



Mehlville School District

Welcome

Speaker Series

Persistence During the Pandemic



It Is An Honor To Be Here Today!

Persistence During A Pandemic:
(How To Identify & Deal With Anxiety, Stress &
Other Mental Health Concerns)





Welcome & Speaker Bio

Bio:

Former school principal and teacher

Mental health therapist (MSW)

Keynote speaker & PD Leader

Author

Adjunct professor of Ed Psych of the Exceptional Student

On a mission to positively impact 100,000 educators & 1 million students!



Are You On Twitter? If Not, You Really Need To Be!



Twitter:

@drp_principal

(I Follow Back)

Feel Free To Tweet Today...

#MaslowBeforeBloom

The screenshot shows a Twitter profile for Dr. Bryan Pearlman. The header includes a back arrow, the name "Dr. Bryan Pearlman - #MaslowBeforeBloom", and "12.8K Tweets". The profile picture is a circular headshot of Dr. Pearlman. To the right of the picture is a large banner with three sections: a photo of him speaking with "available at amazon" text, a dark blue section titled "WHATEVER IT TAKES!" with a brain+heart=smiley face graphic and the text "For All Students to Succeed in School and Life", and a light blue section titled "MASLOW BEFORE BLOOM" with icons of a sandwich, heart, and house, and the text "BASIC HUMAN NEEDS BEFORE ACADEMICS". An "Edit profile" button is in the top right. The bio reads: "Dr. Bryan Pearlman - #MaslowBeforeBloom @DrP_Principal Author of 'Maslow Before Bloom' (amzn.to/2W0eLHv) & 'Whatever It Takes' (amzn.to/2SF7tHD). Speaker, Therapist & Former Principal. #MaslowBeforeBloom". Location is "St Louis, MO", website is "mostvaluablepd.com", birthdate is "Born May 22, 1972", and "Joined January 2018". At the bottom, it shows "31.6K Following" and "35K Followers".

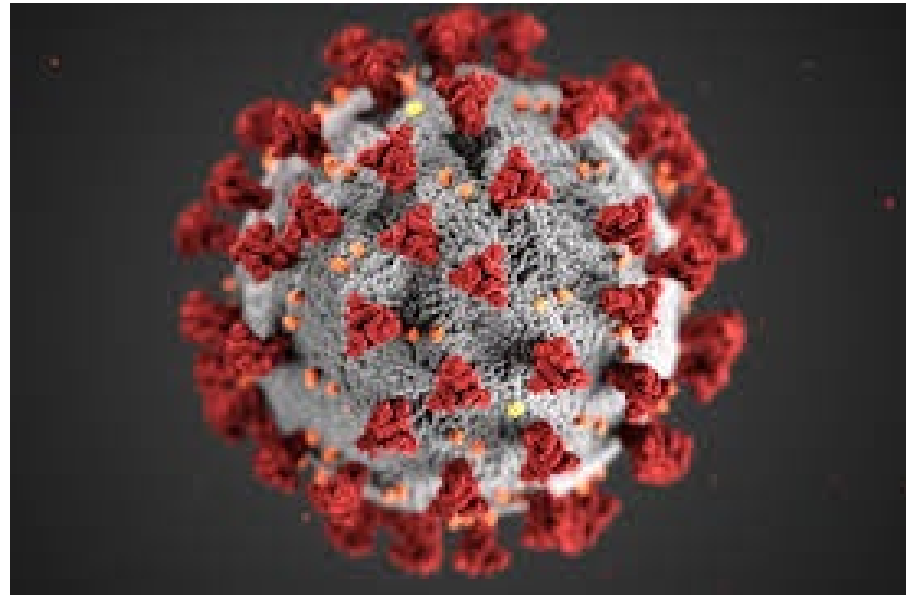
Students & Grown-Ups Were Struggling, Traumatized, Anxious & Depressed Before COVID!

Is Anyone In Better Shape Now Than They Were Prior To COVID?

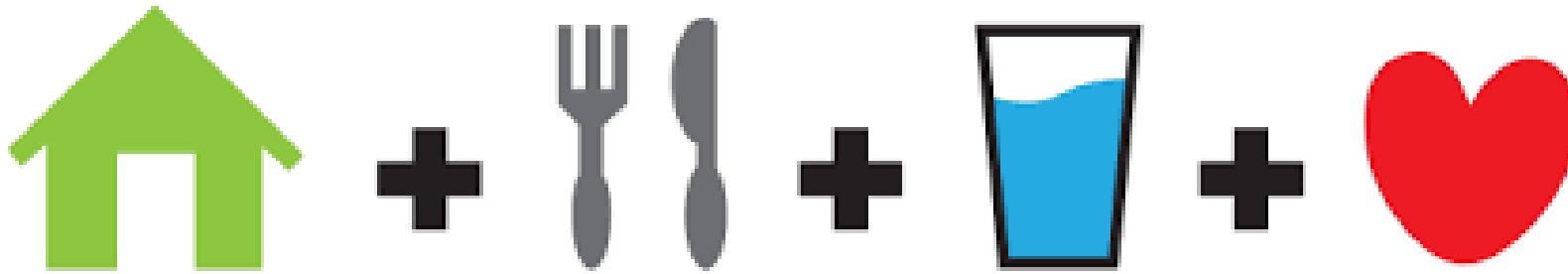
Isolation is very effective at stopping virus spread.

