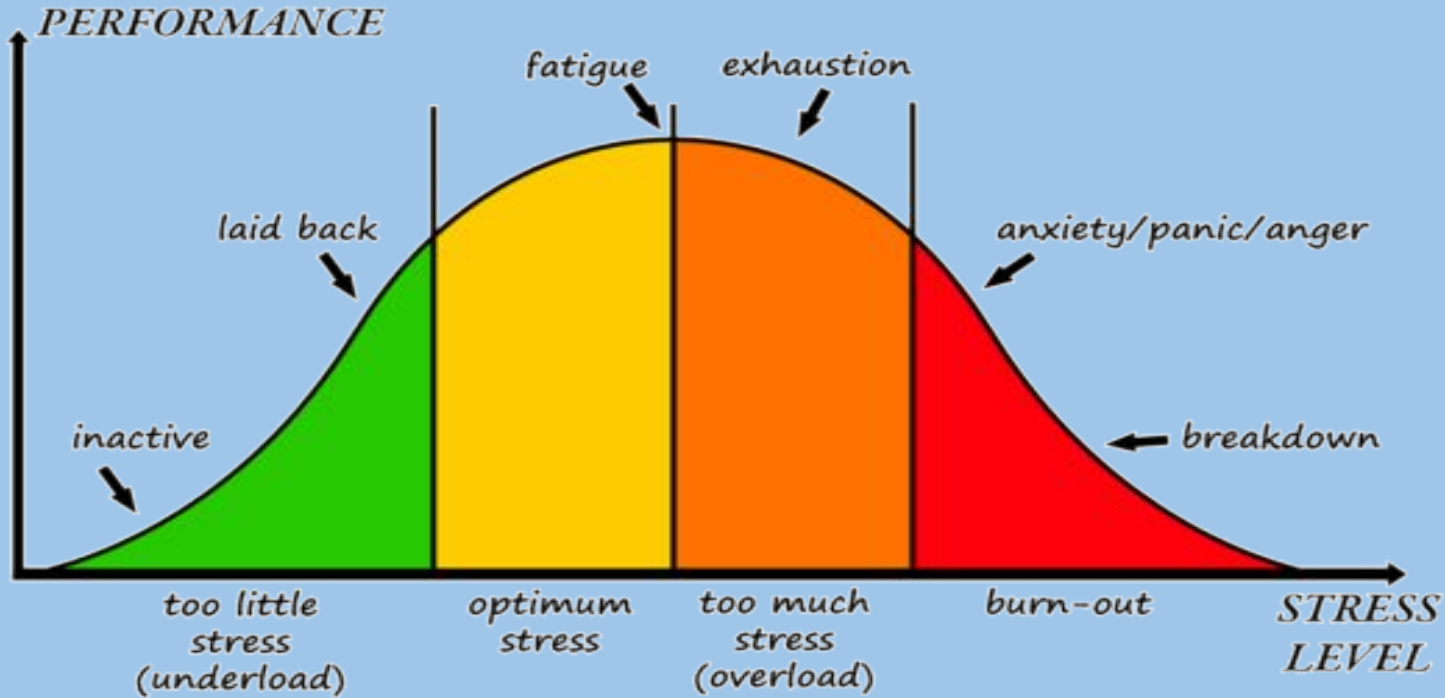


A word cloud of terms related to healthy relationships, centered around the word "HEALTHY". The words are arranged in a roughly circular pattern around the central word. The colors of the words vary, including shades of purple, pink, green, yellow, and blue. The font sizes vary, with "HEALTHY" being the largest and most prominent word. Other large words include "COMMUNICATION", "RELATIONSHIPS", "VALUE", "CARING", and "LAUGHTER". Smaller words include "RESPECT", "ACCEPTANCE", "TRUST", "PATIENCE", "COMFORTABLE", "ENCOURAGEMENT", "BOUNDARIES", "EXPRESS", "COLLABORATE", "UNDERSTAND", "CONSIDERATE", "LOVE", "APPRECIATION", "VALIDATION", and "EMPOWERING".

RESPECT
ACCEPTANCE
TRUST
PATIENCE
CARING
COMMUNICATION
LAUGHTER
COMFORTABLE
ENCOURAGEMENT
HEALTHY
BOUNDARIES
EXPRESS
COLLABORATE
UNDERSTAND
CONSIDERATE
RELATIONSHIPS
LOVE
APPRECIATION
VALIDATION
VALUE
LISTEN
EMPOWERING

