




# Working with Anxious Children and Teens: Strategies and Best Practices

**Russ Sabella, Ph.D.**  
Florida Gulf Coast University  
[SchoolCounselor.com](http://SchoolCounselor.com)

thank  
**YOU**  
so  
much



A group of business women in a meeting, with a speech bubble overlaid on the image. The women are dressed in professional attire, including white shirts and black blouses. The speech bubble is pink with a white border and contains the text: Sabella! Where can I get a copy of this PowerPoint?

Sabella! Where  
can I get a  
copy of this  
PowerPoint?

A photograph of a smiling woman with blonde hair, wearing a yellow and blue striped scarf, reading a newspaper. A pink thought bubble with the text 'Thank You' is positioned over the left side of the image. The background is a blurred indoor setting with wooden beams and lights.

***Thank  
You***

<http://bit.ly/help2relax>

# Stress Management



Stress Management  
Robert D. Myrick, Ph.D. & Russell A. Sabella, Ph.D.



Purchase


Authors: Robert D. Myrick, Ph.D. & Russell A. Sabella, Ph.D.

# Goals for Today ...



A large, light blue upward-pointing arrow with a black outline. The word "Awareness" is written vertically inside the arrow in a bold, black, sans-serif font. The arrow is positioned over a background image of a beach and ocean.

**Awareness**



A large, light blue upward-pointing arrow with a black outline. The word "Tools" is written vertically inside the arrow in a bold, black, sans-serif font. The arrow is positioned over a background image of a beach and ocean.

**Tools**



A large, light blue downward-pointing arrow with a black outline. The word "Risk" is written vertically inside the arrow in a bold, black, sans-serif font. The arrow is positioned over a background image of a mangrove forest.

