

“Anxiety & Key  
Coping  
Strategies  
*For Our Current  
Times---Part 1”*

P.S. 235

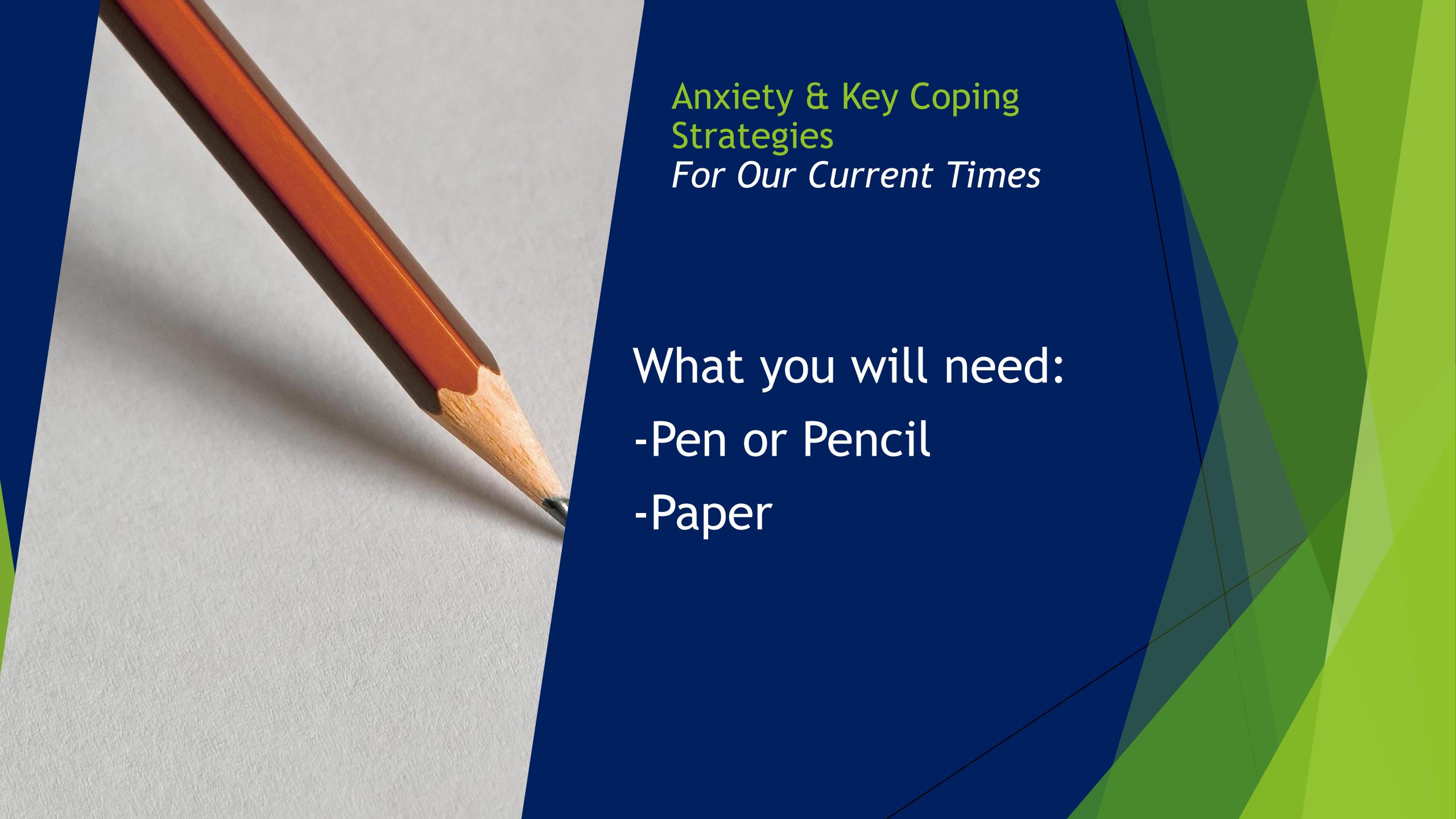
Welcome: Parents,  
Caregivers, Administrators,  
and Friends



# Anxiety & Key Coping Strategies *For Our Current Times*

## AGENDA:

- Assessment
- Regaining/Maintaining Control
- Redirect and Replace
- Strategies/Techniques
- Q & A



Anxiety & Key Coping  
Strategies  
*For Our Current Times*

What you will need:

- Pen or Pencil
- Paper



Anxiety & Key Coping  
Strategies  
*For Our Current  
Times*

# Anxiety & Key Coping Strategies

## *For Our Current Times*

GAD-7 stands for "generalized anxiety disorder" and the 7 questions in the tool kit. Choose one answer for each of the 7 questions below:

Over the last month, how often have you been bothered by the following problems?