STRESS CURVE



<https://diplolearn.wordpress.com/2012/06/28/stress-is-not-your-enemy/>

<https://theenergyproject.com/blog/stress-not-your-enemy>

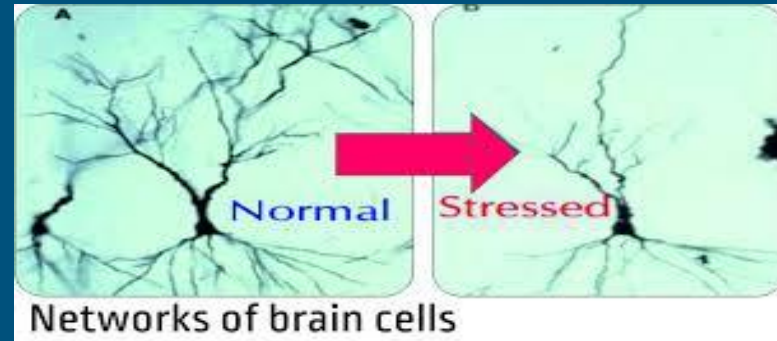
When Kids Flip Their Lids



Stress Makes You Vulnerable

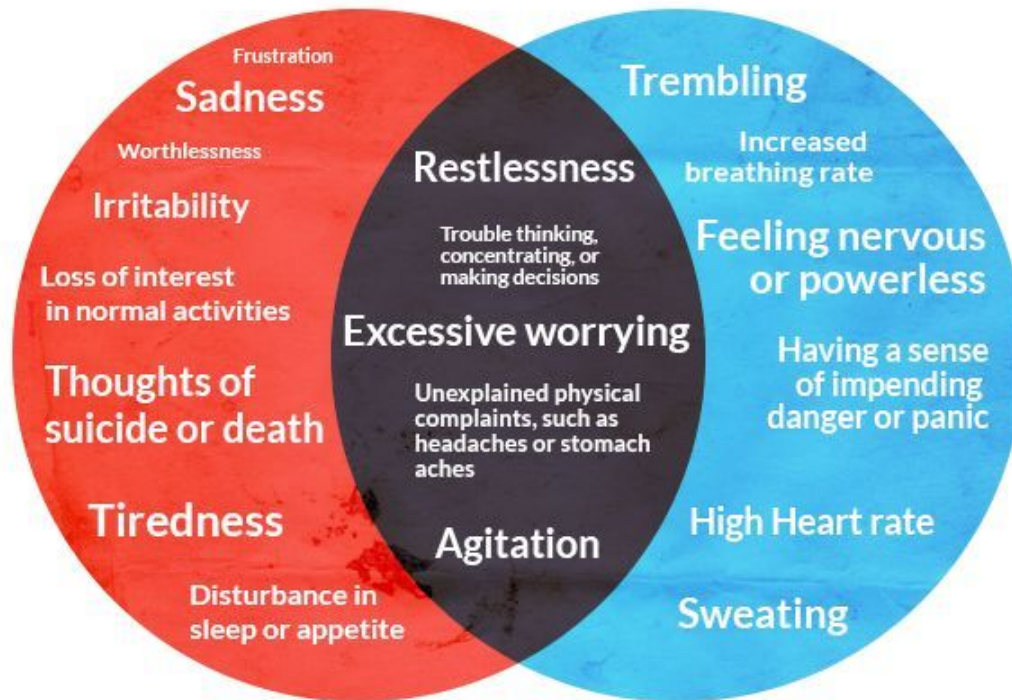
- Stress is considered the underlying cause for 60% of all human illness and disease.
- 3 out of 4 doctor's visits are due to stress-related ailments
- 40% of stressed people overeat or eat unhealthy foods
- 44% of stressed people lose sleep EVERY night

<http://www.stress.org/stress-is-killing-you/>



Depression

Anxiety



Depression and anxiety share similar neurological pathways and are influenced by genetic factors.

17% of youth (6-17 years) experience a mental health disorder.

DEPRESSION SIGNS AND SYMPTOMS IN KIDS

Anxiety disorders in children are often been misdiagnosed as ADHD.

* FREQUENT SADNESS



* ABANDONING HOBBIES

* HOPELESSNESS

* SCHOOL ABSENCES

* POOR SCHOOL PERFORMANCE

* POOR CONCENTRATION

* RELATIONSHIP ISSUES

* TALK OF OR ATTEMPT TO RUN AWAY

* LOSS OF ENERGY

* THOUGHTS OF SELF HARM

* ISOLATION

* FREQUENT COMPLAINTS OF ILLNESS

* ANGER

* CHANGE IN EATING OR SLEEPING PATTERN

[Anxiety and depression in kids: Healthy Head to Toe](#)



Strategies to Use with Students



Start with the heart

In order to de-escalate a situation, you have to ensure that you are calm and in control of your own emotional state. If you become emotional, it will likely make your child escalate as well.

A quote is displayed on a background of soft, white clouds. The text is in a black, serif font and is arranged in four lines. The first line reads "Never in the history of", the second line "Calming down has anyone ever", the third line "Calmed down by being told to", and the fourth line "Calm down!".

