

Surviving and  
Thriving in a  
Pandemic:  
Wellbeing in a  
Time of Crisis

ALL  
ABOUT:

Coping  
Skills

Answer In Chat  
How do you feel?

## Wellness Check In



1



2



3



4



5



# Goals/Focus of Meeting

-Recognize the mental health challenges that our students currently face.

-Apply coping skills needed for happiness and success.

-Help our students thrive and live their best life in a pandemic.

# Mental Health Issues Currently Impacting our Students



-Changes to routines and sleep patterns can impact our moods and our ability to concentrate and focus.

-Addiction and suicidal behaviors have increased since the beginning of the pandemic and are suspected to continue

-Due to stress levels being high, many people are cognitively compromised.

We are not here.

We are here.



# STRESS



- Feeling stressed is common in teens
- School is top source of stress in teens
- The mind and body are closely connected, and stress can affect the body from head to toe.
- It's normal to have some stress in life. But if stress persists at high levels for a long time, it can have lasting negative effects on health.
- Chronic (long-term) stress can cause **anxiety**, a **weakened immune system**, and can contribute to diseases such as **depression**.

Video:

**"Just Breathe", 3:42 minutes**

<https://www.youtube.com/watch?v=RVA2N6tX2cg>

# Types of Stress

POSITIVE STRESS: brief increase in heart rate, mild elevations in stress hormones

TOLERABLE STRESS: serious temporary stress responses, buffered by supportive relationships

TOXIC STRESS: adverse experiences that lead to strong, frequent, or prolonged activation of the body's stress response system in the absence of the buffering protection of a supportive adult relationship

POST TRAUMATIC STRESS: Exaggerated and prolonged stress response lasting beyond 6 weeks and even years later

