

Thriving your way through Stress and Anxiety



“Smile, breath, and go slowly” (Thich Nhat Hanh)

*Counseling
Counts
Consulting*

A Limited Liability Company



**Dr. Joe
Wehrman**



Disclaimer

These lectures are not designed for use as medical references to diagnose, treat, or prevent medical or mental health illnesses or trauma. If you have questions about the diagnosis, treatment, or prevention of a medical condition or mental illness, you should consult your primary care physician or other mental health professional.



Introduction

3 Big Ideas

3 Strategies for Success

- Mindfulness
- Parenting Support
- Self Care

Question & Answer

Resources

Agenda

BIG IDEA #1 UNDERSTANDING CRISIS & CHANGE

Situational Crisis

- An acute unexpected event with limited or no way of controlling or predicting its occurrence.

Developmental Crisis

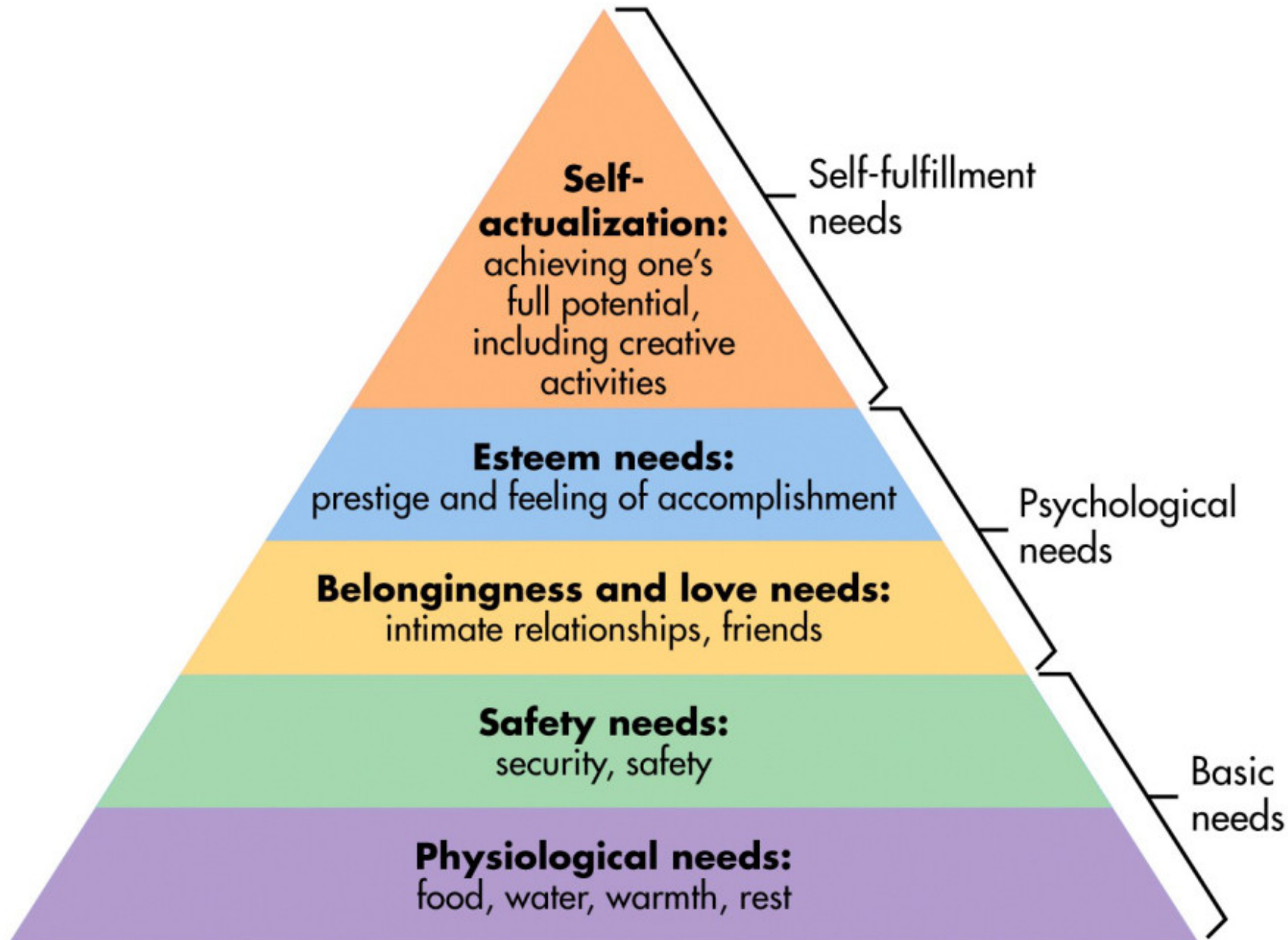
- Events that are a function of normal human development and maturation

