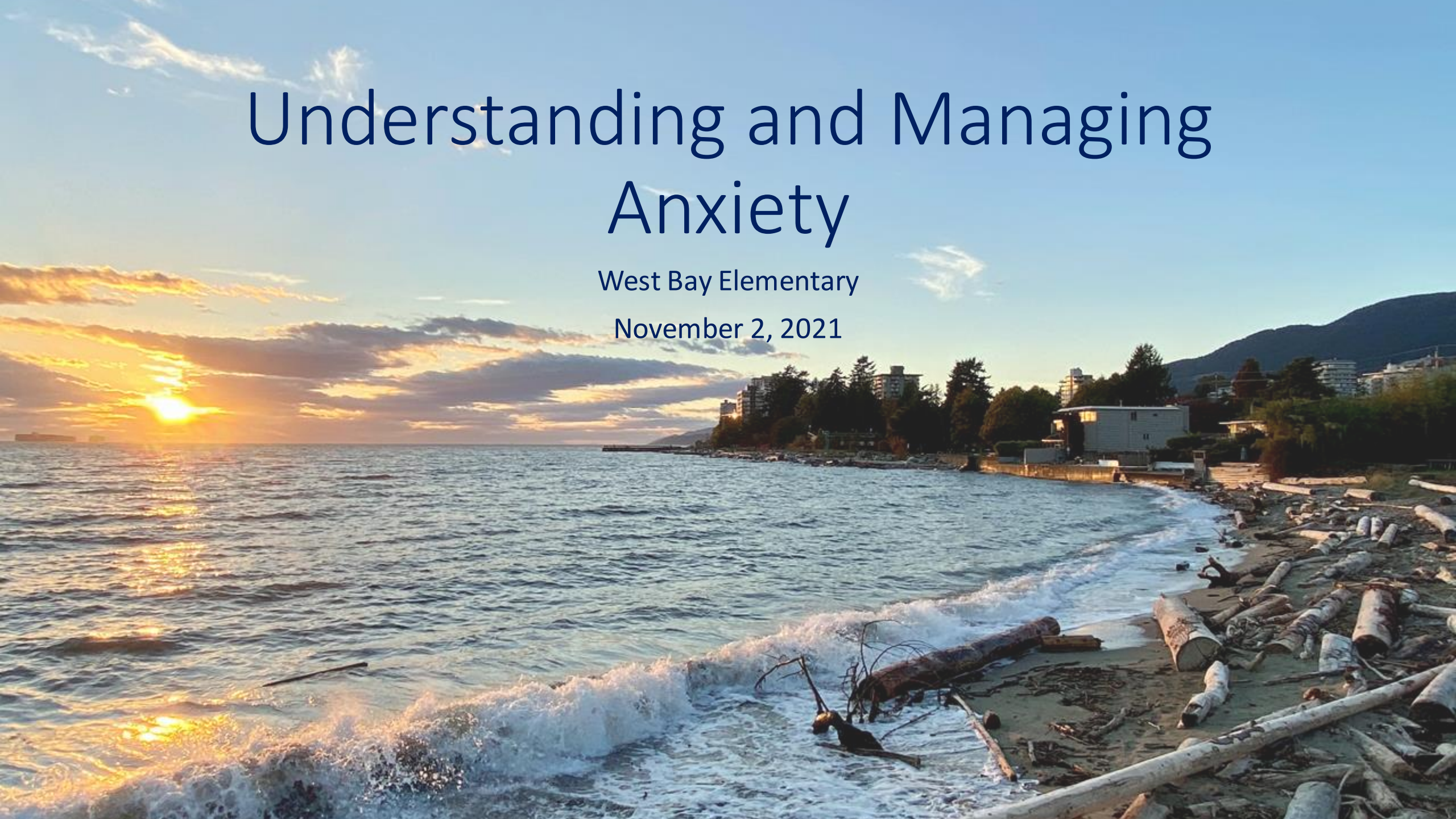


Understanding and Managing Anxiety

West Bay Elementary

November 2, 2021



What are parents to do?