Isolation is also very effective at increasing anxiety, depression & the likelihood for increased trauma.

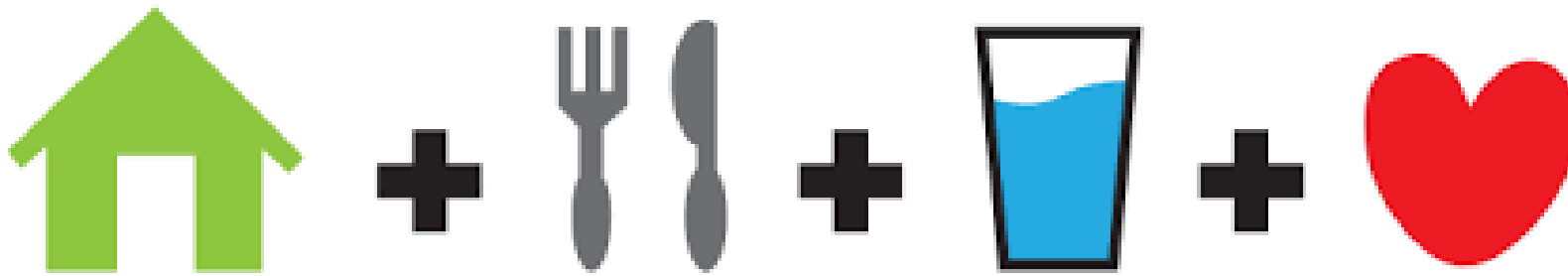
Isolation and lack of hope increases suicidal ideation and suicide attempts.



What Do Your Children Need Most Right Now?



What Do You Need Most Right Now?



Why Are We Talking About Persistence, Anxiety, Stress & Mental Health?



teen anxiety



All



News



Images



Videos



Shopping



More

Settings

Tools

About 345,000,000 results (0.89 seconds)

www.healthychildren.org › Pages › Anxiety-Disorders

Anxiety in Teens is Rising: What's Going On ...

Nov 20, 2019 — So, what can parents, teachers, and anyone else who interacts with children and **teens** do? · Be aware of the signs of **anxiety**. · Talk with kids about ...

People also ask

How do you help a teenager with anxiety?



What are signs of anxiety in a teenager?



How can I help my teenage girl with anxiety?



How can I help my 14 year old with anxiety?



Feedback

Why Are We Talking About Persistence, Anxiety, Stress & Mental Health?

As psychologist Robert Leahy points out: **“The average high school kid today has the same level of anxiety as the average psychiatric patient in the early 1950s.”**

Nearly
1 in 3
of ALL
adolescents ages
13 to 18
will experience an
**ANXIETY
DISORDER.**

Prevalence of Mental Health Disorders Among Youth¹

According to a 2010 report:²

FIND
youth
INFO

49.5%

of U.S. adolescents met criteria
for mental health disorders.³

• **42%**

of all affected youth also met
criteria for a second disorder.

• **14.3%** met criteria for
MOOD DISORDERS

• **31.9%** met criteria for
ANXIETY DISORDERS

• **19.6%** met criteria for
BEHAVIOR DISORDERS

• **11.4%** met criteria for
SUBSTANCE USE
DISORDERS

This is pre-COVID data!

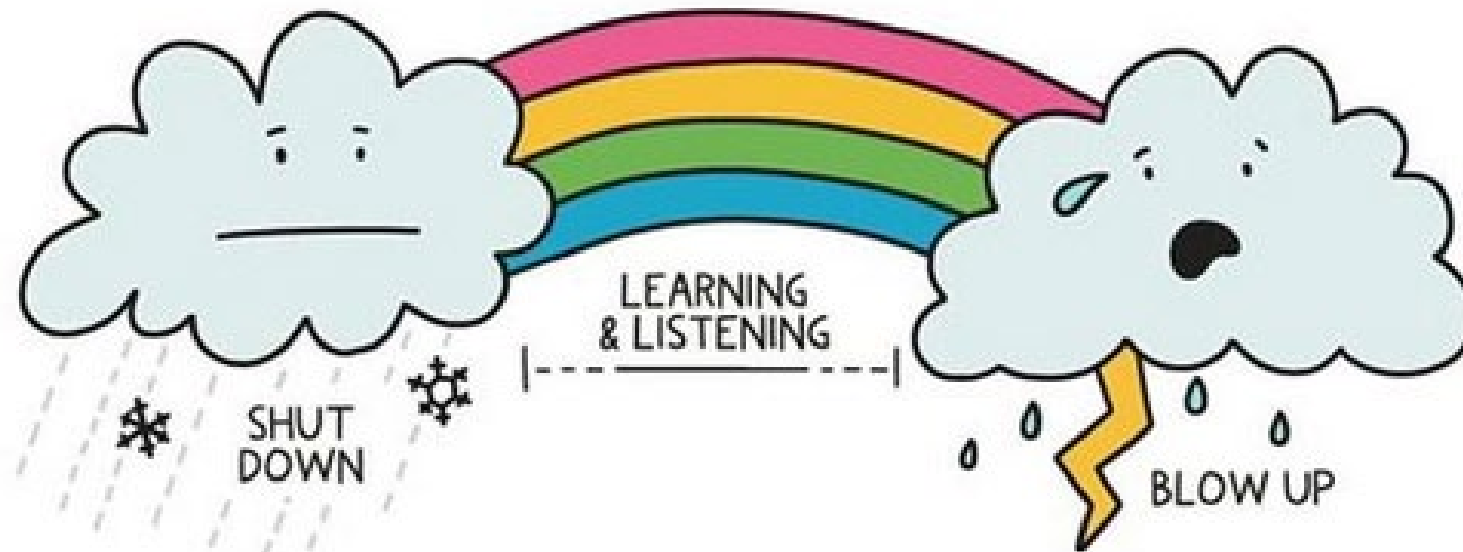
What Are Some Signs Of Anxiety, Stress Or Other Mental Health Concerns?