Existential Crisis

- Inner anxiety that manifests around issues of meaning, responsibility, independence & freedom.



Abraham Maslow (1943)

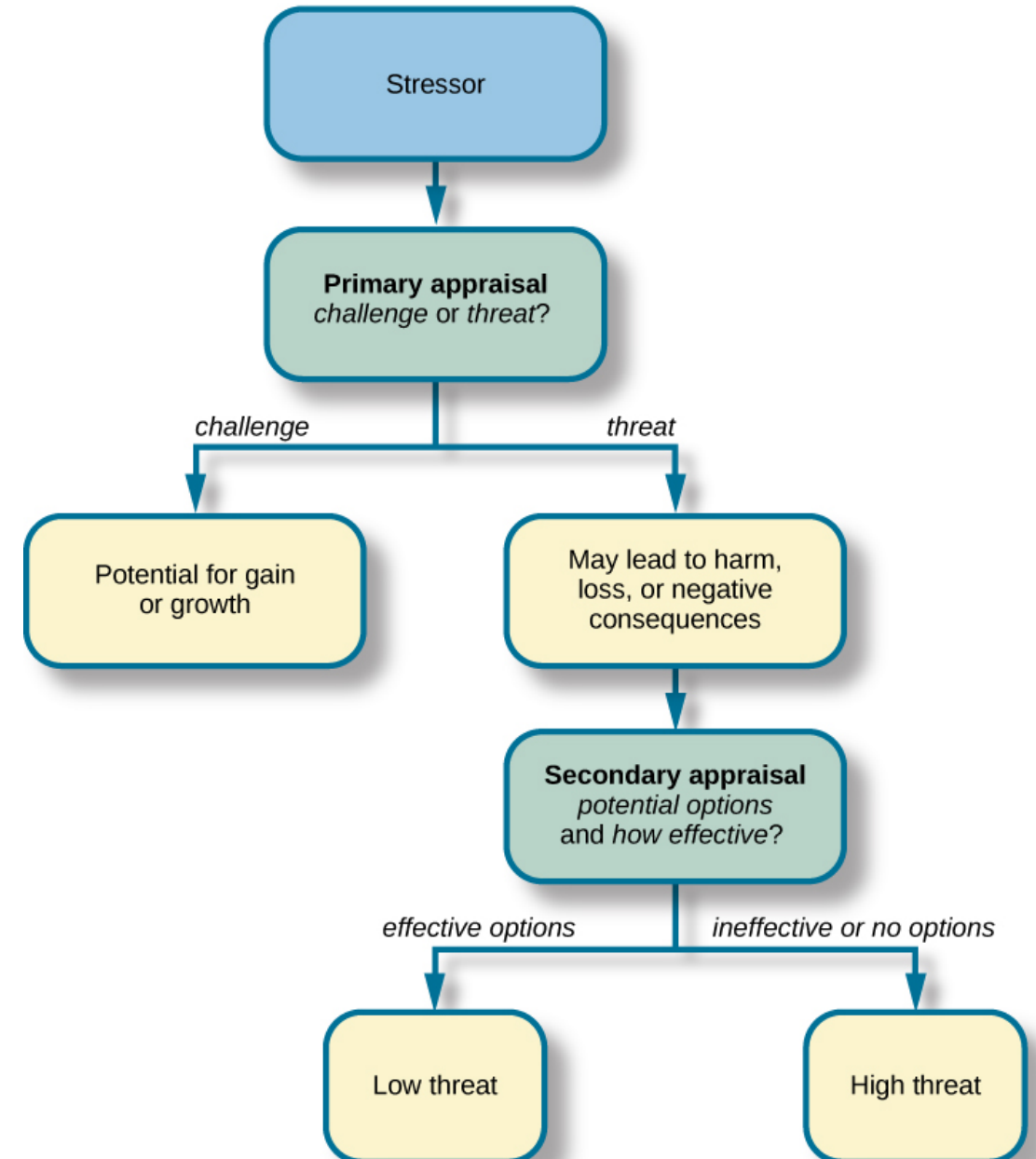


BIG IDEA #2: UNDERSTANDING STRESS & ANXIETY

Stress is normal! It can be good! How?

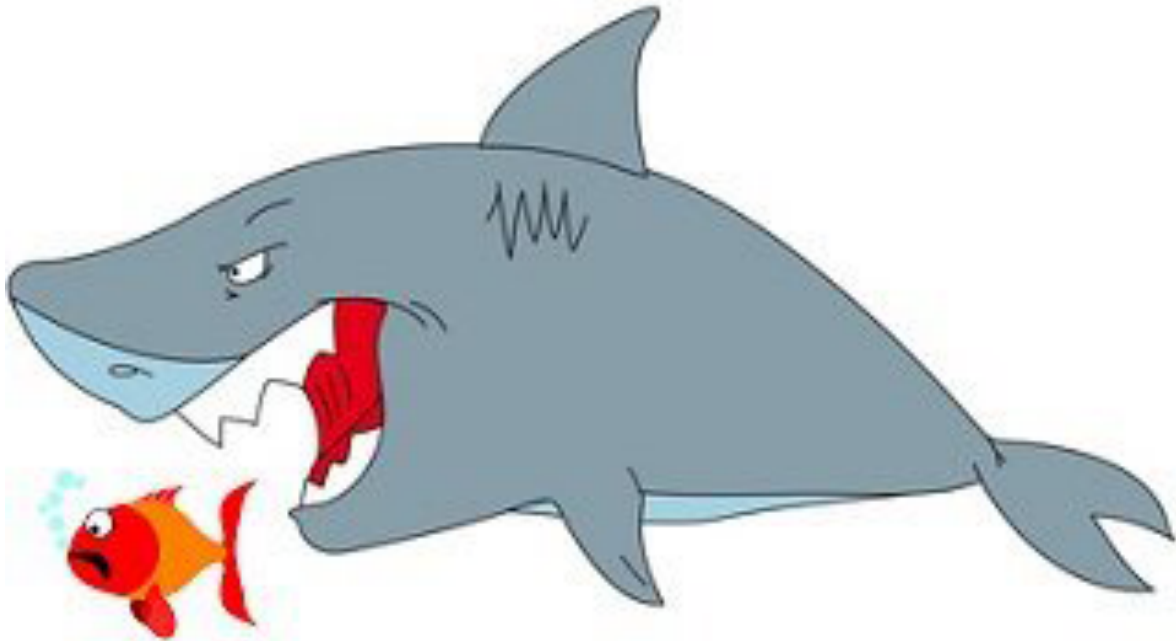
- **Stress**: response to perceived threatening events or challenging events that cause strain
- **Stressors**: stimuli that cause physiological, psychological, and emotional reactions at any time
 - **Eustress**: stress response to agreeable or positive stress, what is an example of positive stress?
 - **Distress**: stress response to unpleasant or undesirable stressors
- **Major life events**: can cause stress reactions and have a cumulative effect