**Not at all = 0   Several days = 1   More than half the days = 2   Nearly every day = 3**

- 1) Feeling nervous, anxious or on edge
- 2) Not being able to stop or control worrying
- 3) Worrying too much about different things
- 4) Trouble relaxing
- 5) Being so restless that it's hard to sit still
- 6) Becoming easily annoyed or irritable
- 7) Feeling afraid, as if something awful might happen

Add up your numbers to get a total score. Let's see what your total score means.

# Anxiety & Key Coping Strategies For Our Current Times

Your total score is a guide to how severe your anxiety disorder may be:

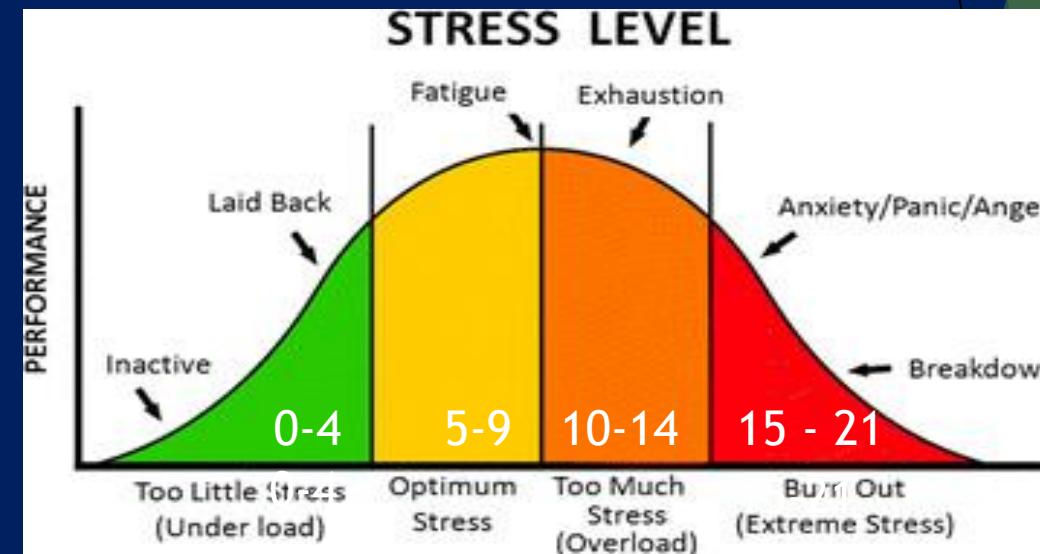
0 to 4 = mild anxiety

5 to 9 = moderate anxiety

10 to 14 = moderately severe anxiety

15 to 21 = severe anxiety If your score is 10 or higher, or if you feel that anxiety is affecting your daily life, call your doctor.

The GAD-7 was developed by Drs. Robert L. Spitzer, Janet B. W. Williams, Kurt Kroenke, and colleagues.



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POLL



# Anxiety & Key Coping Strategies For Our Current Times

0-4 Range

-Gratitude/Attitude

-“Is it that serious? What’s the worst thing that can happen?”

-“I Got This”

-Meditation

-“What I can control vs. What I can’t control”

-Serenity Prayer



# Anxiety & Key Coping Strategies *For Our Current Times*



“Anxiety often comes from feeling/thinking that you have no control over your situation/outcome, which creates fear---which triggers anxiety”

# Anxiety & Key Coping Strategies *For Our Current Times*

What areas of your life  
do you feel less in  
control of and  
stressed?

Family, Job, Health?