- Finding it hard to concentrate
- Not sleeping or waking in the night with bad dreams
- Not eating properly
- Quickly getting angry or irritable
- Feeling tense and fidgety
- Big emotions (crying for no apparent reason)
- Complaining of stomach aches and feeling unwell
- Lack confidence to try new things or seem unable to face simple, everyday challenges
- Have a lot of negative thoughts/worrying, or keep thinking that bad things are going to happen
- Start avoiding everyday activities, such as seeing friends, going out in public or going to school

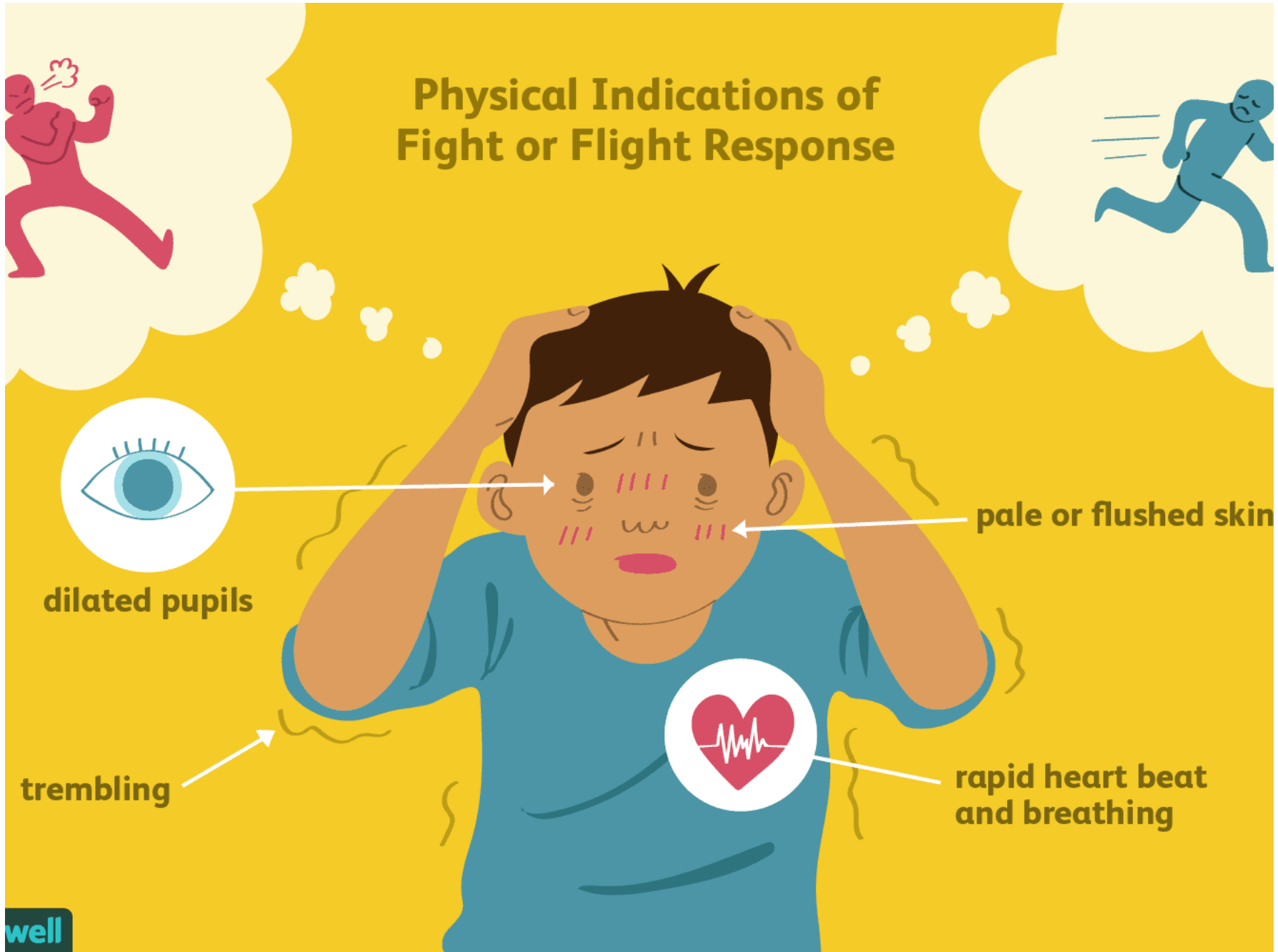
What Is A Window Of Tolerance?