Information from openstax.org



Fear vs. Anxiety

FEAR



**Stress Response from
Immediate Danger!**

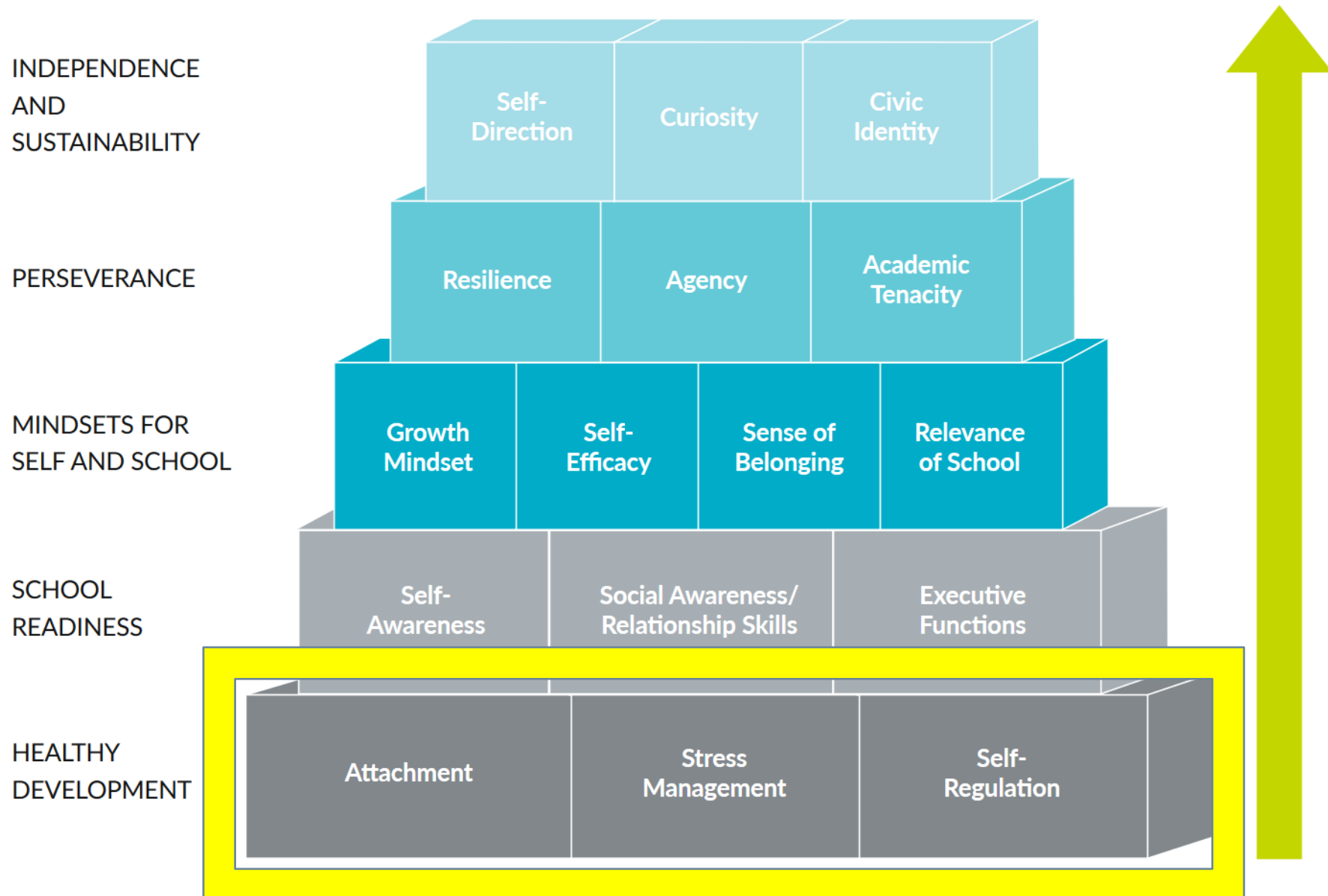
ANXIETY



**Stress Response just
from your Thoughts!**



BIG IDEA #3: BUILDING BLOCKS FOR LEARNING & THRIVING



