

Stress, Anxiety, And Coping



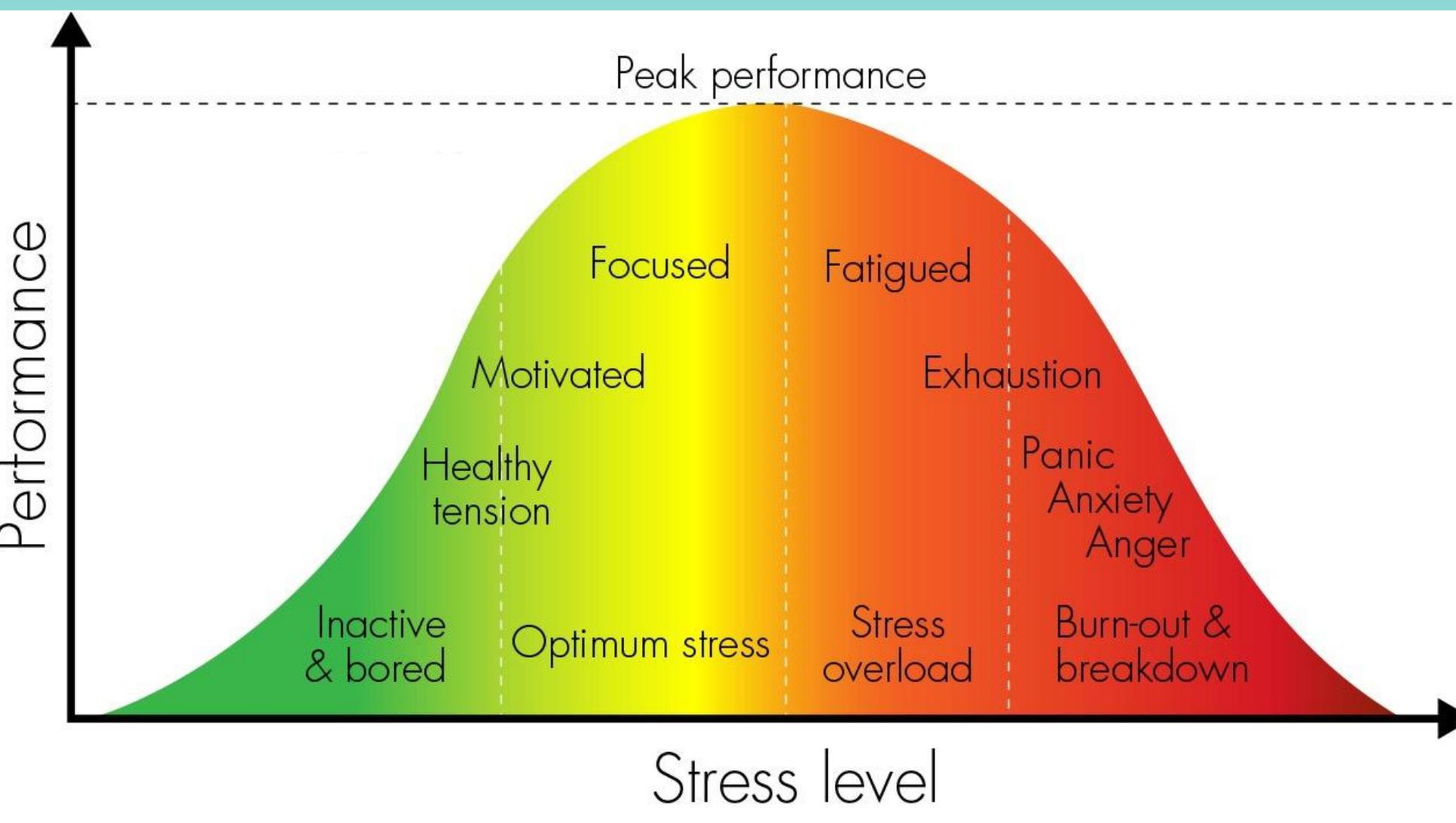
Pre-Assessment



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The stressors we experience





The impacts of Stress/Anxiety



Have you noticed ways that stress/anxiety has negatively impacted you/a friend?