IT'S NORMAL TO HAVE A SMALLER
**WINDOW OF
TOLERANCE**
DURING STRESSFUL TIMES

@LINDSAYBRAMAN



Physical Indications of Fight or Flight Response



THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feel Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

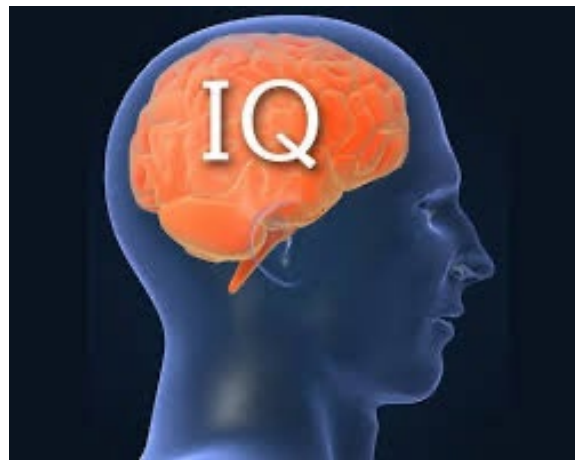
Depressed, Numb,
Bored/Apathetic,
Helpless



Impact Of Being In State Of Fight, Flight Or Freeze

It is rather amazing that when a child is in a state of fear, their functional IQ can drop up to 40 points. If a child is in a state of terror, their IQ can drop up to 50 points.

(Dr. Bruce D. Perry)



Your Body Is Very Effective At Warning You Of A Big Emotions

(We Are Often Not Very Good At Recognizing These)



Stress Warning Signs and Symptoms

Cognitive Symptoms

- Memory problems
- Indecisiveness
- Inability to concentrate
- Trouble thinking clearly
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Loss of objectivity
- Fearful anticipation

Emotional Symptoms

- Moodiness
- Agitation
- Restlessness
- Short temper
- Irritability, impatience
- Inability to relax
- Feeling tense and “on edge”
- Feeling overwhelmed
- Sense of loneliness and isolation
- Depression or general unhappiness

Physical Symptoms

- Headaches or backaches
- Muscle tension and stiffness
- Diarrhea or constipation
- Nausea, dizziness
- Insomnia
- Chest pain, rapid heartbeat
- Weight gain or loss
- Skin breakouts (hives, eczema)
- Loss of sex drive
- Frequent colds

Behavioral Symptoms

- Eating more or less
- Sleeping too much or too little
- Isolating yourself from others
- Procrastination, neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Nervous habits (e.g., nail biting, pacing)
- Teeth grinding or jaw clenching
- Overdoing activities (e.g., exercising, shopping)
- Overreacting to unexpected problems
- Picking fights with others

Cognitive Distortions

Negative Thoughts

Anxiety Provoking/Anxiety Increasing

Handout 3.4: Depression- and Anxiety-Producing Thought Habits

Irrational Thoughts Example: "I am a loser and always will be."	Types of Cognitive Distortion "Labeling, fortune telling, all-or-nothing thinking"

Sample Types of Faulty-Thinking Habits

1. **CATASTROPHIZING.** You label things as horrible and awful instead of unfortunate or disappointing: *"This is HORRIBLE!"*
2. **FORTUNE TELLING.** You think you can predict the future: *"I'll never find anyone who will be interested in me. I'll be alone the rest of my life."*
3. **BLACK-AND-WHITE THINKING.** You make all-or-nothing assumptions: *"All men are bad."*
4. **PERSONALIZATION.** You blame yourself for things that are out of your control: *"I am to blame for my child's issues."*
5. **JUMPING TO CONCLUSIONS.** You make assumptions and regard them as fact: *"He told me he can't come to the party. I bet he just doesn't like me."*
6. **LABELING.** You label yourself and others instead of being specific. Instead of saying, *"I made a mistake,"* you label yourself a *"failure"* or a *"loser."*
7. **MAGNIFICATION.** You make mountains out of molehills: *"This is the worst day of my life."*
8. **MINIMIZATION.** You deny that things are an issue when they are: *"It's not a big deal"* (when it really is) or *"I don't care"* (when you really do).
9. **"SHOULDING."** You have a judgmental attitude toward yourself and others: *"He shouldn't be so upset about it"* or *"I should be smarter and thinner."*
10. **MAKING COMPARISONS.** You compare yourself to others: *"He is so much smarter than me."*
11. **MENTAL FILTER.** You focus on one negative detail and not the whole picture, discounting the positives: *"I am ugly because of my large nose."*

Cognitive Distortions

Negative Thoughts

Anxiety Provoking/Anxiety Increasing

HOW TO CHALLENGE COGNITIVE DISTORTIONS

- *How do I know if this thought is accurate?*
- *What evidence do I have to support this thought or belief?*
- *How can I test my assumptions/beliefs to find out if they're accurate?*
- *Do I have a trusted friend who I can check out these thoughts with?*
- *Is this thought helpful?*
- *Are there other ways that I can think about this situation or myself?*
- *Am I blaming myself unnecessarily?*
- *What or who else contributed to this situation?*
- *Is it really in my control?*
- *Am I overgeneralizing?*
- *Am I making assumptions?*
- *What would I say to a friend in this situation?*
- *Can I look for "shades of gray"?*
- *Am I assuming the worst?*
- *Am I holding myself to an unreasonable or double standard?*
- *Are there exceptions to these absolutes (always, never)?*
- *Am I making this personal when it isn't?*

5 Ways To Stop Negative Thoughts

1



Notice thoughts

that are ruminating, increasing distressed, and/or feel out of control.