3 Strategies

Mindfulness

Parenting Support

Self Care

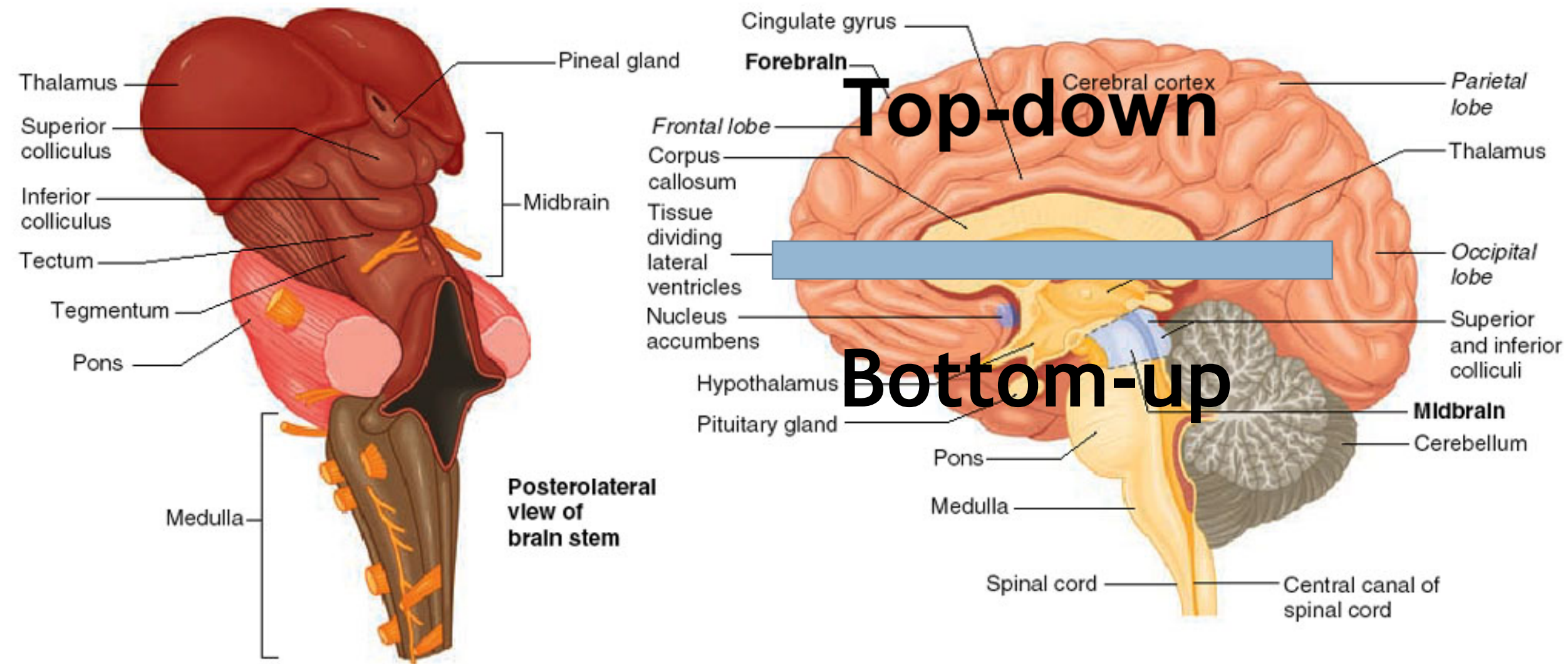


MINDFULNESS: STOP-DROP- AND-BREATH

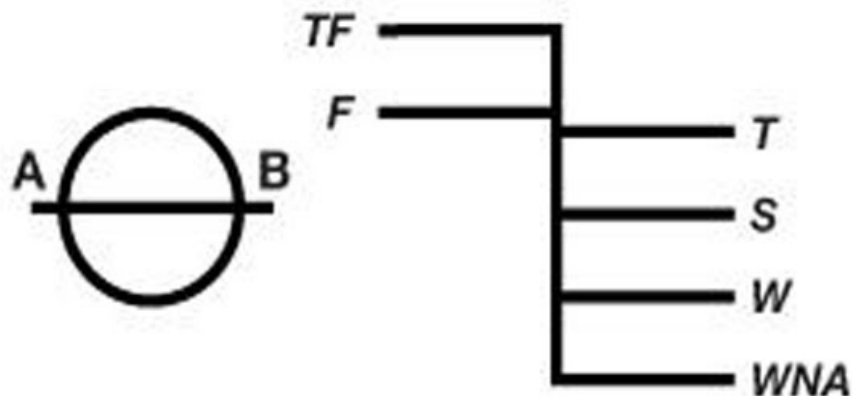
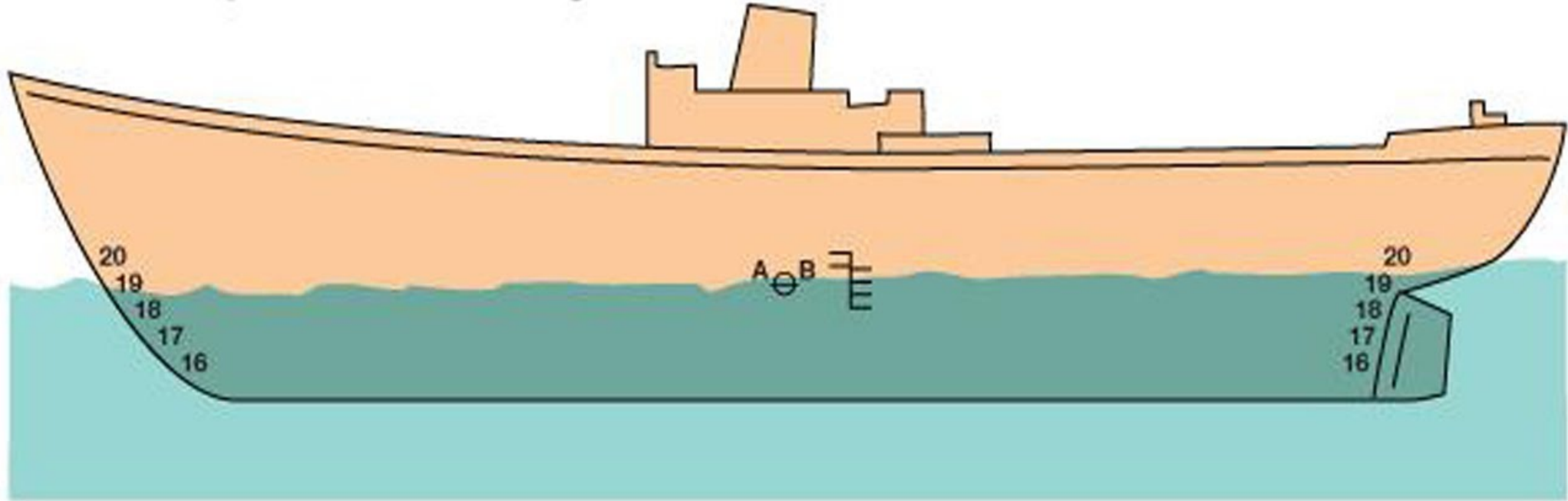


Focus on Breathing
and Grounding
activities

THE MINDFUL BRAIN



Parenting: Know your PLIMSOLL LINE!



AB	American Bureau of Shipping
TF	tropical freshwater load line
F	freshwater load line
T	tropical zones load line
S	summer load line
W	winter load line
WNA	winter North Atlantic load line