- Take care of yourself
- Model calmness
- Make the world small
- Concentrate on things you can control
- Nurture relationships
- Let go



Taking Care of yourself

Taking care
of your mind &
thoughts

Taking care of
your physical
health & body

Self-Care

Increasing your
own well-being through self-
care behaviors

Taking care
of your spiritual
health

Taking care of
your emotions

Nurture
relationships:
therapeutic
web of
connection



What is the difference
between stress and anxiety?



3 Kinds of Stress

Good Stress – In the Zone: “I got this!”

Tolerable Stress – Mental distress/problems: “This too shall pass”

Toxic Stress – Severe (trauma) or Chronic (constant): “I can’t deal, it’s too much”

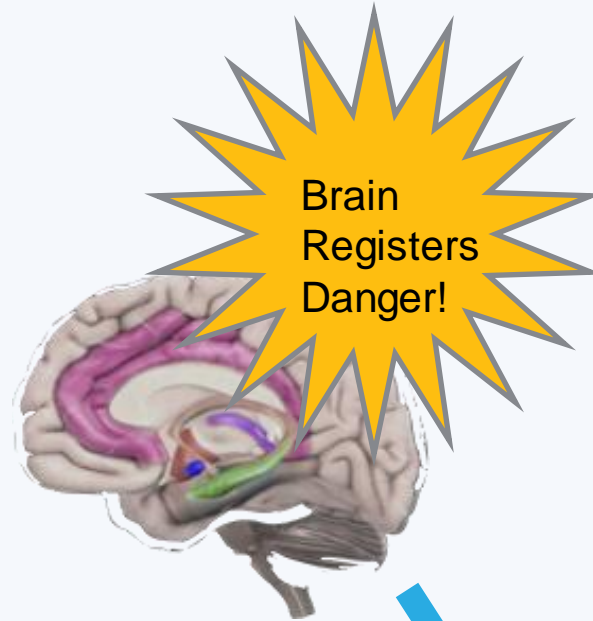
WHAT IS STRESS?



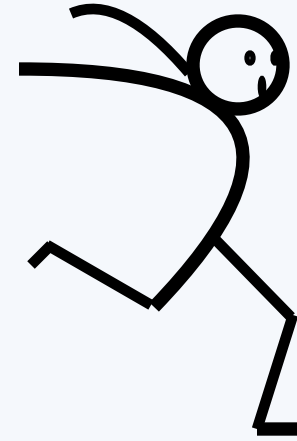
DANGER!!!!