# Anxiety & Key Coping Strategies *For Our Current Times*

## Boundaries:

10 -14

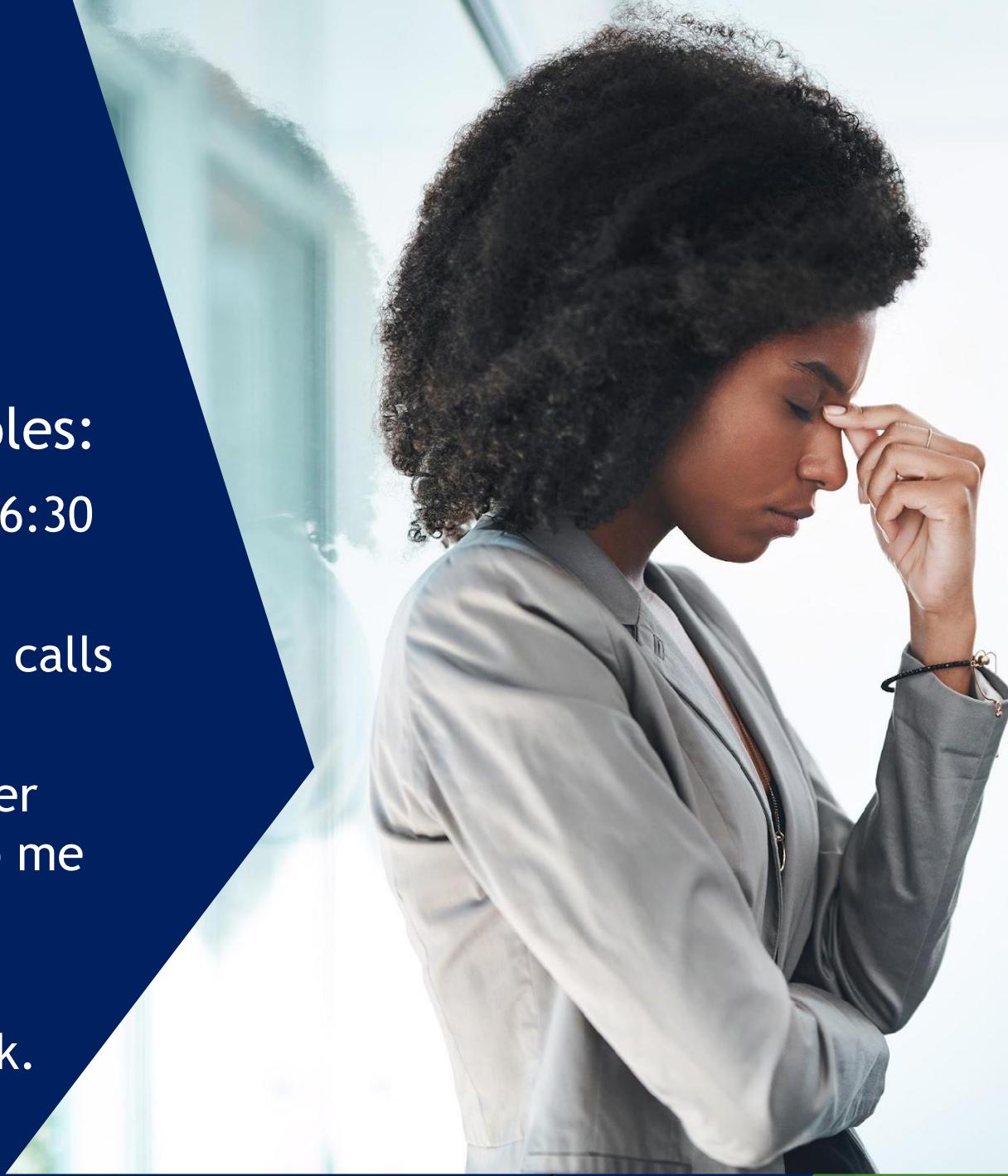
- Do you have boundaries/non-negotiables?
- How do you define your boundaries?
- Do you need to tighten your boundaries?
- When do you say no?



# Anxiety & Key Coping Strategies *For Our Current Times*

## Examples of Boundaries/Non-Negotiables:

- I refuse to stay at work past 6:30 PM
- I do not respond to emails or calls on weekends.
- Going forward, I will no longer allow my supervisor to talk to me in a disrespectful manner.
- I will no longer cover my colleagues by doing their work.