**Risk**

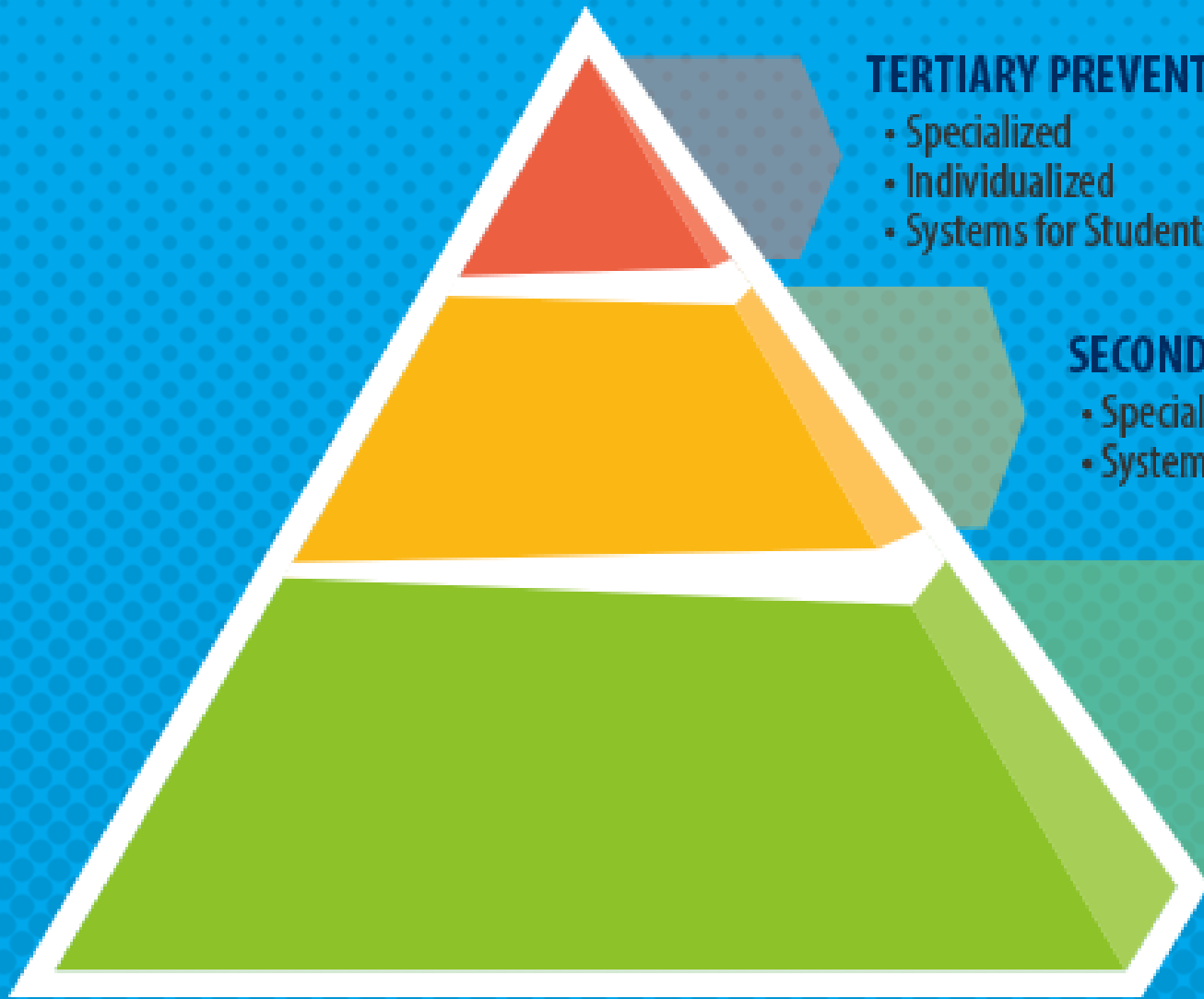


**BINGO**

# Agenda!

- 1 . **Is this really a problem?**
- 2 . **Why worry?**
- 3 . **Multi-tiered Interventions**





### **TERTIARY PREVENTION**

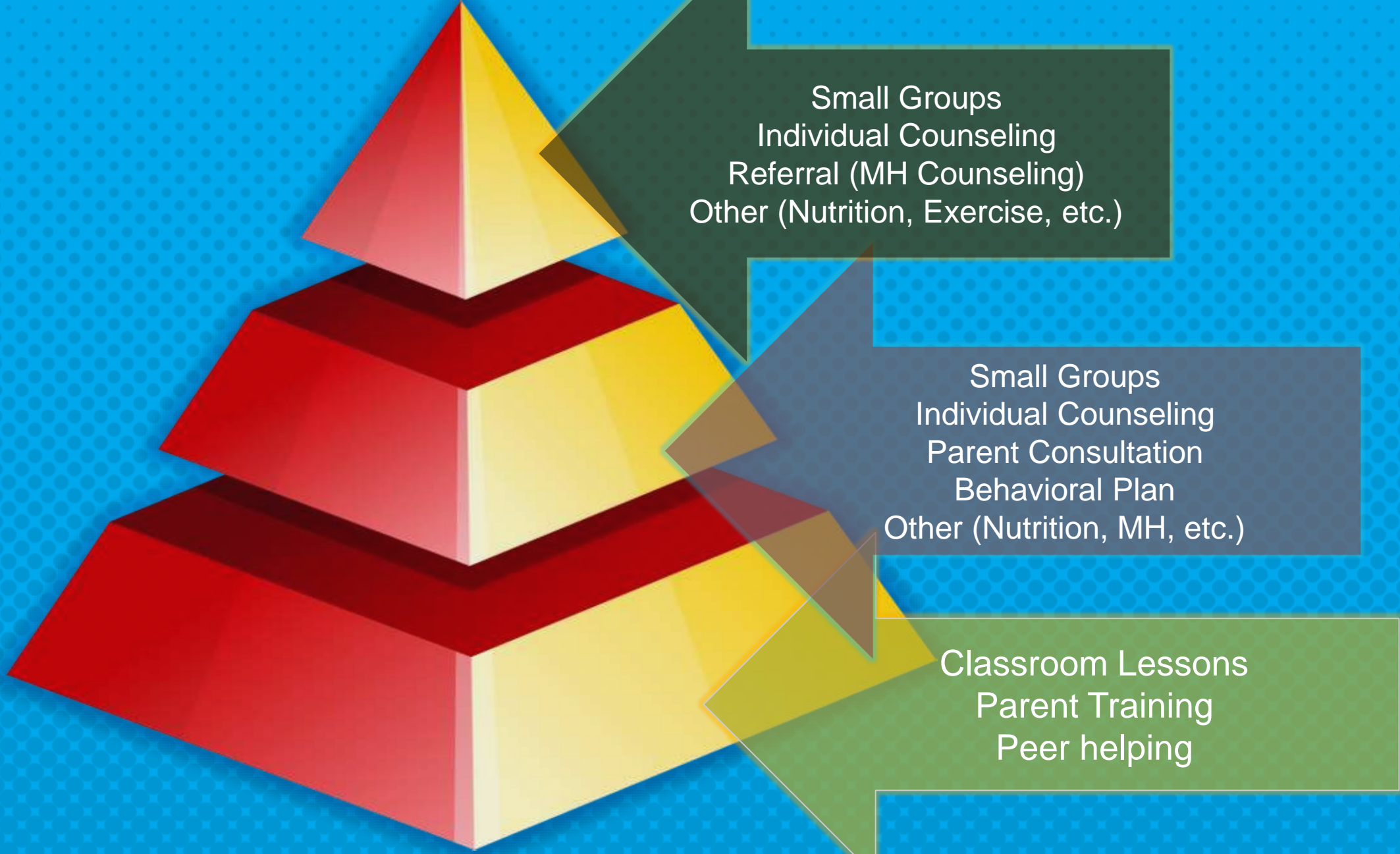
- Specialized
- Individualized
- Systems for Students with High-Risk