2



Stop the thought.

It may sound odd, but say stop LOUDLY in your head or out loud. Another way to do this is to picture a stop sign, Heisman hand - whatever works.

3



Challenge the thought.

This is your reality check.

- Are you using words like never, always, all, or none?
- Are you over generalizing or exaggerating?
- Are you replaying a negative thought from your past?

4



Change the thought.

- Make certain it's realistic. Often these dysfunctional thoughts escalate out of control.
- Replace a dysfunctional thought with one that is realistic and empowering.
- Listen to music, meditate, etc.
- Find a part of your fear that you can problem-solve to increase feeling in control.

5



Talk to someone.

If you need help reframing thoughts that are interfering with your quality of life, seek assistance.

Source: "Stop Negative Thoughts: Getting Started," Michigan Medicine - University of Michigan, <https://www.uofmhealth.org/health-library/uf9938>



Find more wellness resources at:
members.asra.com/pain-resource/wellness/

It Is So Important To Be Present & Focus On What Is In Our Control

Living in the present = “What Is”

- We focus on what is in our control.
- What can I do today to move me forward one step?
- This reduces anxiety.

Living in the past = “What Was”

- We focus on past mistakes, regrets, and wishing we can go back in time.
- This is out of our control (since we don't have a time machine).
- This makes our anxiety increase.

Living in the future = “What If”

- We focus on trying to predict the future.
- This keeps us from attempting things and/or makes us less likely to succeed.
(i.e. What if I fail, What if I trip and fall, What if people laugh, What if I don't make the team)
- This is out of our control (because our crystal ball is broken)
- This make our anxiety increase





8 Tried & True Anxiety Busters


Words of Wellness | Haley J. Snyder | haley@snyder.com

#1 Breathe Into Your Belly

It presses on the vagus nerve and tells your brain that you are safe.

#2 Notice What You Can Feel

Noticing what your skin feels helps to ground you in the present.



#3 Hold an Ice Cube

Extreme changes in temp will bring the brain back to present.

#4 Temporarily Leave the Situation

Taking a break to regroup can help you get grounded.

#5 Listen To Music

Music has been proven to affect heart rate and mood. Aim for 60-80 bpm.

#6 Take a Bath or Hot Shower

Self-care can help you reset your mindset.

#7 Exercise

Exercise will increase serotonin, release pent up energy, and release endorphins.

#8 Talk to a Friend

Friends can often give us the encouragement and perspective needed. Withdrawing into your own head can have the opposite effect on your wellbeing.

Focus On What Is In Your Control



Hacking Happy

Happiness Chemicals and how to hack them



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



What Do We Do If Our Computer, Tablet Or Phone Freezes Up?



What Do We Do If WE Need A Reset?

10...9...8...7...6...5...4...3...2...1

Grounding Practice

(How To Reset Your Brain – Like You Would Reset A Computer)

Take 10 Deep Breaths

Name 9 Things You See

Name 8 People Who Support You

Name 7 Colors

Name 6 Things That Make You Happy

Take 5 Deep Breaths

Name 4 Things You Hear (close your eyes)