## Anxiety & Key Coping Strategies *For Our Current Times*

What are some of  
ways that we can give  
our children a sense of  
control?



# Anxiety & Key Coping Strategies *For Our Current Times*

## Give them a Choice/Voice

- What's for dinner; what time to eat
- What music to play in the car
- Plan family weekend/vacation get-a-ways
- What time to put cell phone away for the night
- How to wear/style their hair
- What clothes to wear
- How late to stay up—within reason
- What time to come home from a friend's house

## Anxiety & Key Coping Strategies *For Our Current Times*



*“One of the most stressful times comes at night when Ashley must turn off her cell phone and devices and go to bed. She gets so dysregulated when I tell her, “It’s time.” Last week we decided to allowed Ashley to choose one of three times to turn off her devices before going to bed. What a difference it’s made! We no longer argue, and bedtime is stress-free!”*



THINGS YOU CANNOT CONTROL



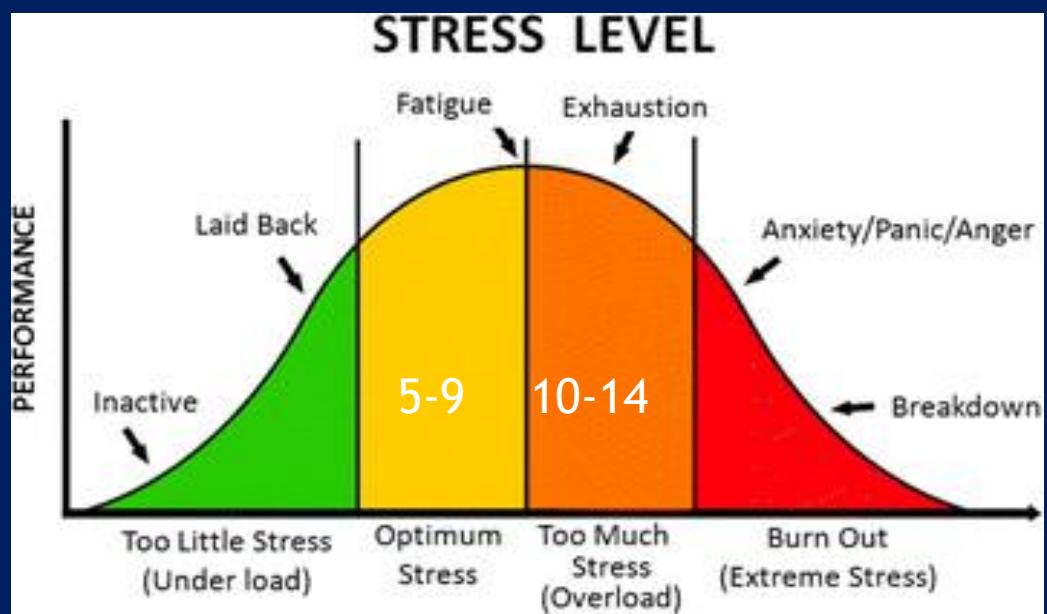
# THE CIRCLE OF CONTROL

THINGS YOU CAN CONTROL



# Anxiety & Key Coping Strategies *For Our Current Times*

## Is it a Clay or Rock Issue?



# Anxiety & Key Coping Strategies *For Our Current Times*

## Is it a Clay or Rock Issue?

- 1) Focuses on the present---mindfulness.
- 2) What can you control?---"**Clay**"
- 3) Empowering; develops problem-solving skills.
- 4) Identifies scale of severity (**scale of 1 thru 10—“Rock”**)
- 5) Identifies specific strategies to manage issues/situations that are not in your control—“**Rock**”
- 6) **“Clay” or “Rock” becomes a life language**



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# Anxiety & Key Coping Strategies *For Our Current Times*

## Is it a Clay or Rock Issue?

- Jenna is visibly upset that someone posted a negative comment and created a meme about her on social media?
- The upcoming state assessments has Sebastien constantly worrying about how he'll do?