Sensory Perception
+ Internal Signals



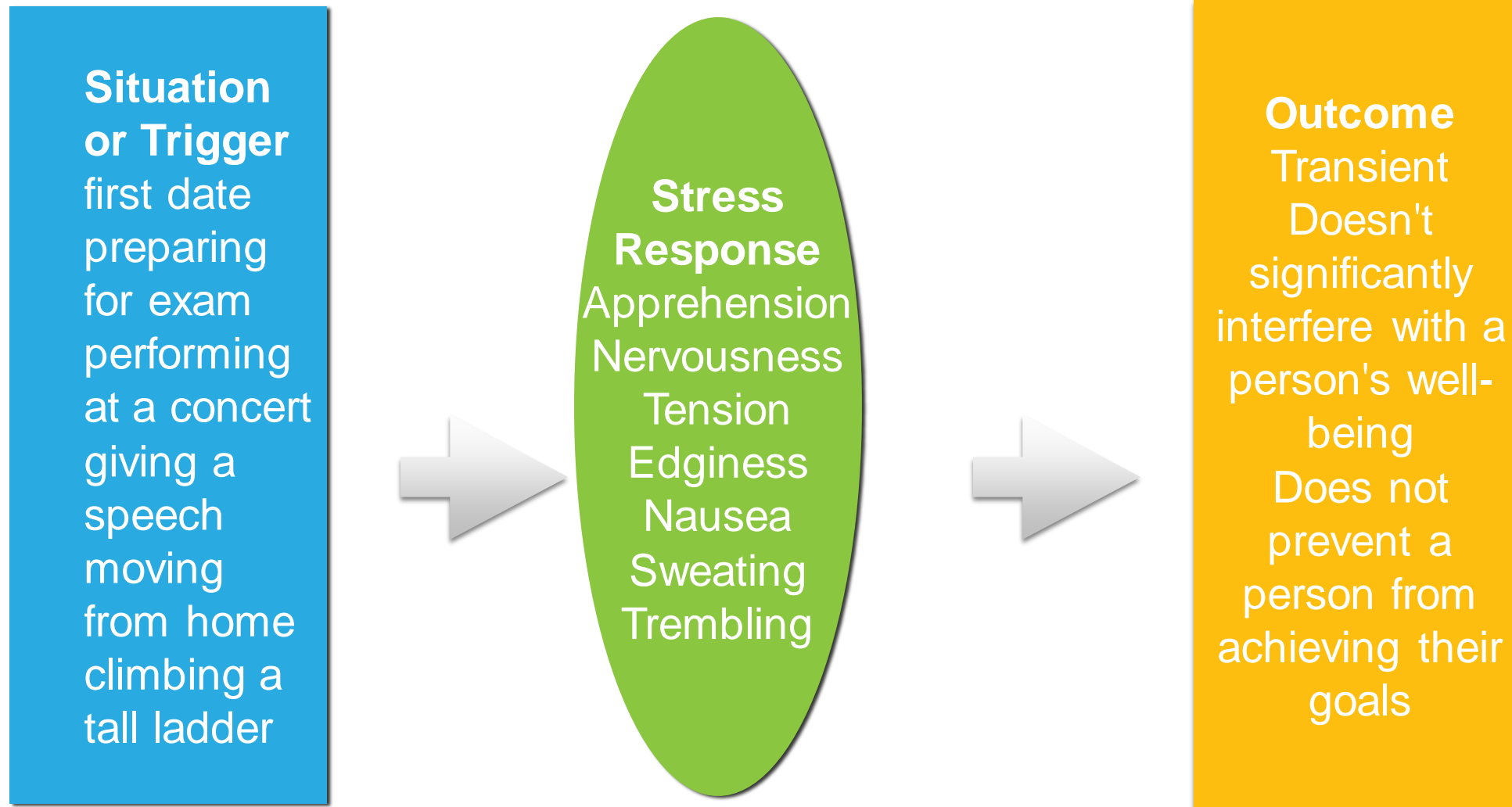
Initiation of
physiologic
cascade
increased: heart
rate, alertness,
perception,
tension



Prepared to
FIGHT
or **FLEE!**



WHAT IS A NORMAL STRESS RESPONSE?



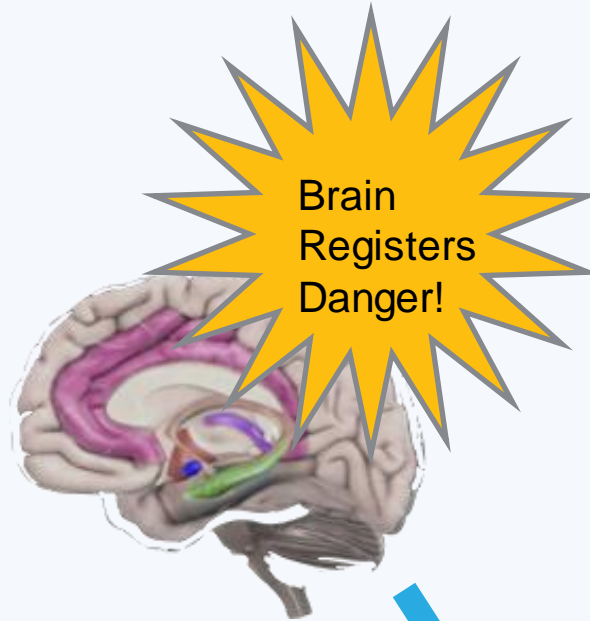
WHAT IS ANXIETY?