### **SECONDARY PREVENTION**

- Specialized Group
- Systems for Students with High-Risk Behavior

### **PRIMARY PREVENTION**

- School-/Classroom-Wide Systems for All Students, Staff, & Settings



Small Groups  
Individual Counseling  
Referral (MH Counseling)  
Other (Nutrition, Exercise, etc.)

Small Groups  
Individual Counseling  
Parent Consultation  
Behavioral Plan  
Other (Nutrition, MH, etc.)

Classroom Lessons  
Parent Training  
Peer helping



When ur anxiety goes away and having  
no anxiety gives you anxiety





Stress



Ability  
to Cope



# GOOD STRESS, BAD STRESS: HERE'S HOW TO FIND YOUR SWEET SPOT.

Too little stress keeps you from reaching your potential.  
Too much stress can harm your health.





On Parenting • Perspective

# Not just high schoolers anymore: My middle school students are feeling the pressure to succeed

By Phyllis L. Fagell October 20, 2015



[https://www.washingtonpost.com/news/parenting/wp/2015/10/20/not-just-high-schoolers-anymore-my-middle-school-students-are-feeling-the-pressure-to-succeed/?utm\\_term=.e00c5faad4e1](https://www.washingtonpost.com/news/parenting/wp/2015/10/20/not-just-high-schoolers-anymore-my-middle-school-students-are-feeling-the-pressure-to-succeed/?utm_term=.e00c5faad4e1)



