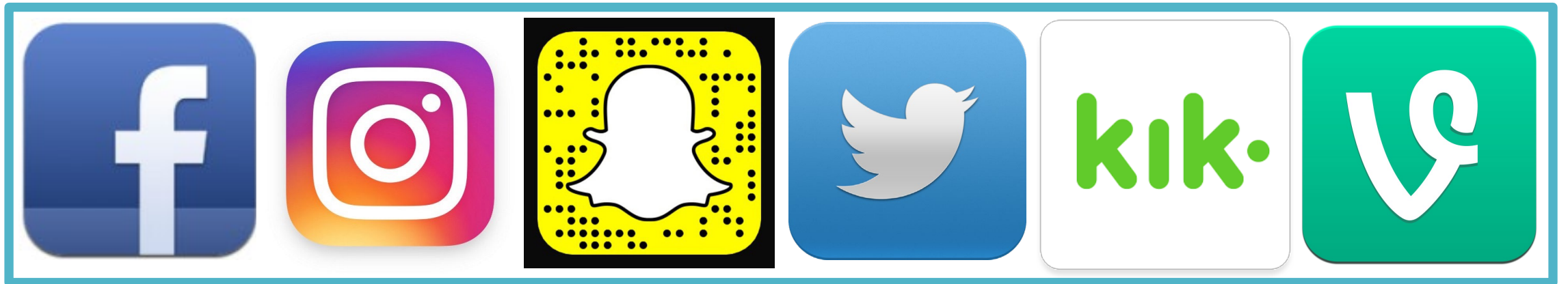
Depression & anxiety in children/teens can *feel* the same but *look* very different

Children who are depressed or anxious may complain of feeling sick, refuse to go to school, cling to a parent or care giver, or worry excessively that a parent may die.

Older children & teens may sulk, get into trouble at school, be negative or grouchy, or feel misunderstood. -NIMH

CAUSES OF TEEN STRESS & ANXIETY

Mobile Phones & Social Media



CAUSES OF TEEN STRESS & ANXIETY

Stress due to Family Problems

Traumatic Events

Drastic Changes in Life

Romantic Relationships

Poor Self-Esteem

Peer Pressure

CAUSES OF TEEN STRESS & ANXIETY

Unhealthy Competition & Comparisons in Academics, Sports & Extracurricular Activities

Sibling Rivalry

Poor Time Management

Kids aren't learning emotional skills



SIGNS OF STRESS & ANXIETY

EMOTIONAL SIGNS

Depression or general unhappiness.

Agitated, anxious, aloof and irritable.

They get angry and overwhelmed easily by simple things.

Intense mood swings.

Frequent crying spells.

PHYSICAL SIGNS

Tiredness or fatigue, headaches, nausea and increased

frequency of illnesses and colds.

Appetite changes.

They may lose interest in sports and other hobbies.

Difficulty sleeping or sleeping too much.

BEHAVIORAL SCIENCE

Loss of interest in appearance.

Procrastinating & neglecting responsibilities.

They may seem fidgety and display nervous habits such as nail biting, restless pacing, etc.

Using alcohol, cigarettes, drugs.

COGNITIVE SIGNS

Forgetfulness & disorganization.

Inability to focus, negative perspective, and poor judgement.

Anxious or racing thoughts.

Difficulty concentrating or making decisions.

Managing Stress and Anxiety by Building Resilience

Social support

- Using social support can help reduce stress. Social support may come from friends, family, or community organizations.
- Identify current and potential sources of social support.

Optimism

- Positive journaling can foster optimism, which contributes to stress resilience.
- It involves writing about daily positive experiences, its easy to remember negative experiences but takes more work to recall and appreciate positive experiences.

Sense of humor

- Participating in games and even watching things that make you laugh

Spirituality

- This is personal to each individual and family

Self-esteem

- Showing gratitude can increase self-esteem, gratitude journaling or telling someone you appreciate “thank you”.

Adaptability

- Is made possible when practicing the above

Manage Stress with Relaxation

Relaxation techniques, such as deep breathing and progressive muscle relaxation, are a fundamental part of stress management. These techniques trigger the relaxation response which counters the body's stress response.

These techniques work best when done regularly and during times of calm, rather than exclusively when stress is at its peak.

Deep Breathing

Progressive Muscle Relaxation

Visualization

Mindfulness Meditation

Managing Stress with Time Management

Too much to do and too little time. Balancing responsibilities and fitting them into a busy schedule is a common stressor. By applying time management skills one can reduce the mental burden of juggling tasks.

Use a to do list on your phone, calendar, virtual appointment book, etc.

- Writing down your responsibilities has many benefits by ensuring you don't forget anything & reducing stress by allowing you to drop your mental to-do list.