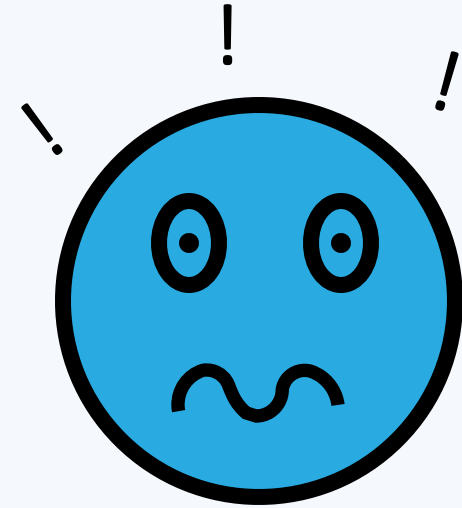
No Danger



Sensory Perception
+ Internal Signals



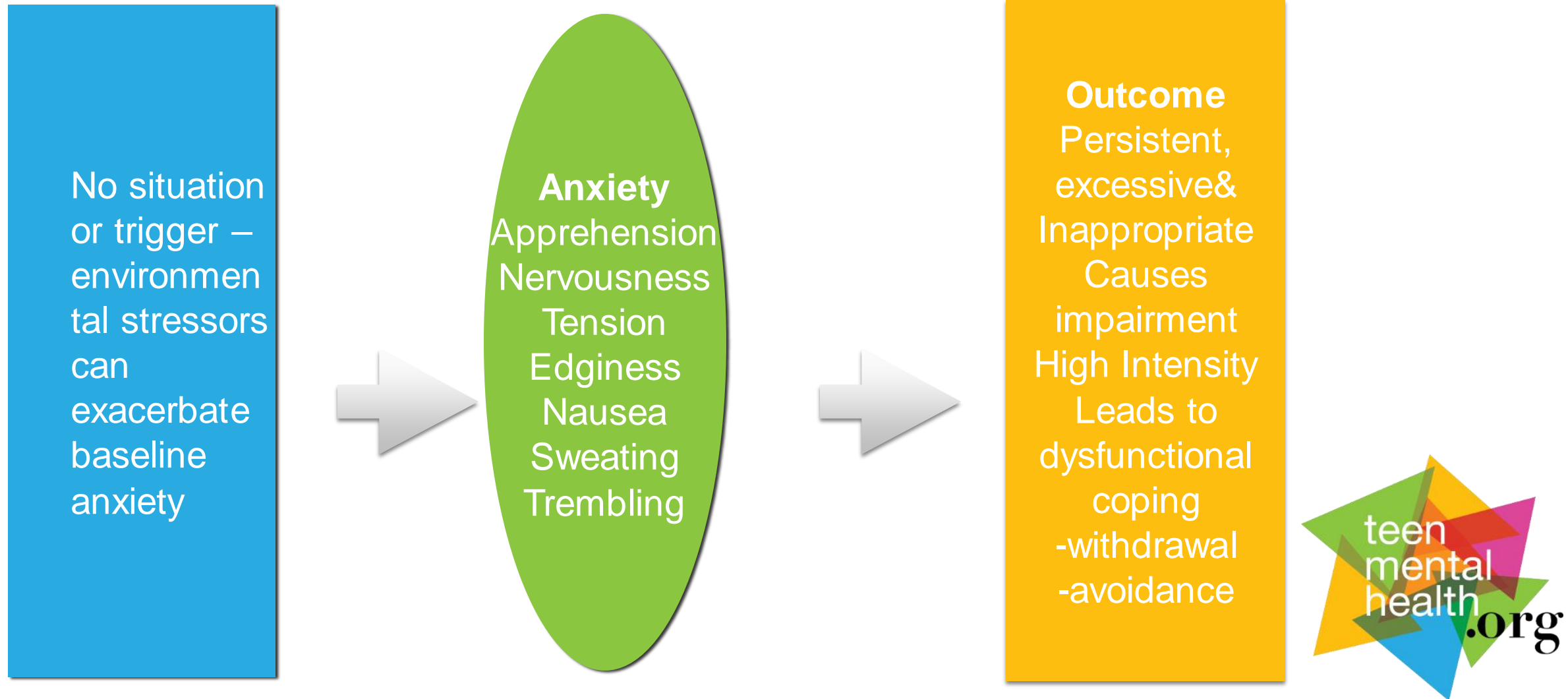
Initiation of
physiologic
cascade
increased: heart
rate, alertness,
perception,
tension