12



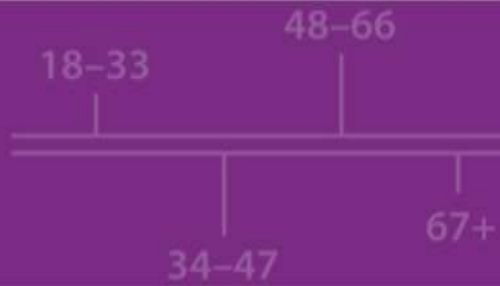
# Stress in America™ Press Room



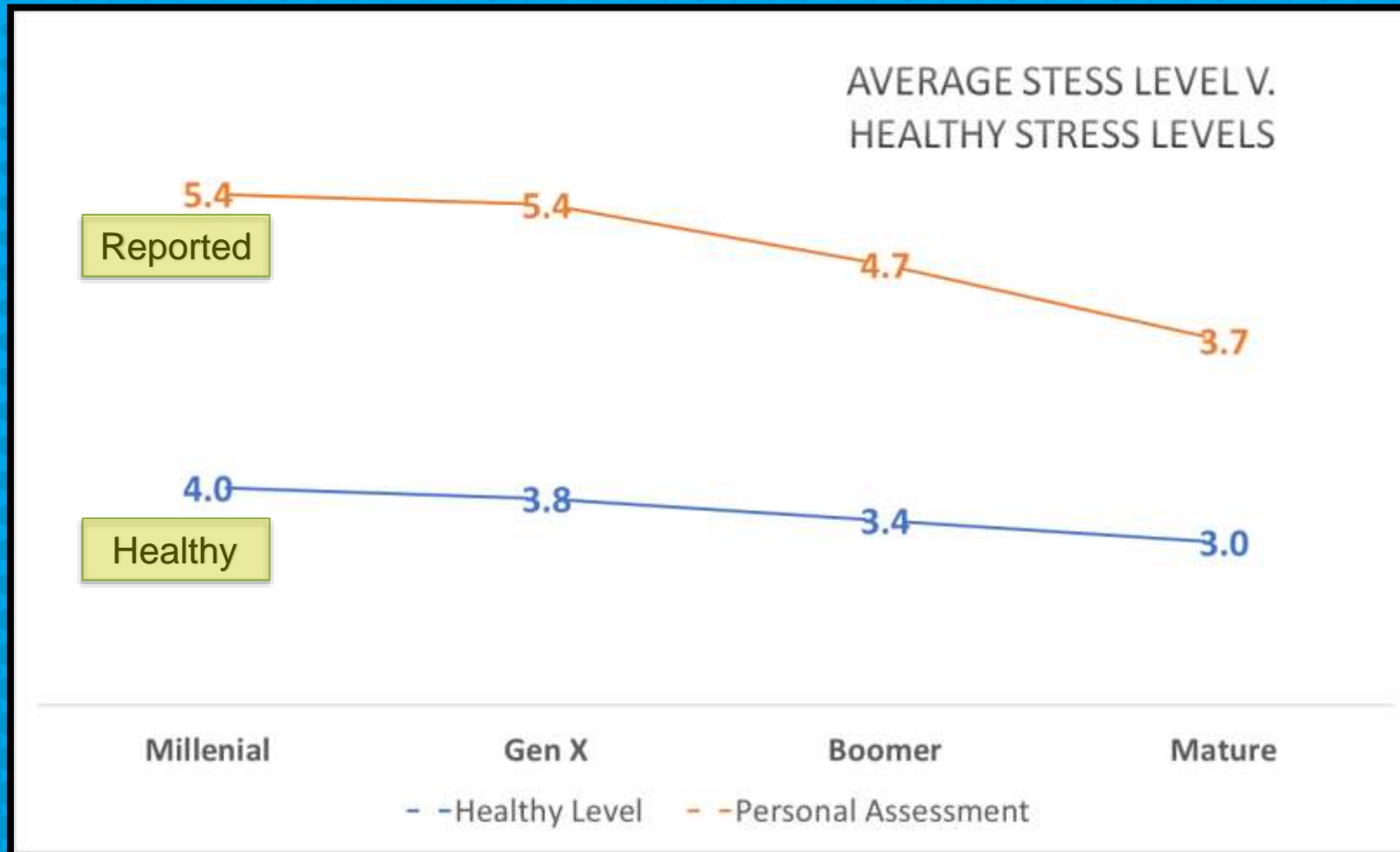
Since 2007, the American Psychological Association has commissioned an annual nationwide survey as part of its Mind/Body Health campaign to examine the state of stress across the country and understand its impact. The Stress in America™ survey measures attitudes and perceptions of stress among the general public and identifies leading sources of stress, common behaviors used to manage stress and the impact of stress on our lives. The results of the survey draw attention to the serious physical and emotional implications of stress and the inextricable link between the mind and body.



## STRESS BY Generation



- Millennials (18- to 33-year-olds)
- Gen Xers (34- to 47-year-olds)
- Boomers (48- to 66-year-olds)
- Matures (67 years and older)