Name 3 Things You Can Touch

Take 2 Deep Breaths

1=How Do You Feel Now



TAKE CARE OF YOUR MENTAL HEALTH



TALK ABOUT
YOUR FEELINGS



EAT WELL



TALK TO FRIENDS
AND FAMILY



KEEP ACTIVE



ASK FOR HELP



TAKE A BREAK



DO SOMETHING
YOU'RE GOOD AT

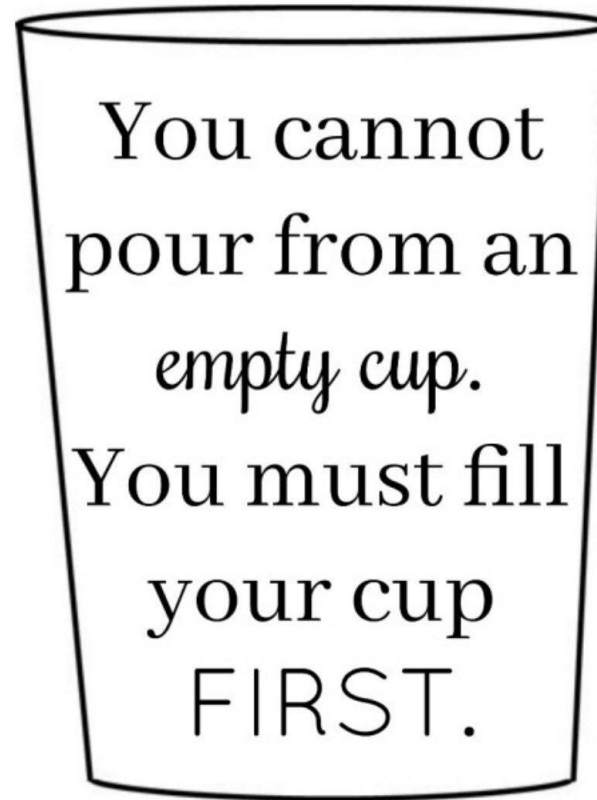


ACCEPT WHO
YOU ARE



CARE FOR
OTHERS

Self-Care



IDEAS FOR PRACTICING SELF-CARE

PHYSICAL

- go for a walk
- dance
- hike
- swim
- get a hug
- play with a dog
- clean & reorganize your room
- take a bath

MENTAL

- read a book
- learn a new skill like photography
- drawing
- do a DIY project
- color
- turn your phone off

EMOTIONAL

- meditate
- practice Yoga
- light a candle
- talk with a friend
- go on a date
- journal
- write down a list of things you're grateful for

Self-Care

Self-Care



Selfish

Self-care doesn't make you selfish.

It makes you:

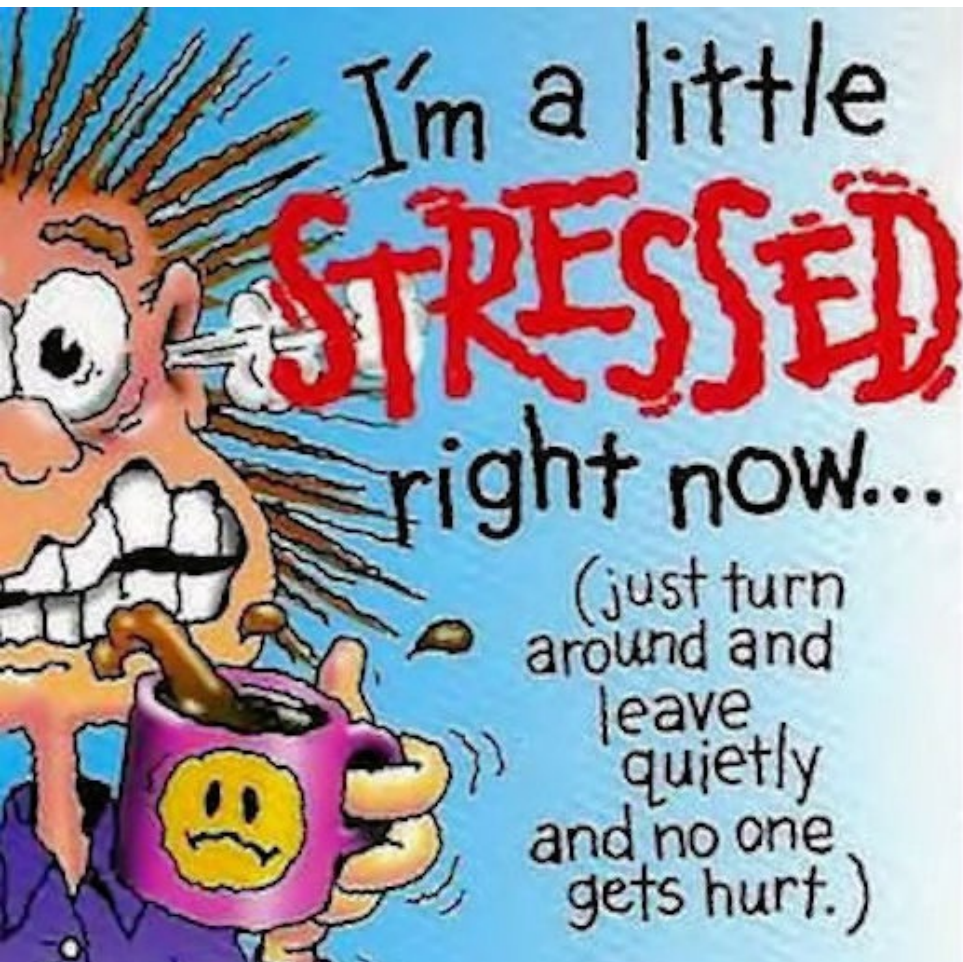
- self-aware
- self-balancing
- self-discovered
- self-healing
- self-helping
- self-motivated
- self-preserving
- self-sustaining

Note to self...
Taking time to care for myself is not selfish, it is necessary to maintain my physical, emotional, mental and spiritual well being.

Self-Care

**Life is like an
airplane.
You have to put
your own
oxygen mask
on first.**

How Do You Deal With A Particularly Stressful Day?



I Don't Have Time For Self-Care!

Calculate the amount of time spent in each activity.

- Number of hours of sleep you get each night multiplied by 7 =
- Number of grooming hours per day multiplied by 7 =
- Number of hours of work per week =
- Total travel time to work each weekday multiplied by 5 =
- Number of hours per week for regularly scheduled functions/family related items/commitments/etc. =
- Number of hours per day for chores, errands multiplied by 7 =
- Number of hours for consumption and preparation of meals/snacks per day multiplied by 7 =
- Average number of hours per week on TIK TOK, Youtube, Netflix, TV, web surfing, etc. Be honest! =
- Other misc. weekly activities _____ =

-Now add up your totals.