HOW CHRONIC
STRESS
AFFECTS YOUR
BRAIN





Post Video Discussion



Coping Ahead

Making a plan for ourselves for dealing with a stressful situation we will encounter in the future.

Step One

Imagine and describe a stressful situation.

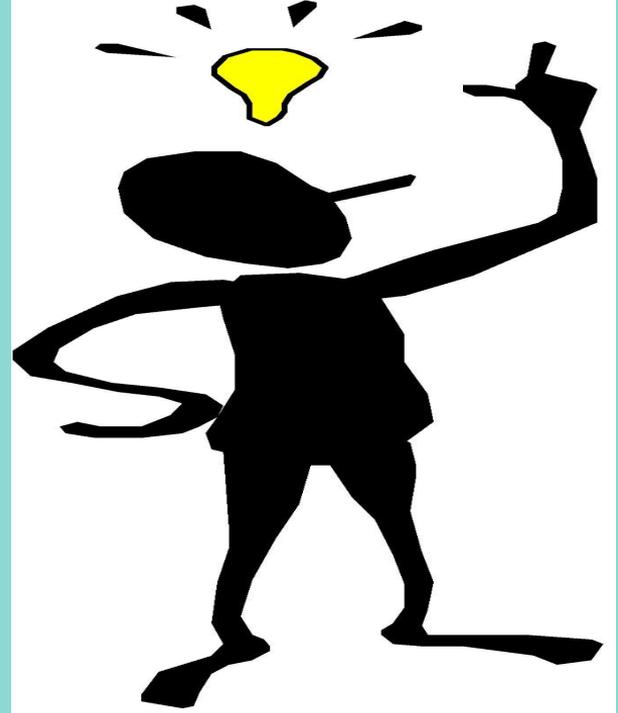
- Be as vivid as possible
- Use your senses
- Stick to the facts





Step Two

Choose what skill
you will apply
during the
situation.





A few ideas...

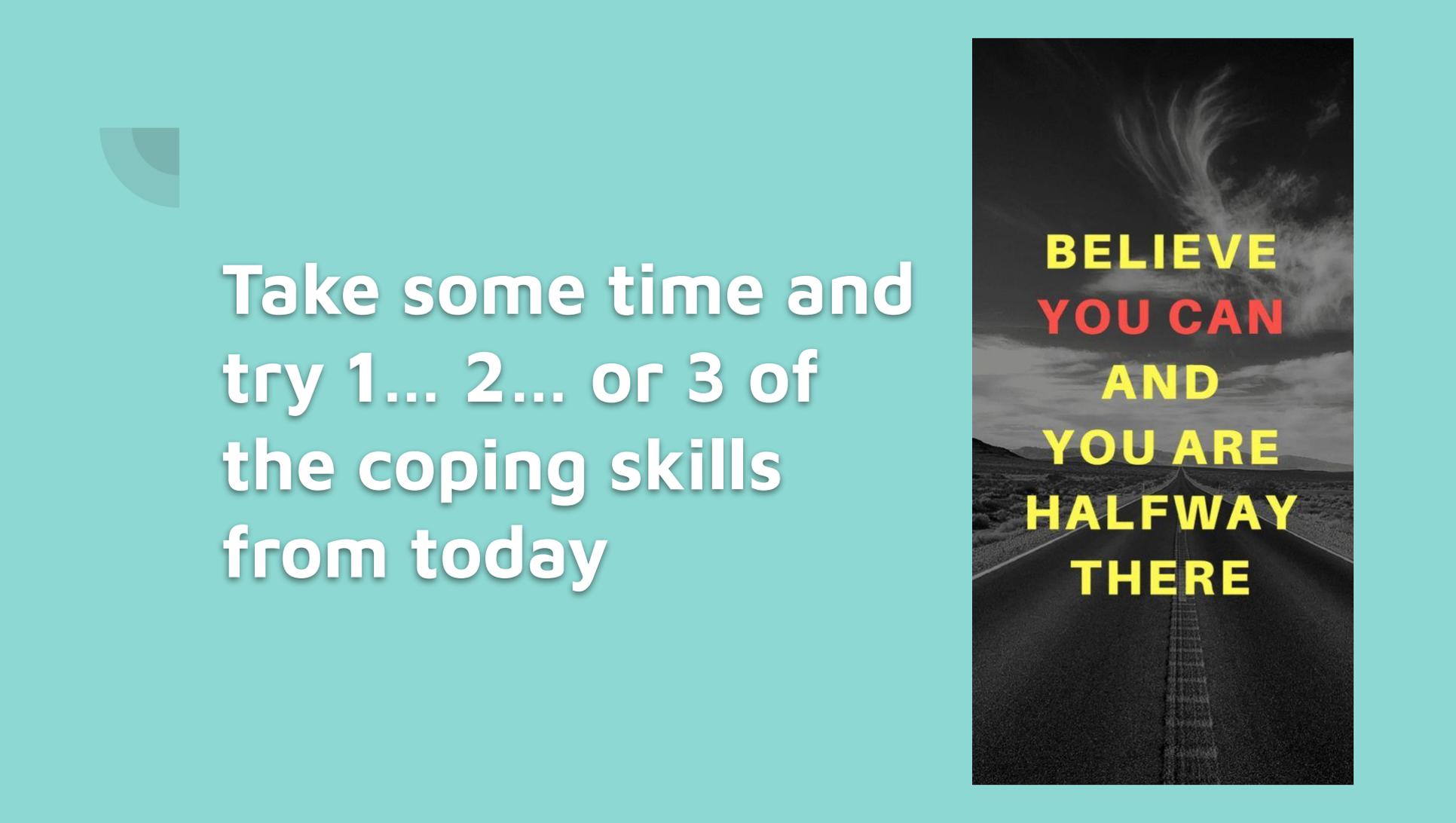
- Body scan & “Name it to Tame It”
- Counter anxious thoughts with affirmations
- Paced breathing
- 20 second focal point
- Repeat a chosen motto
- Picture someone who is proud of you