Prioritize your task

- Focus on completing the most important, and quickest tasks

Break large tasks into smaller pieces

- It can easily begin to feel overwhelming if you are looking at completing a big task, breaking this up into smaller pieces will help you get started, which is often the hardest part.

Limit Distractions

- Cut out the ones you don't enjoy and schedule time for the ones you do. (Turn off phone, do not disturb sign, go to a coffee shop with no tv)
- Set an alarm so you know when to get back to work

Managing Stress with Self-Care

What is your student doing for self-care?

When stress is at its worst, hobbies, relationships, and free time are neglected and as a result stress increases creating a cycle where self-care is neglected and stress grows.

Self-care

Refers to a favorite activity that you enjoy and that help you relax, have fun, or feel energized (ie. Talking with a friend, going for a walk, listening to music).

It also means taking care of yourself by eating regular meals, getting enough sleep, and caring for personal hygiene.

Make it a habit and a priority



Stress is caused by our thoughts about a situation, not the situation itself. Two people in the exact same situation might have different levels of stress (or no stress at all), just because of how they think about it.



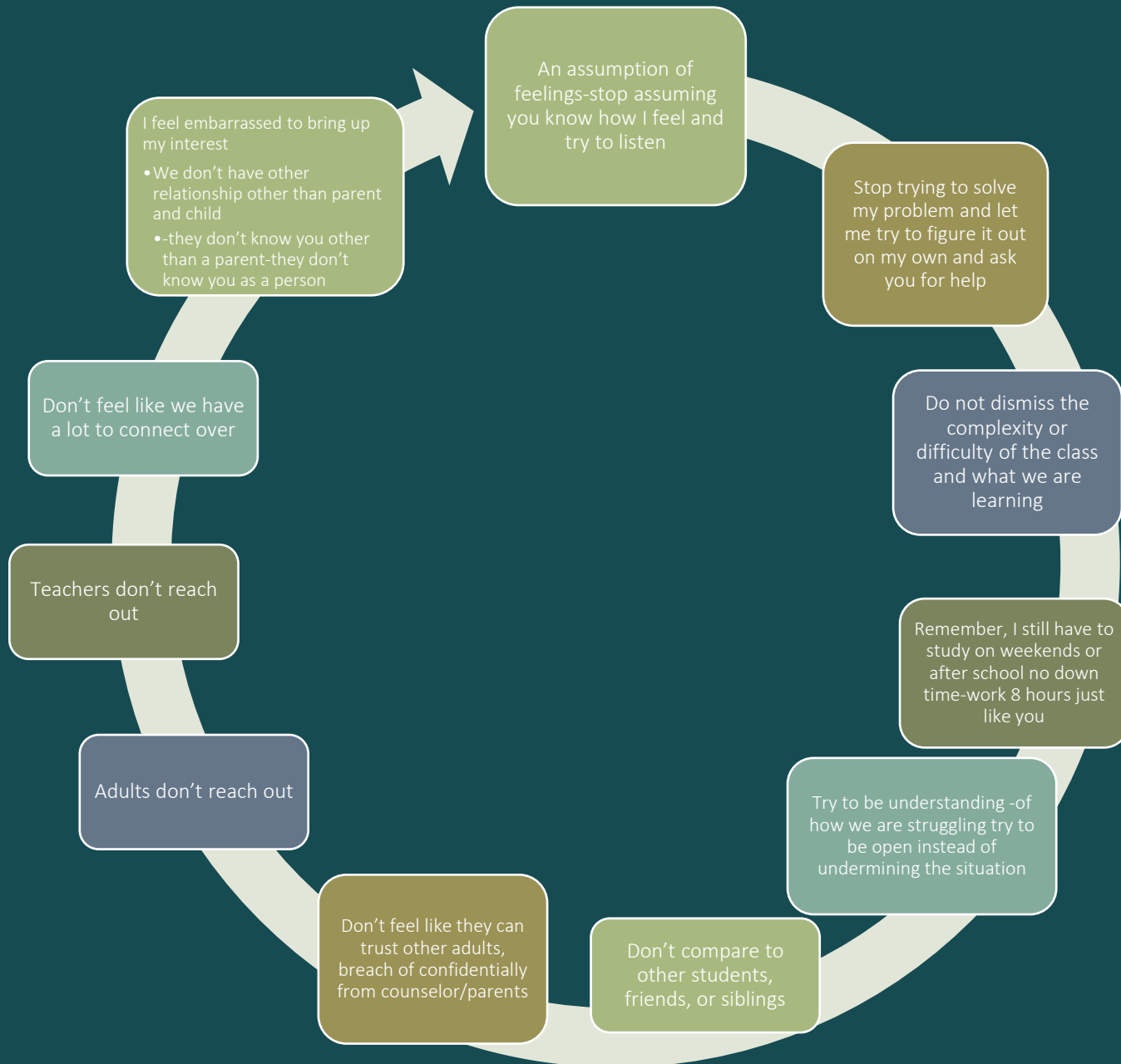
Often times thoughts that cause stress are irrational or exaggerated, however, we respond to them as if they are true (ie. I'll never get through this, I have to be perfect all the time)