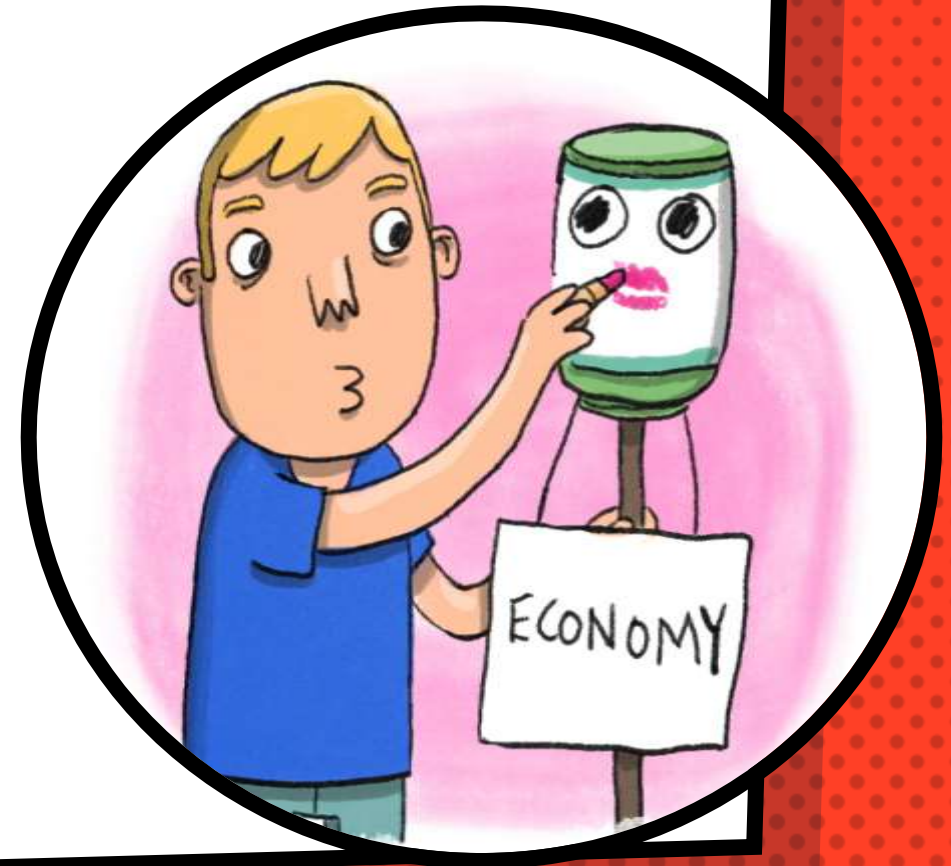
# ***Why Worry?***

*Causes  
& Correlates*



# “Reify”

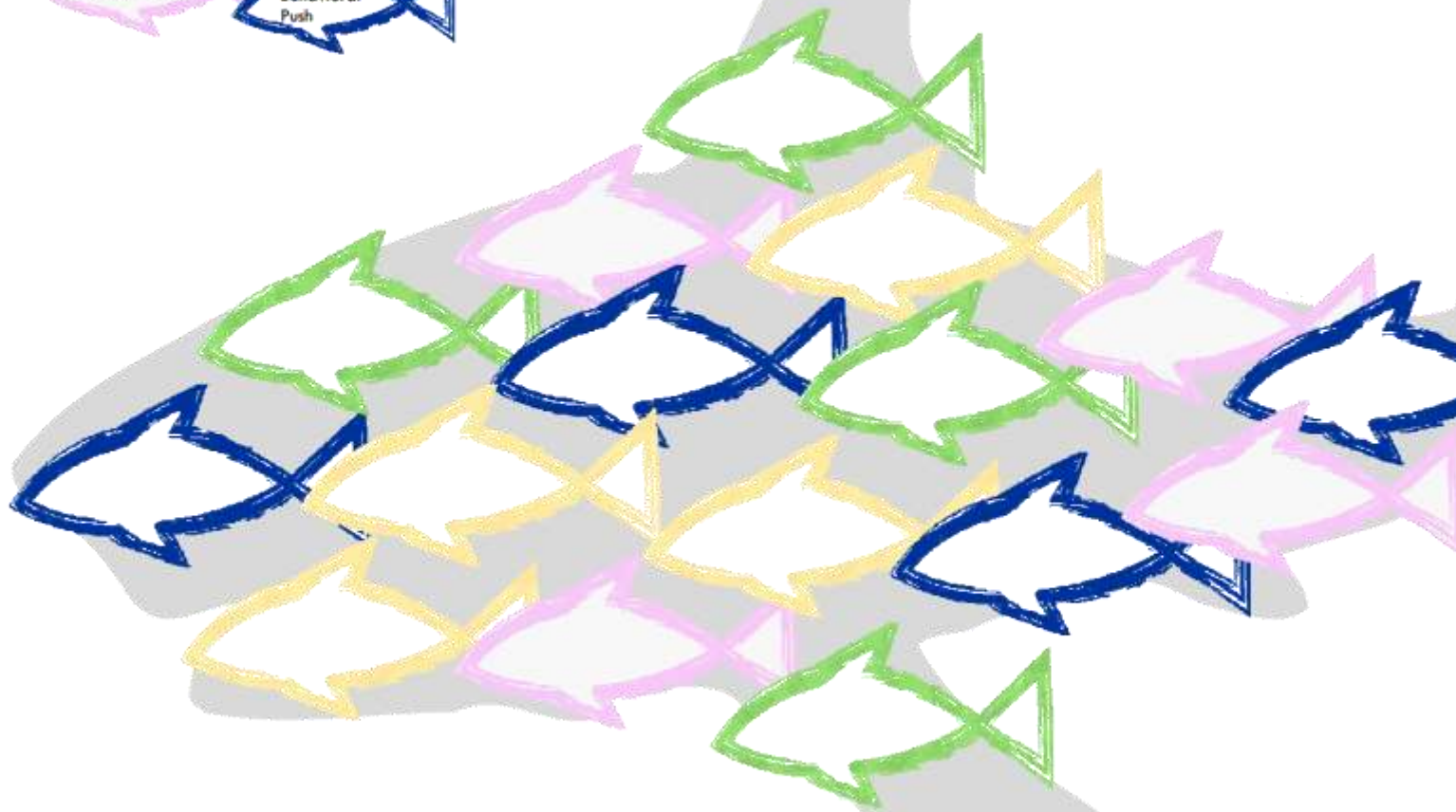
Definition  
of **reify**. **reified**; **reifying**. transitive  
verb. : to consider or represent  
(something abstract) as a material  
or concrete thing : to give definite  
content and form to (a concept or  
idea)