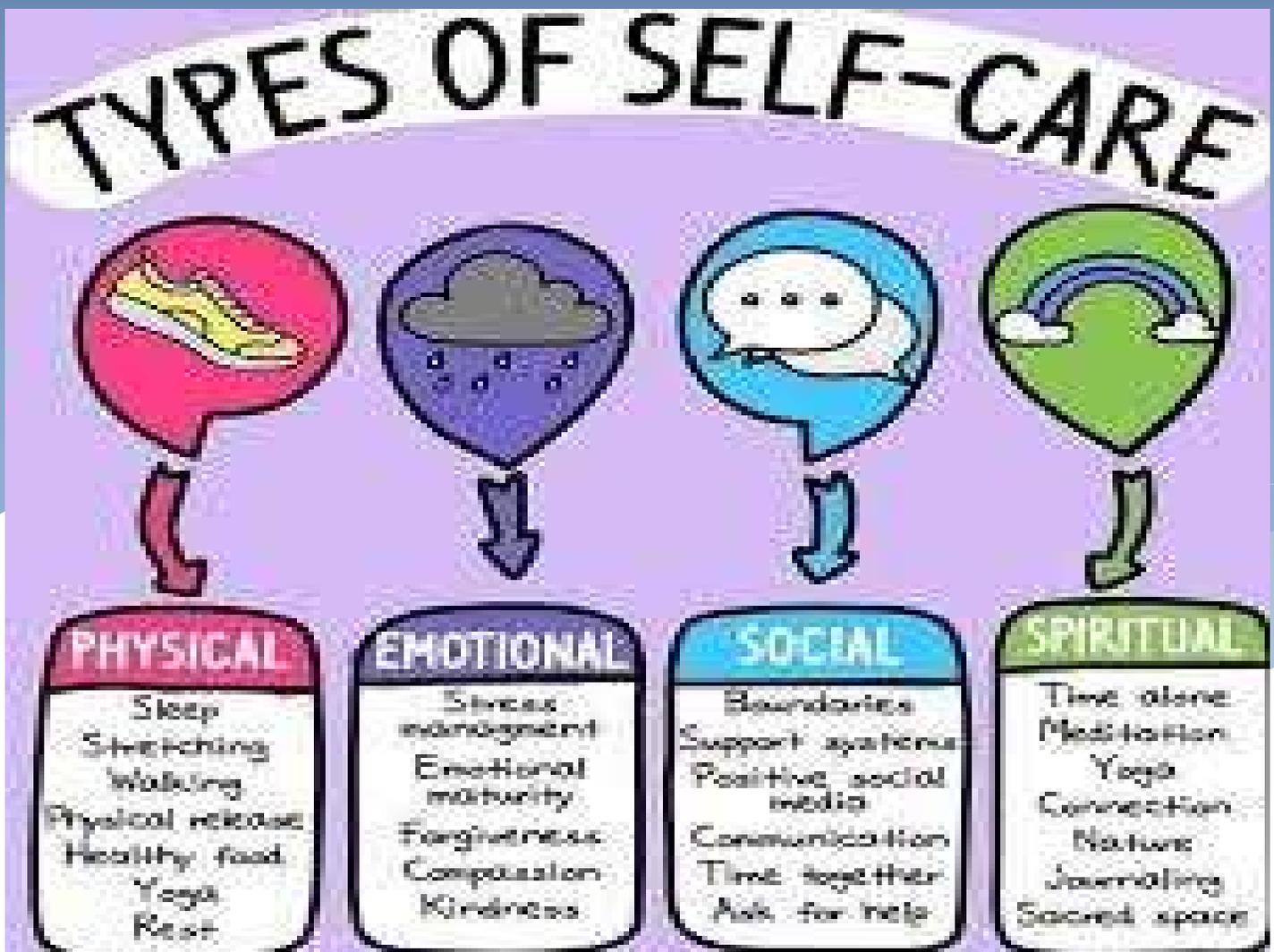
# Trauma

- Any experience that leaves a person feeling hopeless, helpless, or fearing for their life, survival, or safety
- The experience can be real or perceived
- The experience can be a one-time exposure or chronic state of life
- Acute Trauma: a single time limited event i.e., witness an accident, medical or dental procedure, death of significant person, move
- Chronic Trauma: multiple traumatic exposures and/or events over extended periods of time i.e., bullying, domestic violence
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# Signs and Awareness of Stress, Anxiety, or Trauma

- Trouble Concentrating
- Lack of energy
- Rapidly changing moods or changes in behavior
- Unexplained aches, pains
- Rapid heartbeat; sweating; shaking; dizziness
- Changes in appetite; weight loss or gain
- Self-harm
- Out of control behavior
- Feeling sad or withdrawn for more than two weeks
- Impatience
- Anger; involvement in fights
- Hopelessness
- Fear or excessive worry
- Loss of Interest in people or activities that used to be positive/pleasurable

# Practice Self Care to Stay Balanced



# SELF-TALK and COPING

## Self Talk Is....

### The Internal Voice In Our Head

- ◆ Our internal conversation
- ◆ It determines how we perceive situations
- ◆ It is our thoughts and our beliefs



**Self-Talk can be positive or negative and influences how we feel.**

**“Automatic Thoughts” Video(4.54 Minutes)**

<https://www.youtube.com/watch?v=m2zRA5zCA6M>



## Situation

(What triggers the problem)  
E.g. criticized at work

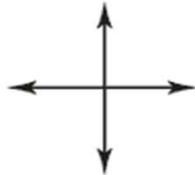


## My Thoughts

(What goes through my head?)  
"I'm not good enough"