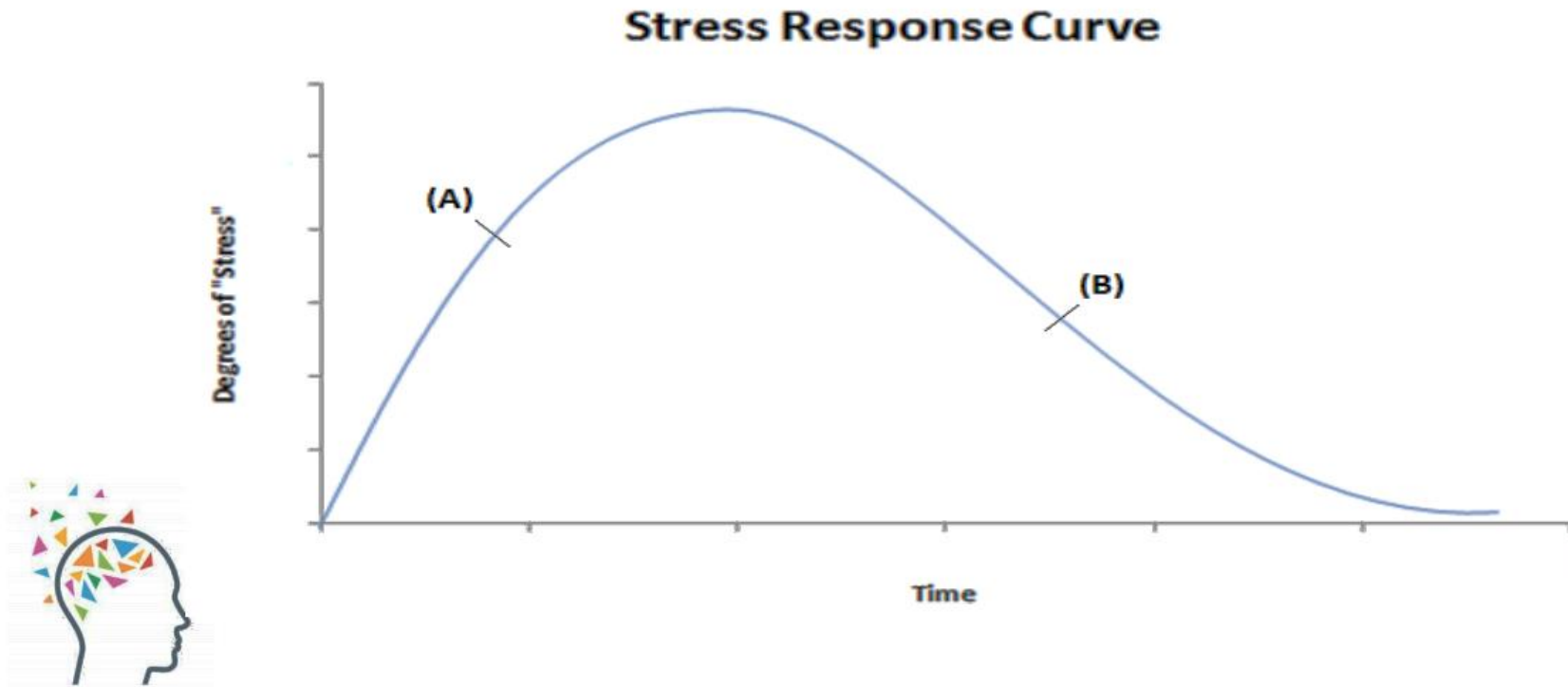
ANXIETY



WHAT IS ANXIETY?