## School of Fish Exercise



## FEEL Exercise

<b>CONTEXT.</b> Describe the situation in which you felt the feeling, emotion, or urge:	
<b>FEELINGS.</b> What feeling arose? What other feelings were mixed in with this?	
<b>THOUGHTS.</b> What thoughts were you having? What was your mind saying to you?	
<b>BODY RXNS.</b> What sensations did you have in your body?	
<b>BEHAVIORS #1.</b> What did you feel pushed or pulled to do?	<b>BEHAVIORS #2.</b> What did you ACTUALLY do?  <i>Consider what it would be like to write "I rode it out until it went away on its own" in this space.</i>

	What you had	What to do in response
<b>Thoughts</b>	Distracted, racy, worrying, ruminating, analyzing. Saying "I can't have this," "I can't deal with this," talking yourself into doing something else.	Notice your thoughts AS thoughts. Thank your mind (perhaps sarcastically!) for doing what it does so well. Bring your attention back to the feeling.
<b>Bodily Sensations</b>	Tension, tightness, changes in breathing, stomach.	Take a deep breath. Locate the tension. Lean into it.
<b>Feelings</b>	Notice shifting hurt or fear into anger or an impulse to fix.	Find the original feeling, have it, make room for it, breathe it in.
<b>Behaviors</b>	Doing restless activities, getting absorbed in some mindless activity (TV), distraction. Doing something to make the feelings go away, lessen.	Sit down, take a moment, be still, breathe, bring your mind back into the room and into the present moment, do this exercise.



# Family Stress

**DEALING  
WITH  
FINANCIAL  
STRESS**







Doing Well  
in School



## Career Counseling Advice in the New Economy

“Don’t ask kids what they want to be when they grow up but what problems do they want to solve. This changes the conversation from who do I want to work for, to **what do I need to learn** to be able to do that.”

Jaime Casap, Google Global Education Evangelist

- Colleges.
- Universities.
- Community colleges.
- Junior college.
- Career school, technical school, or vocational / trade school.
- Public vs. Private.
- Special Interests.
- Apprenticeships

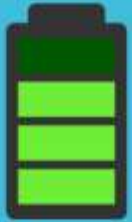


**Too Many  
Decisions**

Me at this point in the week:



# DECISION FATIGUE (EXAMPLE)



5 DECISIONS ⌚  
IN A DAY



10 DECISIONS ⌚  
IN A DAY



20 DECISIONS ⌚  
IN A DAY



30 DECISIONS ⌚  
IN A DAY

- Fatigue
- Decision Avoidance
- Analysis Paralysis
- Impulse Decision Making
- Impaired Self-regulation