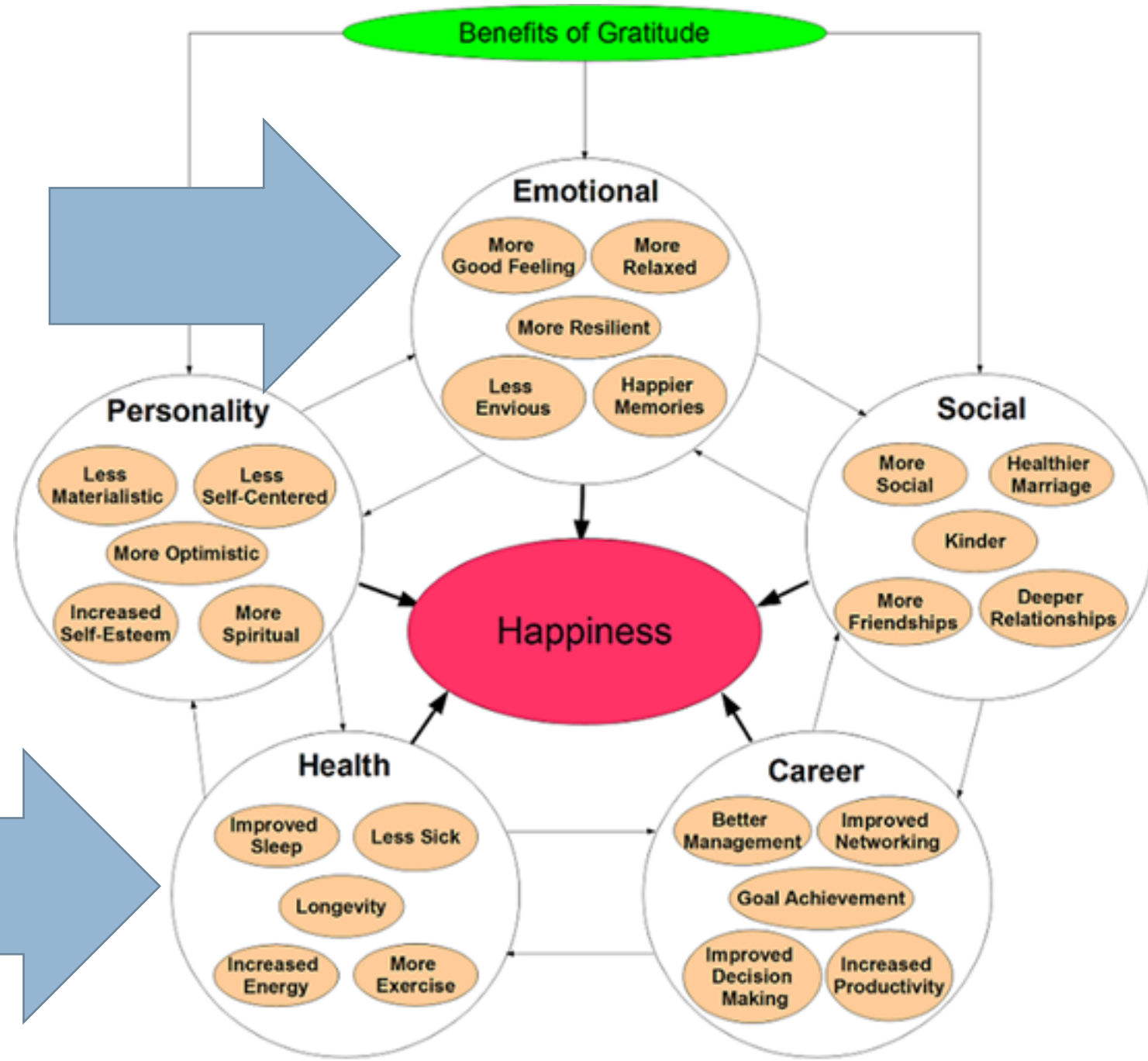
Self Care

- Expressing gratitude toward others and celebrating accomplishments of others
- Expressing gratitude reduces internal states of anxiety
- Social Support: Take opportunities to give help or get help from others
- How to make stress your friend!

- TED TALK by Kelly McGonigal

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

<https://www.happierhuman.com/benefits-of-gratitude/>





Questions?



Resources

- Colorado Crisis Services Text “TALK” to 38255
- Care and Share <https://careandshare.org/>
- 211 Colorado Information/Referral www.ppunitedway.org 719.632.1543
- SAFE2TELL <http://safe2tell.org> 877-542-SAFE (7233)
- Positive Psychology Center <https://ppc.sas.upenn.edu/>
- Mt. Carmel Veteran Services 719.772.7000 www.veteranscenter.org/
- Peak Military Care Network (PMCN) <https://pmcn.org/contact-us/> 719-577-7417
- NAMI <https://www.namicoloradosprings.org/> 719.473.8477
- CDC Guidelines on Stress and COVID19 <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Helping Children Cope <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
- Drug & Alcohol Concerns <https://startyourrecovery.org/treatment/rehab-centers/colorado>
- Colorado Quitte Line <https://www.coquitline.org/>
- TESSA <https://www.tessacs.org/>