-Subtract your total from 168.

-The remaining hours represent the time you have available in your schedule (you can use some of this for **SELF-CARE**).

Self-Care



Self-Care

SIMPLE SELF CARE



What does self-care look like and what are some examples?

- Daily journaling (you can use “Stay Here” a journal created by my wife Dr. Lena Pearlman)
- Healthy eating
- Adequate sleep
- Walking
- Brain breaks
- Relaxation apps
- Listening to music
- Drawing, painting or creating
- Mindfulness
- A 44-ounce diet soda (fountain variety with ice pellets)

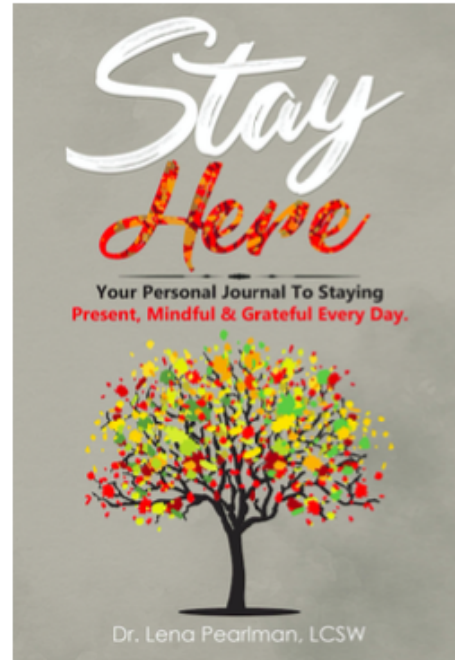


Okay, the last one may not really be the best option. But I love a QT fountain drink 😊

Journaling Can Be A Great Tool For Self-Care... I Use This One...

“Stay Here” - A Personal Journal

Created By: Dr. Lena Pearlman, LCSW



*"This journal is a culmination of many aspects of the homework and process I have had with my patients in their therapeutic journey. The goal is to help you to **Stay Here**—where you are, where you live—and aide you in seeing the day you are in, rather than the day that already happened or the day that has not happened yet. I want you to enjoy your life ... each day ... one at a time." -Dr. Lena Pearlman, LCSW*

Some Good Reflection Questions

(Can Be Used For Journaling)

1. What makes you feel powerful?
2. What makes you feel calm?
3. What makes you feel in control?
4. How do you encourage yourself when you're trying something new?
5. What's a choice you can make this week based on your needs?
6. How do you shift your mindset if it isn't working for you?
7. How do you recharge?
8. How can you celebrate yourself today?
9. What does your situational best look like today?
10. What helps you slow down and feel more present?
11. What can you do today that you didn't think you could do a year ago?
12. What's a goal you want to accomplish and why?
13. How do you put yourself first without feeling guilty?
14. How do you practice self-acceptance?
15. How do you stay focused and steer clear of distractions?
16. How do you trust yourself to make big decisions?
17. How do you set boundaries and avoid absorbing someone else's emotions and stress?
18. How do you savor the time you get alone?
19. How do you notice when you're nearing burnout?
20. How do you share your feelings with the people who care about you?
21. How do you swap envy for joy when other people accomplish things?
22. How do you advocate for yourself?
23. How do you forgive yourself when you make a mistake?
24. How do you ask for help or support when you need it?
25. How do you practice self-love and self-kindness?
26. How do you calm your nerves in a difficult situation?
27. How do you make the time you spend with people more intentional?
28. How do you embrace your authentic self, even if it looks different from what others expect?
29. How do you set and protect your boundaries?
30. What new opportunities have come out of challenges you've faced?
31. How can you step outside your comfort zone to grow?
32. How do you remind yourself that you're enough?



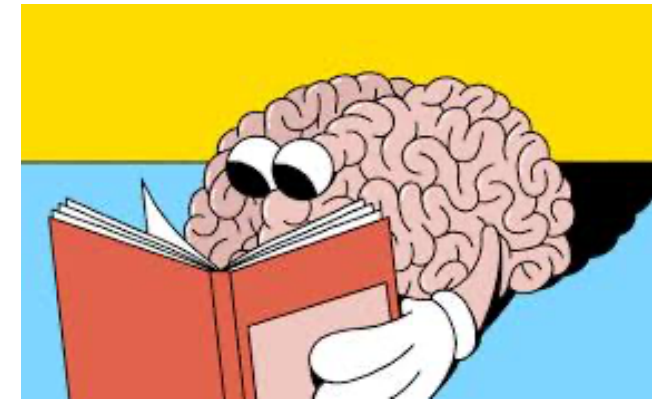
What's
your
Self-Care
today?

BlessingManifesting

What Is On Your “To-Don’t” List?



Sleep Is Really Important



<https://www.health.harvard.edu/blog/strategies-to-promote-better-sleep-in-these-uncertain-times-2020032719333>

What About You? How Stressed Are You?