Never in the history of
Calming down has anyone ever
Calmed down by being told to
Calm down!

Connection Calms



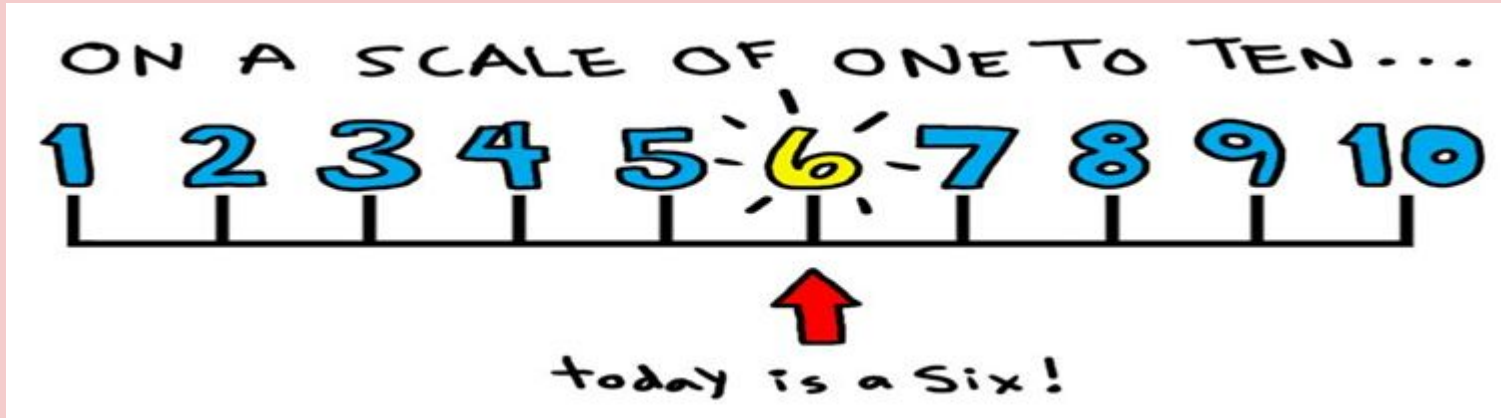
- Stay in control of yourself
 - Share your calm, don't join their chaos
 - Monitor your breathing rate
- Increase wait time // reduce words
- Echo back their words
- Describe & label, but verify

Physical Approaches

- BREATHE
- Hydrate
- Drawing/Coloring
- Stretches
- Blanket - Weighted
- Sensory Fidgets
- Imagery

Use a Scaling Question

From 1 to 10, where are you? 1 being not good at all and 10 being great!



MINDfulness 5-4-3-2-1

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste

Relaxation Strategies

- Breathing Exercises (Take Five; 3-3-5)
https://www.youtube.com/watch?v=j0YDE8_jsHk
- Body Scan (progressive tightening and relaxing of muscles)
- Visualization Strategies (describe a place you feel happy--use sensory descriptors)
- Stretching

What **NOT** to Say to Someone With Anxiety

Don't say: "Just calm down."

Instead: Try asking some open-ended questions.

Don't say: "There isn't anything to worry about."

Instead: Show some empathy.

Don't say: "I've got problems, too."

Instead: Take a back seat for now and just listen.

Don't enable and anxiety-maintaining behavior, like completely avoiding social situations.

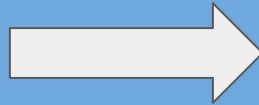
Instead: Help them face their fears.

Self-Awareness



Self-Care Strategies

Many of us feel stress and get overwhelmed not because we're taking on too much, but because we're taking on too little of what really strengthens us. ~Marcus Buckingham



What **STRENGTHENS** you?

Compassion Fatigue/Empathic Distress

- Develops when one cares “too much” for another who has shared firsthand traumatic experiences
- Unique form of burnout
- Being exposed repeatedly to the trauma of others
- Feelings of deep empathy

www.edutopia.org



Self-Care Strategies

- Physical Needs - balanced meals, adequate sleep, exercise
- Social Needs - maintain close relationships
- Mental Health Needs - passions, interests, activities that keep your mind sharp
- Emotional Needs - process emotions, journal, talk to someone, baths, hobbies,
- Spiritual Needs - nurture your spirit to bring meaning to your life

Self Care & Soothe

- Anxiety takes a physical toll!
- Make a plan to “decompress” after anxiety
 - Creative expression: journal, draw, knit/craft
 - Music: listen, sing, play instrument
 - Bubble bath
 - Exercise, esp. weight bearing
 - Get sunlight
 - Hydrate

Resources

www.childmind.org

www.edutopia.org

www.nami.org

<https://www.cdc.gov/childrensmentalhealth/depression.html>

Trauma Informed Toolkit

<https://tinyurl.com/3h77nzat>