## My Body's Physical Reactions

Feel tired, loss of appetite

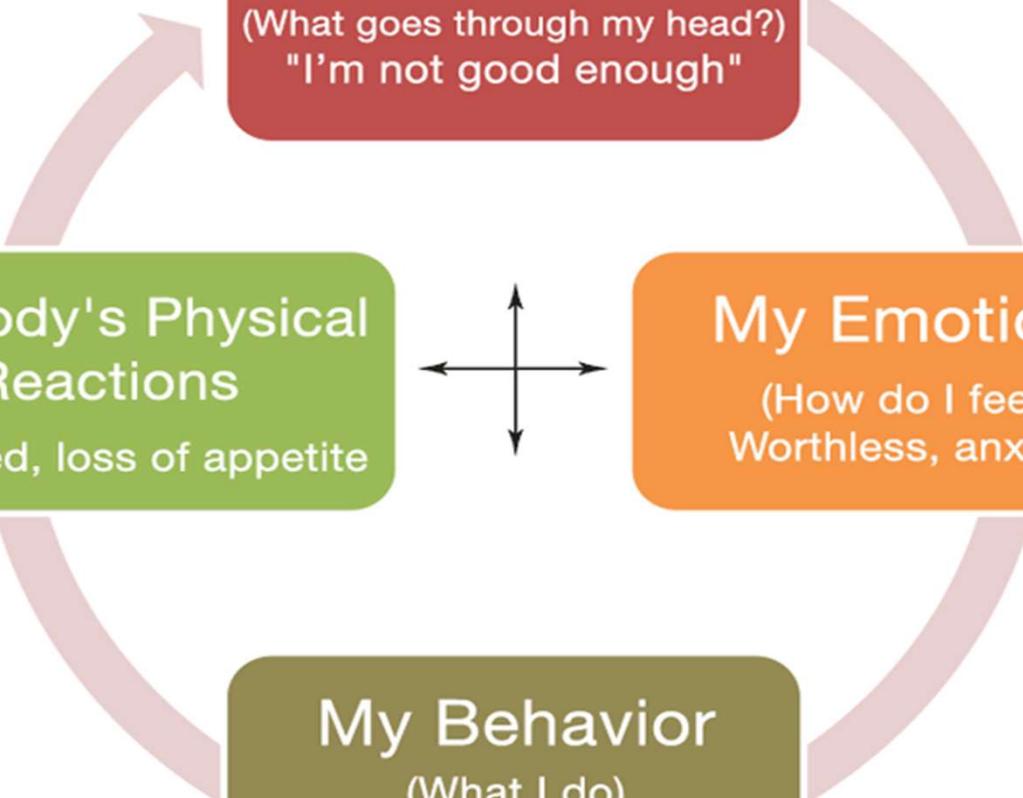


## My Emotions

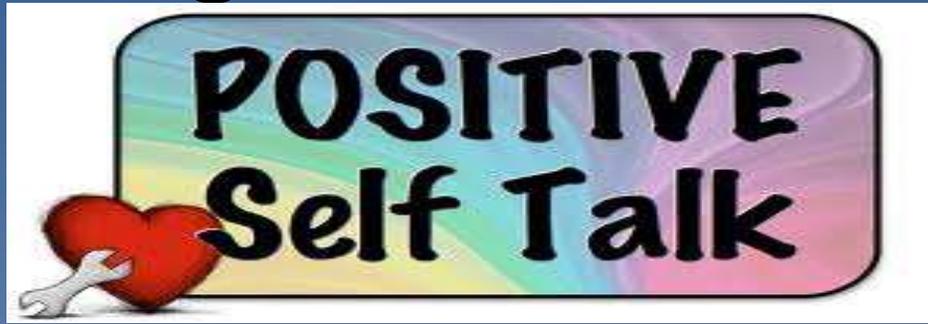
(How do I feel?)  
Worthless, anxious

## My Behavior

(What I do)  
Isolate myself, avoid contact with others



# Using Positive Self-Talk



“I will get through this. I am stronger than I feel right now.”

“This is temporary.”

“I can do this. I can handle this.”

“I’m allowed to feel this way and will learn from this experience.”

“I will go easy on myself.”

“I am worthy of love and respect.”

“I can let go of anger and fear and let in love and joy.”

“No matter what happens, I will be okay.”

“I am doing the best that I can.”

“One step at a time.”

“This situation is not a problem, it’s an opportunity.”