Stress Response Curve



- <https://www.teachmentalhealth.org/>:

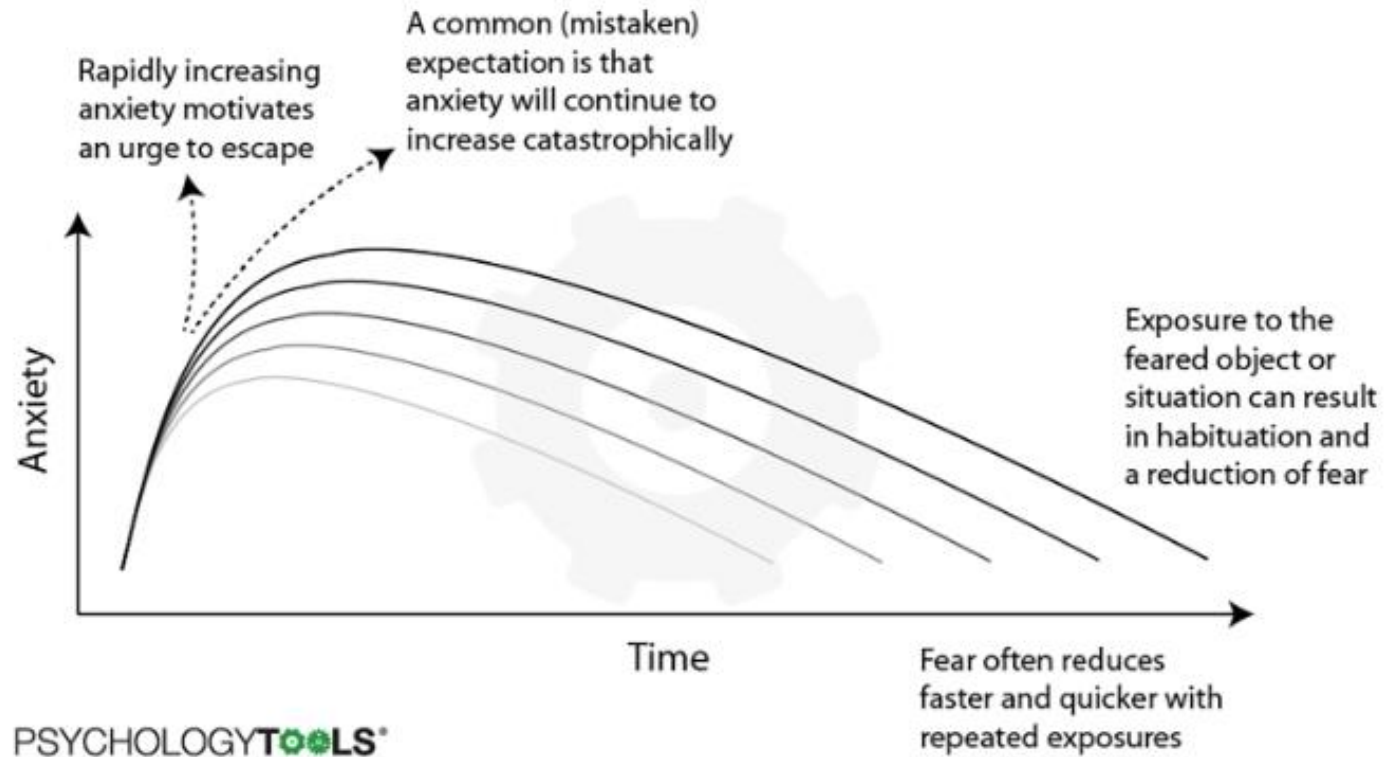


Figure 1: The traditional habituation graph used to explain exposure therapy to clients



