

# Safe Student Summit

Taming the Anxious Mind

# Presented by Jefferson Center

Charles Floyd, MA, LPCC  
Community Engagement Coordinator  
[charlesf@jcmh.org](mailto:charlesf@jcmh.org)

# Jefferson Center is here for YOU!

Our mission is to inspire hope, improve lives, and strengthen our community by providing mental health and related solutions for individuals and families.

We have been your community mental health center for over 66 years.

We serve everyone! Children, youth, families, seniors, veterans and military personnel.

What do we offer?  
Individual, Group & Family Therapy  
Peer Specialist Support  
Wellness Classes & Coaching  
Parenting Resources  
School Based Services  
Substance Use Treatment



# Anxiety

The lingering effects of a stressor  
Can be short-lived or long-lasting  
Can range from lightly felt, to  
severely experienced

# What Anxiety Can Look Like

## General

Irritability

Disengagement

Loss of appetite

Sudden mood swings

## Children

Regressive behavior such as feeding themselves or using the bathroom

Clinging to care-provider

Not wanting to sleep alone

## Teens

Isolation from friends, family, support networks

Abandoning hobbies, team, clubs

General malaise

# Behavioral Signs

- ❖ Physical symptoms
  - ❖ Stomach pains
  - ❖ Muscle cramps
  - ❖ Fatigue
  - ❖ Headaches
  - ❖ Trembling
- ❖ Thoughts/emotions
  - ❖ Preoccupied/worried/uneasy
  - ❖ Unrealistic concerns
  - ❖ Change in social interaction

**01**

**Notice**

Be perceptive and  
create a foundation  
of safety

**02**

**Identify the source**

Attempt to  
identify the cause  
of the change

**03**

**Discuss**

Acknowledge and  
encourage without  
judgement

**04**

**Support**

Meet them where  
they're at, not  
where you think  
they should be

01

## Notice

Being perceptive is critical in creating a foundation in which the individual feels safe to discuss possibly difficult situations or circumstances with their school or personal lives



## 02

# Identify the source

Recognize sudden changes in mood, routine, and/or behaviors and identify the source/circumstance of the change. Unexplained changes may be an attempt to communicate a shift in the individual's environmental reality.

03

## Discuss

Acknowledge and encourage the conversation while withholding criticism or judgement. Listen. Do not just wait for your turn to speak, or worse, ignore what they're saying in lieu of hearing your own voice.

# 04

## Support

Meet them where they're at, not where you think they should be. Don't pressure a conversation or force them to engage if they're not ready. Be patient, supportive, and open to whatever may be revealed. Shore yourself up and fight against being judgemental.

# Start a Conversation

To identify the source, have an open conversation and listen

Don't try and solve the problem

Try to withhold judgement

Stay present and actively listen

# Creating Safe Communication

Reflect what  
the person  
said

It sounds like  
you're saying...

Clarify to  
ensure  
understanding

Am I right when I  
say...

Reassure  
and support  
them

No wonder you  
feel...

Encourage  
them

What worked for  
you before...

# Creating Safe Communication



## Non-Verbal Cues

Be attentive,  
non-verbal  
gestures, body  
language



## Verbal Cues

Open ended questions,  
probing questions,  
request clarification,  
summarize



## Stay Present

Focus on what  
the other person  
is saying,  
withhold  
judgement

# Coping Skills

# Developing a Coping Skill

- ❖ Think about the stressful situation
- ❖ Design a technique to manage the situation
- ❖ Practice the technique
- ❖ After using the technique talk about what worked and what didn't
- ❖ Keep what worked, change what didn't



# Grounding Stratagies

Deep breathing/blowing out the candles

5-4-3-2-1

In The Box

I-Spy

Tell me a story

# Resources

BrainWise – Ten Wise Ways of Solving Problems, Patricia Gorman Barry, Ph.D.

American Academy of Child and Adolescent Psychiatry

National Institutes of Health

National Institutes of Mental Health

NAMI - National Association of Mental Illness 2280 S Albion St. Denver  
(303) 321-3104

QPR Institute - call 1-800-273-TALK

# Thank You

Do you have any questions?

Email: [charlesf@jcmh.org](mailto:charlesf@jcmh.org)

Cell: 720-462-9242

[jcmh.org](http://jcmh.org) | (303) 425-0300



CREDITS: This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**.