Individual Stress Level Assessment

(This test is not meant to replace a clinical assessment. These questions are intended to help you judge how you are doing. If you score as stressed, you should take steps to reduce the amount of stress in your life and you may also need to seek professional help.)

Answer These Twenty Questions: Yes or No

1. Do you frequently neglect your diet?
2. Do you frequently try to do everything yourself?
3. Do blow up easily and often?
4. Do you frequently seek unrealistic goals?
5. Do you frequently fail to see the humor in situations others find funny?
6. Do you frequently and easily get irritated?
7. Do you frequently seem to make a "big deal" of everything?
8. Do you frequently complain that you are disorganized?
9. Do you tend to keep everything inside?
10. Do you frequently neglect exercise?
11. Do you have few supportive relationships?
12. Do you often get too little rest?
13. Do you frequently get angry when you are kept waiting?
14. Do you often ignore stress symptoms?
15. Do you frequently put things off until later?
16. Do you frequently think there is only one right way to do something?
17. Do you often fail to build relaxation into every day?
18. Do you frequently find yourself spending a lot of time complaining?
19. Do you often find yourself racing through the day?
20. Do you often feel unable to cope with all you have to do?

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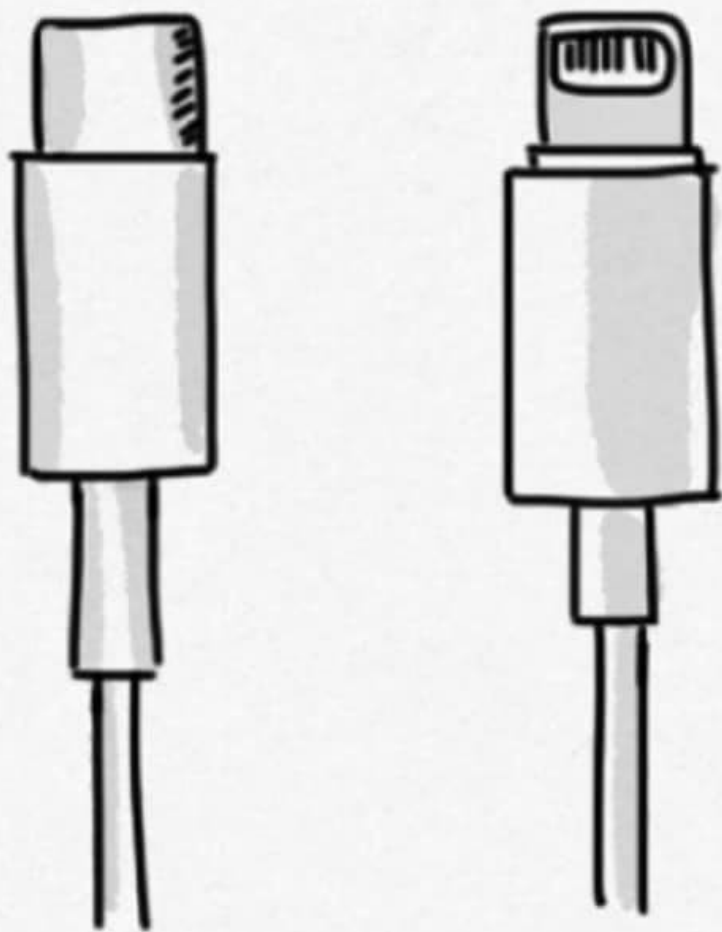
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Scoring

1 Point For Each **YES**

- Scores of 1-6 = Few Hassles
- Scores of 7-12 = Pretty Good Control
- Scores of 13-17 = Danger Zone. Watch out!
- Scores of 18+ = Stressed Out. Take steps to reduce the stress in your life now



All of us charge differently.

You, do you.



You can't give from an empty cup. Take care of yourself first so you can care for others.

Mental Health Check-In

Use an emoji to share how you're feeling today.

❤️ I'm doing really great!

🧡 I'm doing pretty good.

💛 I'm doing okay, I guess.

💚 I'm starting to struggle.

💙 I'm having a really hard time.

💜 I need to reach out for support.

Check Your Battery

How are you currently feeling?

Feeling great!

Keep meeting
your needs and
practicing
self-care.

Feeling okay.

How can you
make your
day a tiny bit
better?

Struggling.

Practice triage.
What area of your
life is suffering the
most right now?
Focus on that one
area today.

BlessingManifesting



Feeling good!

How can you
maintain the
levels you're
currently at?

Meh.

How can you
love on your
-self today? Be
extra kind to
yourself.

I'm empty.

Pinpoint what's
draining you and try
to create a boundary
& then do one thing
that fills you up.

Our Practice Is Here To Help!



STLmentalhealth.com

We Are Open Monday-Saturday.

We See All Ages, Couples & Families.

We Can Get Someone In To Be Seen In A Couple Of Days.

655 Craig Road, Suite 300, St. Louis, MO 63141

Office: 314-942-1147

bryan@STLmentalhealth.com

Questions, Comments, Other



Thank You For Attending Today!



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Counseling Department Chair

Mehlville High School

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Ed.D., LMSW

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Mental Performance Coach

Educator and Mediator

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Mehlville School District

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Panelists