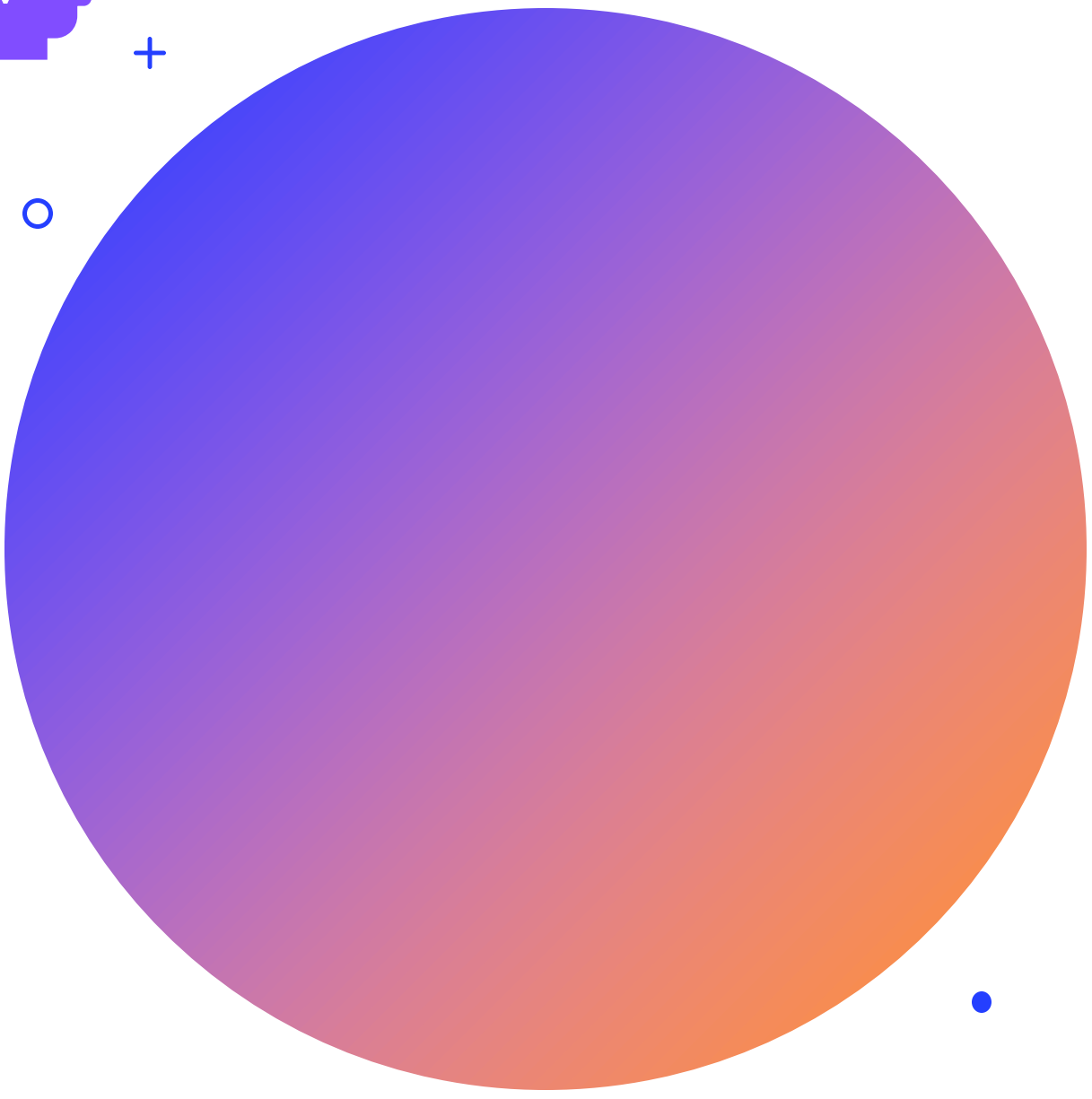
What Can We Do?

- Recognize and label the feeling
- Body Scan
- Allow room for the feeling
- Calming breaths
- Progressive muscle relaxation
- Think about your thinking