**Which of these positive self-talk statements will work best for you in coping with stress in your life?**

**STRESS**

Positive  
Behavioral  
Response

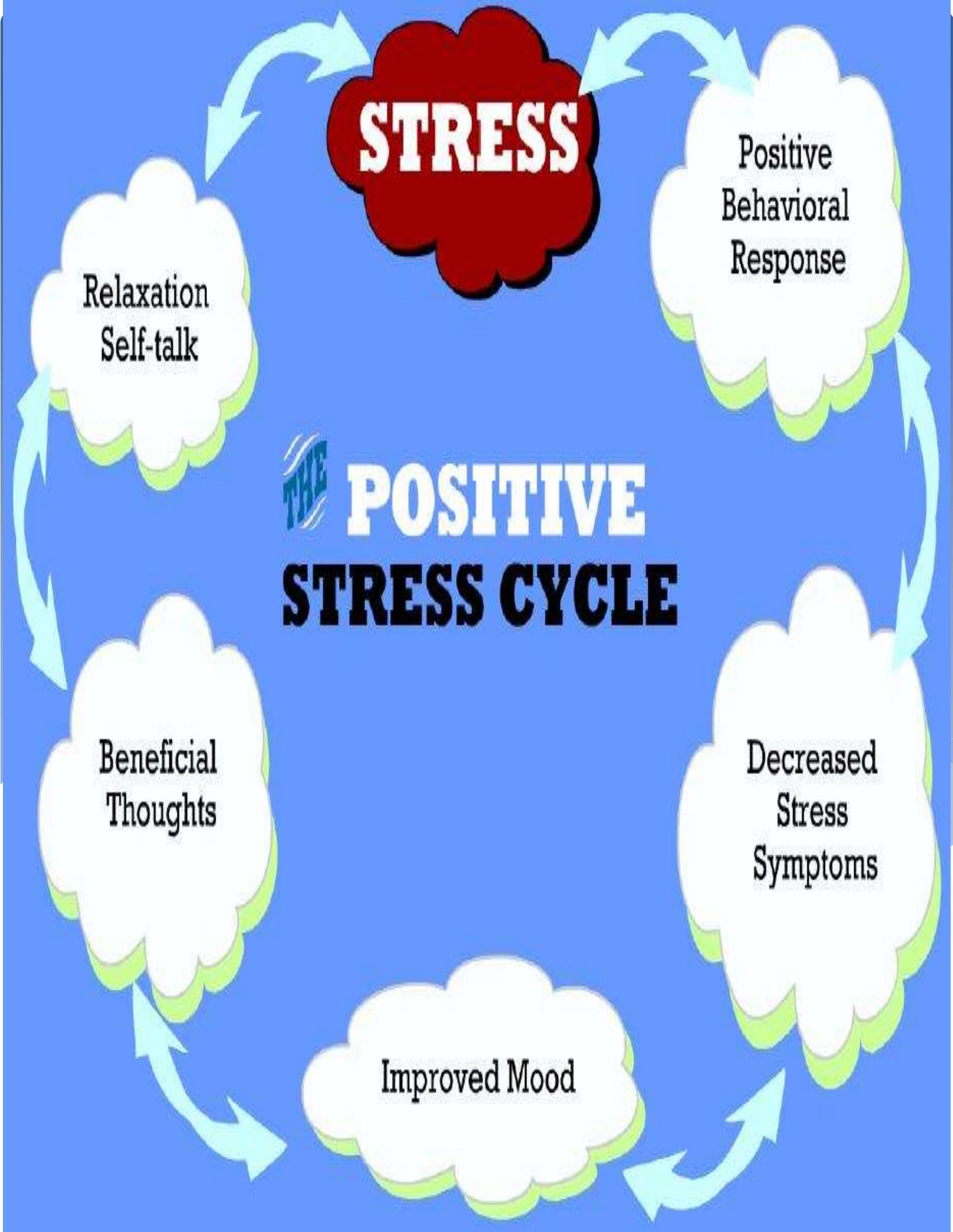
Relaxation  
Self-talk

**THE POSITIVE  
STRESS CYCLE**

Beneficial  
Thoughts

Decreased  
Stress  
Symptoms

Improved Mood



# Healthy Coping Strategies for Balance and Emotion Regulation

*Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. That's normal.*

**\*Recognize and acknowledge that you feel anxiety.**

**\*Practice Relaxation Techniques-** Deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.

**\*Get enough sleep, nourishment, and exercise.** Get the right amount of sleep for your needs — not too much or too little. Eat well: Choose fruit, vegetables, lean proteins, and whole grains for long-term energy (instead of the short bursts that come from too much sugar or caffeine). And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.

**\*Connect with others.** Spend time with friends or family. Organized activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. And the fun and sharing that go with it allow us to feel happier and less upset about things.

**\*Connect with nature.** Being outside can help you feel peaceful and grounded.

**\*Pay attention to the good things.** A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Appreciate the small, everyday blessings. Allow yourself to dream, wish, and imagine the best that could happen. **Use Positive Self-Talk!**

**\*Consider taking a break from social media and get off the grid for a while!**

**Note:** When anxiety or worry feels extreme, it may be a sign of an anxiety disorder. For someone who has an anxiety disorder, getting proper care from a health professional is important. **Video:" 4 Ways to Cope with Anxiety"- 3.39 Minutes**

# Positive Coping Strategies to Deal with Stress and Emotions



- ❖ Talking to parents or friends
- ❖ Exercise / sports Yoga
- ❖ Meditation
- ❖ Reading
- ❖ Problem solving
- ❖ Thinking positive / being optimistic
- ❖ Using humor
- ❖ Listening to music
- ❖ Hobbies / recreation
- ❖ Journal / writing
- ❖ Hanging out with friends
- ❖ Praying / religious activities
- ❖ Social support / asking for help
- ❖ Getting enough sleep

# Tips for Success in Virtual Learning

Practice Netiquette (be respectful of your teachers; be thoughtful with what you add to discussions; be mindful of the mindset of others in our current climate)

## Get the Most out of your Academic Experience

- Engage and contribute
- Look for opportunities to connect with others and hear their stories
- Look for opportunities to extend your learning by making connections between ideas, concepts, and the real world
- Be an active learner, not a passive one
- Stay curious and work to find something interesting in everything you do

# Take the Initiative to Grow this Year

- Be aware of your mindset; practice gratitude and stay calm and positive
- Look for opportunities to make and maintain meaningful relationships with family, friends, and in your faith
- Set goals for yourself and keep your expectations and standards high
- Be flexible and adaptive

# Keep in Mind

In times like these, it's easy to become disengaged, disconnected, and unmotivated. Stay self aware. Ask for help if you begin to struggle.

KINDNESS  
— MATTERS —

When you come  
out of the  
storm  
you won't be the  
same person  
that walked in.  
That's what the  
storm is  
all about.

-Haruki Murakami

simply designing