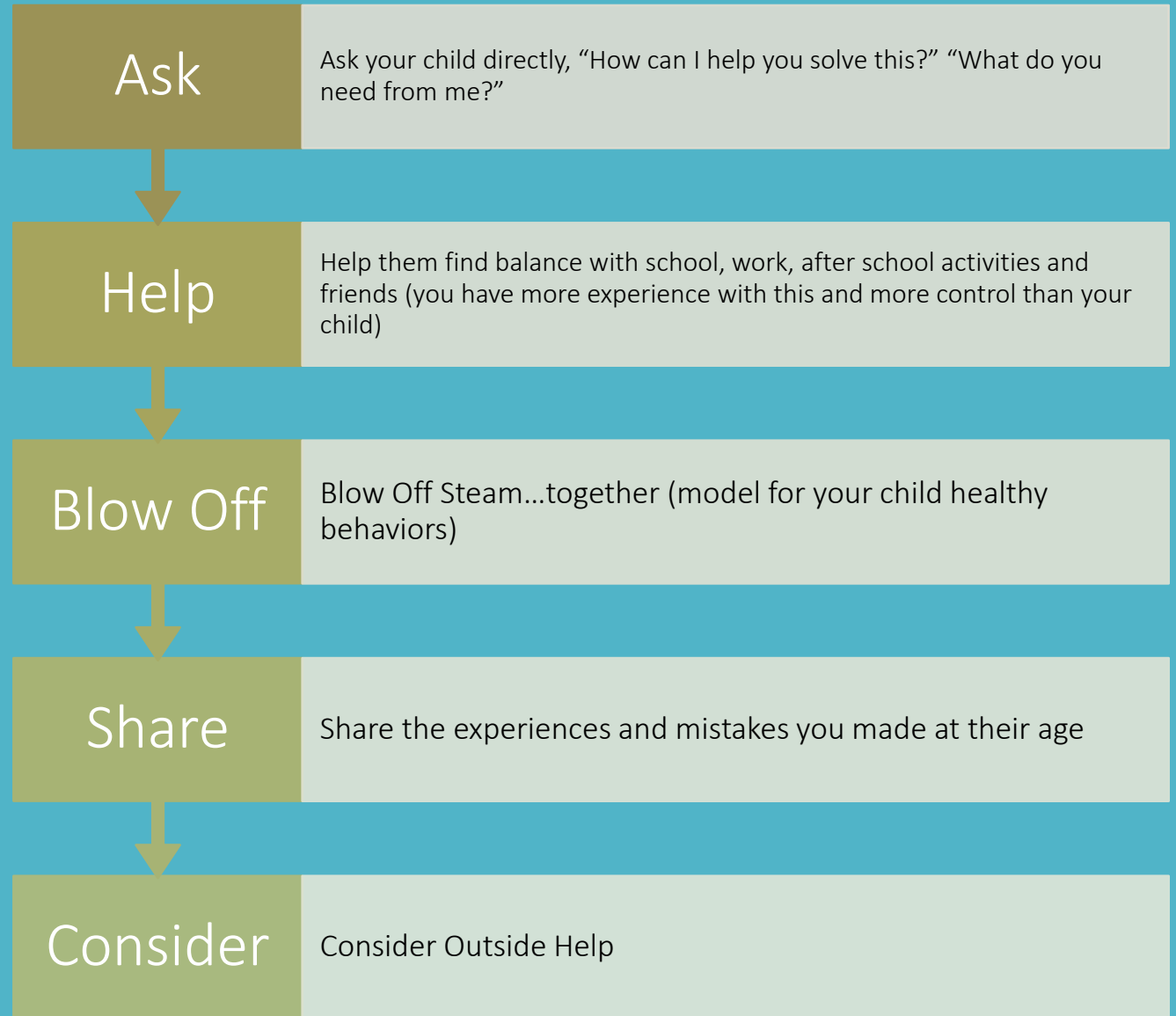
Cognitive restructuring is the therapeutic process of identifying and challenging negative and irrational thoughts.

Cognitive Restructuring

Feedback from students ...



What can you do today?