+

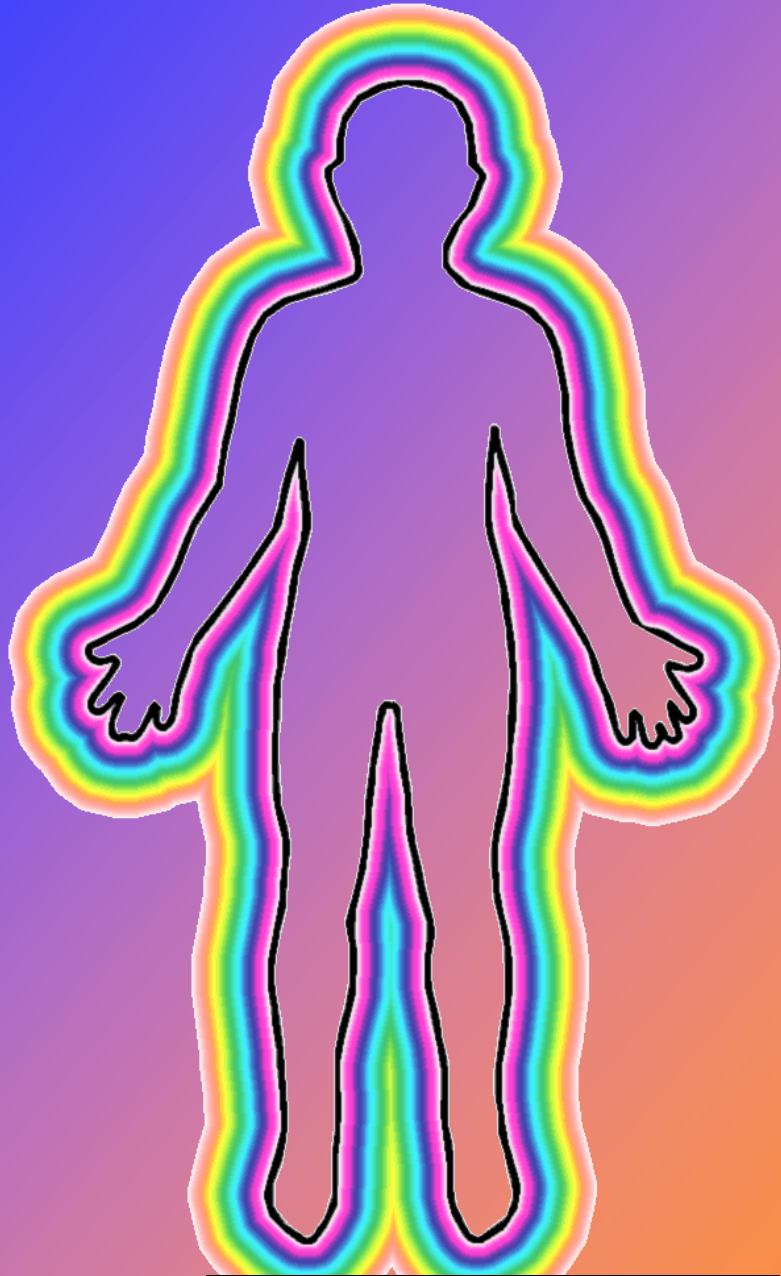
○



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**RECOGNIZE
AND LABEL
THE FEELING**





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Body Scan



Allow room for the feeling

Acknowledge and Validate

CALMING BREATHS



PROGRESSIVE MUSCLE RELAXATION



THINK ABOUT YOUR THINKING

It is 100% true?

**Is it helpful to think
this way?**





What can help?



Connection time

Worry Scale

What can I do next?

Brave, helpful thinking

Focus on the successes of the day

Who can help?

- Anxiety Canada <https://maps.anxietycanada.com/en/>
- Anxiety Canada myMAPS <https://maps.anxietycanada.com/en/courses/>
- EASE at Home <https://healthymindsbc.gov.bc.ca/ease-at-home/>
- Your family doctor (GP) or pediatrician
- Child and Youth Mental Health (CYMH) 604-904-4300
- Integrated Family Services Intake Line 604-987-1411
- Family Services of the North Shore 604-988-5281
- Foundry North Shore 604-984-5060
www.foundry.bc/northshore
- Private services



Remember: Don't sweat the small stuff

Questions?

*We are
Here for
You*



- **Shelagh Curling**, West Bay Counsellor scurling@wvschools.ca
- **Maureen Lee**, District Principal, Student Support Services, mlee@wvschools.ca