

# Parent Wellness Support

October 22, 2020

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# Agenda

- Check-in
- Questions, concerns, and support seeking
- Stress
  - Effectively addressing stress triggers
  - Preventing burnout by completing the stress cycle
- Resources



# Check-in

- Please introduce yourself.
- How are you doing?
- Is there anything that you or your family need support with this week?
- What is the most effective strategy you have found to address your stress?



# Questions, Concerns, and Support Seeking

- ?????





# STRESS

Stress is your body's reaction to a challenge or demand.

# Responses to Stress Vary

How you react to a stressor depends on how you assess the situation. As you assess the situation, you are answering two important questions:

1. Is this situation a threat to my well-being?
2. Do I have the necessary resources to meet the challenge?



**\*Situations that cause the most harmful stress are those in which you answer NO to the second question**

# ESSENTIAL RESOURCES

If you are feeling stressed, what resource(s) do you need to improve your situation?

- TIME
- ENERGY
- SKILLS
- EXPERIENCE
- SOCIAL SUPPORT



# What Do Students Need?

## TIME



- Better time management
- Less on their schedules

## ENERGY



- More mental health support
- Better self-care (e.g., more sleep, less screen time)

## SKILLS



- Help with extracurriculars (support from coaches, etc.)
- Help with academic classes (tutoring, meet w/ teacher)

## EXPERIENCE



- More practice w/extracurricular activity
- More practice with the academic material

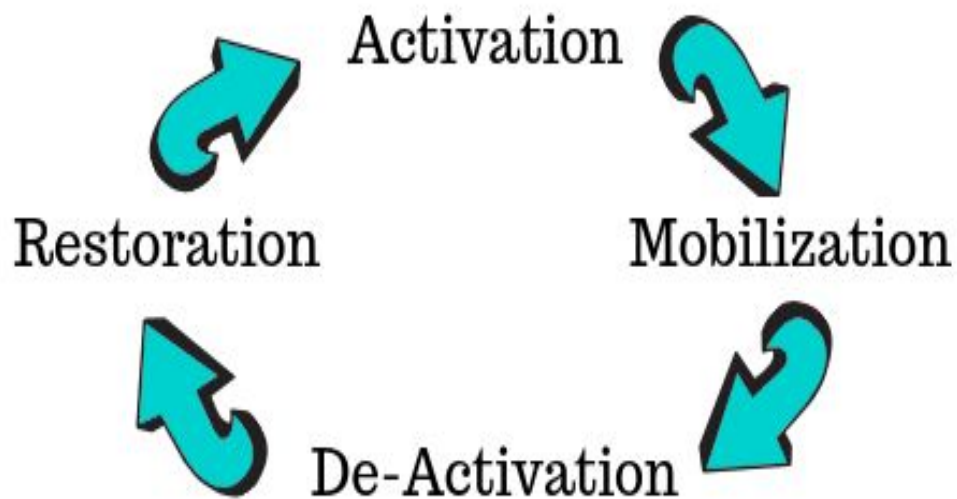
## SOCIAL SUPPORT



- More connection with friends and family
- More connection with the Mercy community



# The Stress Response Cycle



\*Credit Dr. Scott Lyons Somatic Stress Release Foundations Manual

# Restoration: Completing the Stress Cycle

- Stress becomes harmful when the stress cycle is not completed
- Make sure your student is engaging with these restorative activities on a daily basis to offset the negative effects of normal stress

## 7 WAYS TO COMPLETE THE STRESS CYCLE



PHYSICAL ACTIVITY

YOUR CREW



BREATHING

LAUGHTER



AFFECTION

CRYING



CREATIVE EXPRESSION

# Resources

Check out the [Counseling and Wellness Resources](#) link.

Additional resources:

[\*Burnout: The Secrets to Unlocking the Stress Cycle\*](#)

[Brene Brown: Unlocking Us](#)

Continue reaching out to counselors, teachers, administrators if you or your student needs support-- we are all here for you!