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# Anxiety & Key Coping Strategies *For Our Current Times*

## S.M.A.R.T. GOAL SETTING





## Anxiety & Key Coping Strategies *For Our Current Times*

S	M	A	R	T
Specific	Measurable	Attainable	Realistic	Timely
What <u>specifically</u> do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	<u>When</u> <u>exactly</u> do you want to accomplish it?

Purpose,  
Accomplishment,  
Control



## Examples of S.M.A.R.T. Goals

*“I will not answer emails or calls on the weekend for the next month”*

*“I will begin exercising”*

*“I will practice breathing exercises 3 x per day for the next five days”*

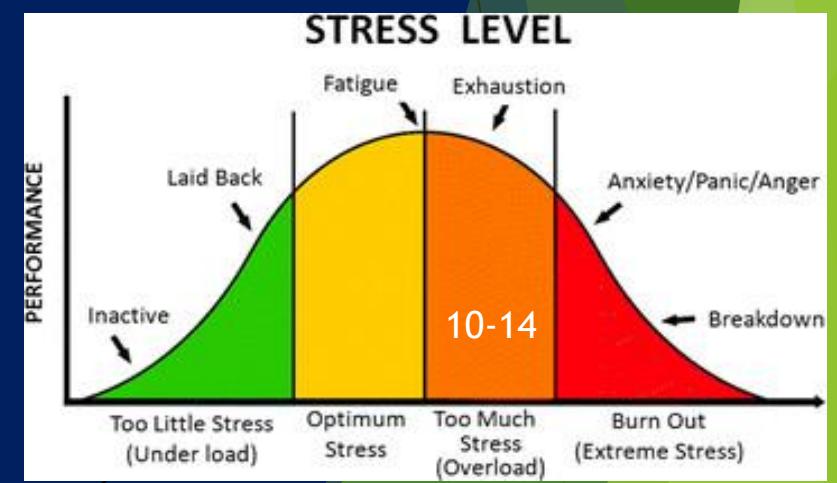
Let's make a S.M.A.R.T. Goal

# Anxiety & Key Coping Strategies

## *For Our Current Times*

# #1 REDIRECT

- Mental pivot
  - Writing



# Anxiety & Key Coping Strategies

## *For Our Current Times*

### #2 REPLACE



### Positive Affirmations/GRATITUDE

# Anxiety & Key Coping Strategies

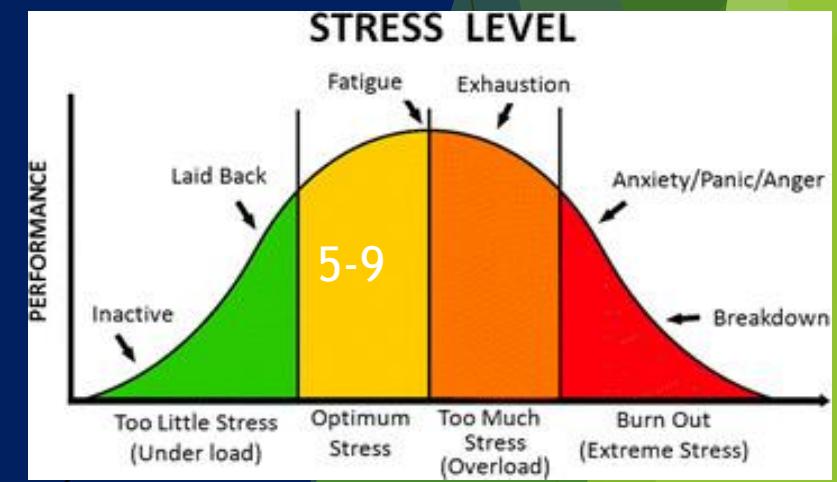
## *For Our Current Times*

- 1) *“With every breath I exhale fear and inhale strength.”*
- 2) *“I got this”*
- 3) *“I control stress and anxiety; they don’t control me.”*
- 4) *“I am a magnet for attracting positive energy at all times.”*
- 5) *“I know everything will work out.”*
- 6) *\*Gratitude---“I’m grateful for...”*

# Anxiety & Key Coping Strategies

## *For Our Current Times*

What three things are you grateful for?  
(Place your answers in the Chat)



# Anxiety & Key Coping Strategies

*For Our Current Times*

Tell me five things you must do when  
this workshop is over or tomorrow  
(Place your answers in the Chat)