TYPES OF COPING SKILLS

Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch
(ex: stuffed animal, stress ball)
2. Something to hear
(ex: music, meditation guides)
3. Something to see
(ex: snowglobe, happy pictures)
4. Something to taste
(ex: mints, tea, sour candy)
5. Something to smell
(ex: lotion, candles, perfume)

Distraction

(Taking your mind off the problem for a while)

Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering
(ex: funny movies / TV / books)

Emotional Awareness

(Tools for identifying and expressing your feelings)

Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

Mindfulness

(Tools for centering and grounding yourself in the present moment)

Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends
Therapist
Psychiatrist
Hotline
Crisis Team / ER
911

7 SKILLS TO MANAGE ANXIETY

ProgressWellness.com

JOURNALING

Write down your anxious thoughts. Getting them out of your mind and onto paper can reduce anxious feelings.

SUPPORT

Create a list of people you can call or text when you are feeling anxious.

SELF-CARE

Taking care of yourself is one of the most important skills that can help manage anxiety.

SLEEP

Catch those Zs. Anxiety can put a damper on your mood. Sleep can help you fight that funk.

EXERCISE

Physical activity can help reduce stress and anxiety. Try heading out for a brisk walk, run, or hike whenever you're feeling anxious.

BREATHING

Practice breathing exercises to help slow down your anxious thoughts.

LISTEN

Cue up your favorite song or podcast to shift your focus, improve your mood, and help you relax.

TIPS TO REDUCE STRESS

- Every day, do something you really enjoy.
- Get up fifteen minutes earlier in the morning.
- Prepare for the morning the evening before.
- Don't rely on your memory. Write everything down.
- Procrastination is stressful, whatever you want to do tomorrow, do today.
- Always set up contingency plans, "just in case."
- Say "No!" to extra projects.
- Get enough sleep.
- Organize your home and workspace.

Robert Myers

www.HealthyPlace.com

panic/anxiety attack

1. breathe in for 4 seconds
2. hold your breath for 7 seconds
3. exhale breath for 8 seconds
4. repeat once or twice more.

This causes an autonomic nervous system shift from a sympathetic (fight or flight reaction) state to a parasympathetic response.

Use this for panic/anxiety attacks, exams, presentations.

Grounding Exercise

*For use during a panic attack,
when you need to stay calm,
or anytime you feel "disconnected" from your body.*

Look around you. Identify + name:

5 things you **see**

4 things you **feel**

3 things you **hear**

2 things you **smell**

1 thing you **taste**



Stress relief activities



- Read a good book
- Watch a your favourite film

- Engage your visual senses in painting or photography
- Allow yourself to day dream for 10 mins
- Use visualisation techniques
- Evoke good memories from look at memory or story board



- Burn some aromatherapy oils
- Enjoy the aroma of scented candles
- Do some baking - the mixture of aromas and soothing movements
- Enjoy outdoor smells from walks in the country or near the sea...
- Freshly brewed tea or coffee

Engage one or more of your senses to relieve stress



- Sit outside and enjoy the sounds
- Listen a a favourite piece of music
- Listen to some sounds, lapping water
- Listen to a motivational recording
- Play a relaxation cd
- Listen to a radio programme with your eyes closed



- Sing
- Laugh
- Have a chat with someone who listens
- Chew a piece of sugarless gum
- Use deep breathing exercises
- Eat a piece of dark chocolate
- Use deep breathing exercises
- Repeat affirmations out loud

Exercise

- Squeeze a stress ball
- Stroke a pet - particularly cats, dogs, rabbits
- Wear soft warm clothing.
- Bake - enjoy the soothing, repetitive movements
- Play a musical instrument
- Have a massage
- Yoga or pilates



Coping Skills Checklist

- Check off the ones that you do now
- Circle the ones you want to try
- Cross off the ones that don't work

Calming Skills

- Deep breathing using a pinwheel
- Deep breathing with bubbles
- Deep breathing with a stuffed animal
- Deep breathing using a feather
- Take a mindful walk
- Yoga
- Imagine your favorite place
- Think of your favorite things
- Picture the people you care about
- Say the alphabet slowly
- Remember the words to a song you love
- Run water over your hands
- Carry a small object
- Touch things around you
- Move
- Make a fist then release It
- Positive Self-Talk
- Take a shower or bath
- Take a drink of water
- Counting
- Block out noises
- Take a break
- Calming Jar
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Distraction Skills

- Write a story
- Crossword/Sudoku Puzzles
- Bake or Cook
- Volunteer/Community Service
- Random Acts of Kindness
- Read
- Clean
- Play with a pet
- Play a board game
- Play video games
- Screen time
- Play with a friend
- Start a garden
- Creative Thinking
- Make up your own game
- Plan a fun event
- Start a new hobby
- Do a crafting project
- Your favorite things
- Be silly and laugh
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