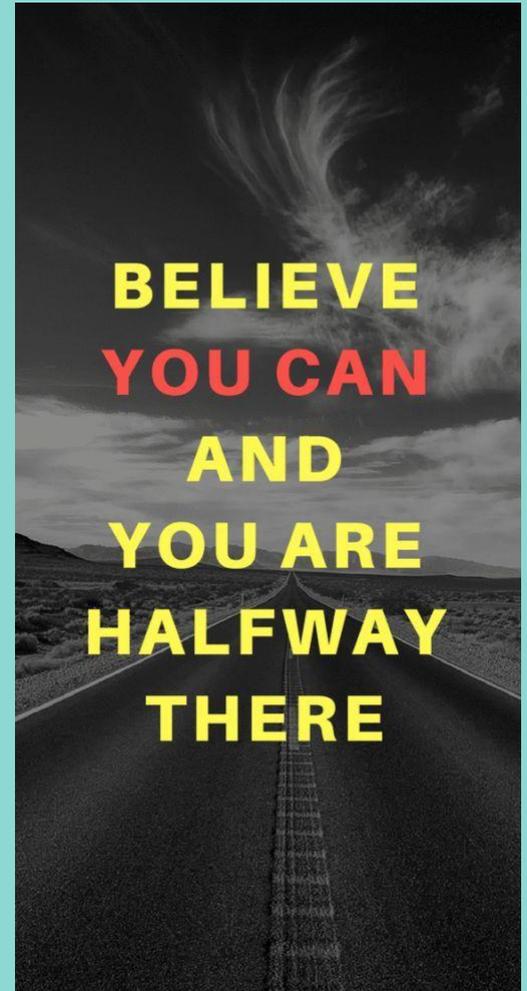
Step Three

Rehearse it in your head.

- “If _____, I will _____”
- “Maybe I will feel...”
- “Maybe it won’t feel immediately better... that’s ok.”



Take some time and
try 1... 2... or 3 of
the coping skills
from today



Post-Assessment



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Feeling overwhelmed? Want some help?

Your school counselors are here to listen, brainstorm, rehearse scenarios with you, hype you up... whatever you need!