# Anxiety & Key Coping Strategies

## For Our Current Times

*“I Get to” vs “I Have to”*



Control

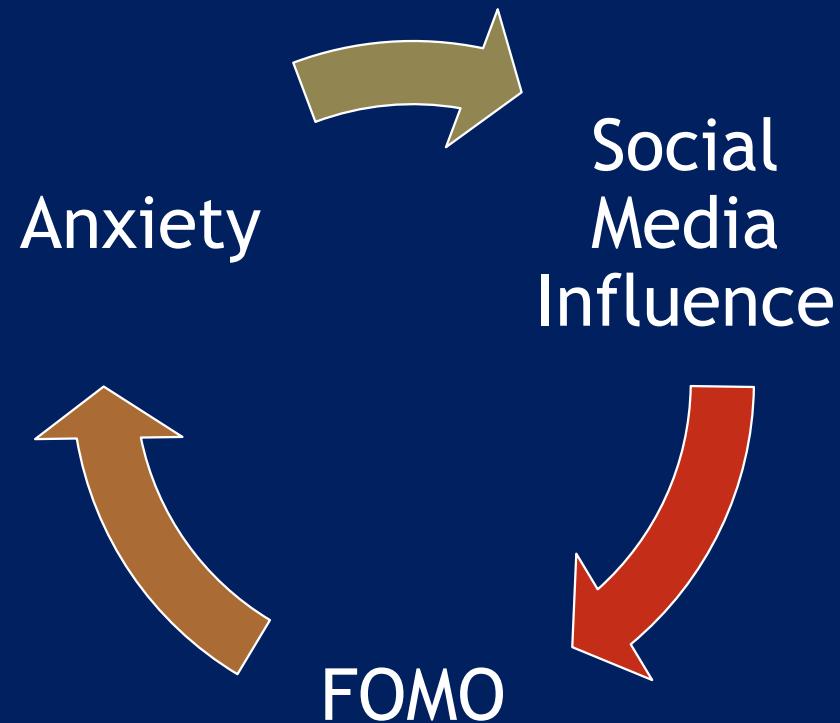


# Anxiety & Key Coping Strategies *For Our Current Times*

*“You totally missed out!”*

This sentence strikes fear in the hearts of teens more than almost anything else you can say to them. In fact, missing out on something bothers most teens so much there is even a special word for that sick feeling they get in the pits of their stomachs: FOMO

# Anxiety & Key Coping Strategies *For Our Current Times*



Anxiety & Key  
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Social Media  
Influence

Assessment

# Anxiety & Key Coping Strategies *For Our Current Times*

Not at all  
true of me - 1

Slightly true  
of me - 2

Moderately  
true of me - 3

Very true of  
me - 4

Extremely  
true of me - 5

# Anxiety & Key Coping Strategies *For Our Current Times*

1. I fear others have more rewarding experiences than me.
2. I fear my friends have more rewarding experiences than me.
3. I get worried when I find out my friends are having fun without me.
4. I get anxious when I don't know what my friends are up to.
5. It is important that I understand my friends "in jokes."

# Anxiety & Key Coping Strategies *For Our Current Times*

6. Sometimes, I wonder if I spend too much time keeping up with what is going on.
7. It bothers me when I miss an opportunity to meet up with friends.
8. When I have a good time it is important for me to share the details online (e.g., updating status).
9. When I miss out on a planned get-together it bothers me.
10. When I go on vacation, I continue to keep tabs on what my friends are doing.

# Anxiety & Key Coping Strategies *For Our Current Times*

10-17 Not influenced

18-25 Mildly influenced

26-33 Moderately influenced

34-41 Strongly influenced

42-50 Extremely influenced



# Anxiety & Key Coping Strategies

## *For Our Current Times*

### REVIEW:

- Assessment
- Regaining/Maintaining Control
- Redirect, Replace, Breath
- Strategies/Techniques
- Q & A

# Anxiety & Key Coping Strategies

*For Our Current Times*

THANK YOU!

MICHAEL HERRING

PRESIDENT

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# Anxiety & Key Coping Strategies *For Our Current Times*



Q & A



COMMENTS



FEEDBACK