# ***Ways to Avoid Decision Fatigue***

- **Plan daily decisions the night before.**
- **Prioritize: Do the most important thing first.**
- **Stop making decisions. Start making *commitments (schedule)*.**
- **If you have to make good decisions later in the day, then eat something first.**
- **Simplify**

Source: <https://jamesclear.com/willpower-decision-fatigue>

# Social Media Stress

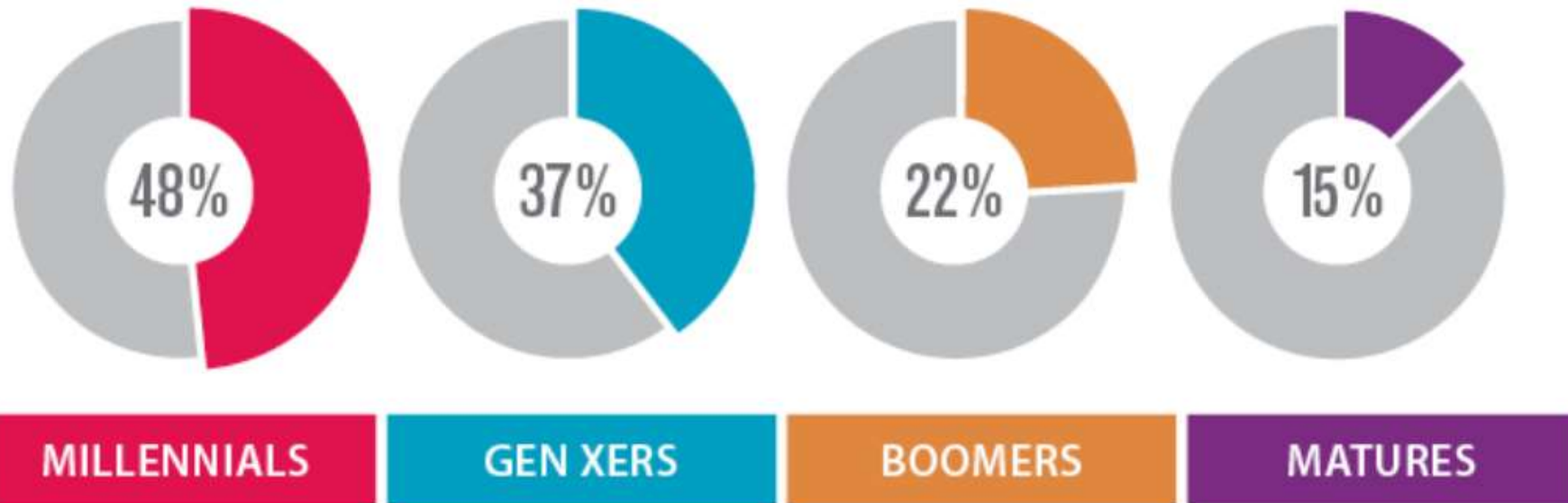






# SOCIAL MEDIA WORRIES

I worry about negative effects of social media on my physical and mental health  
(% that strongly/somewhat agree)





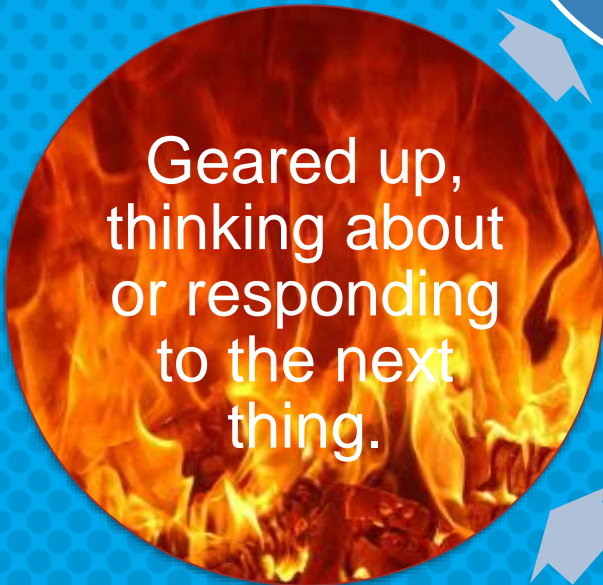
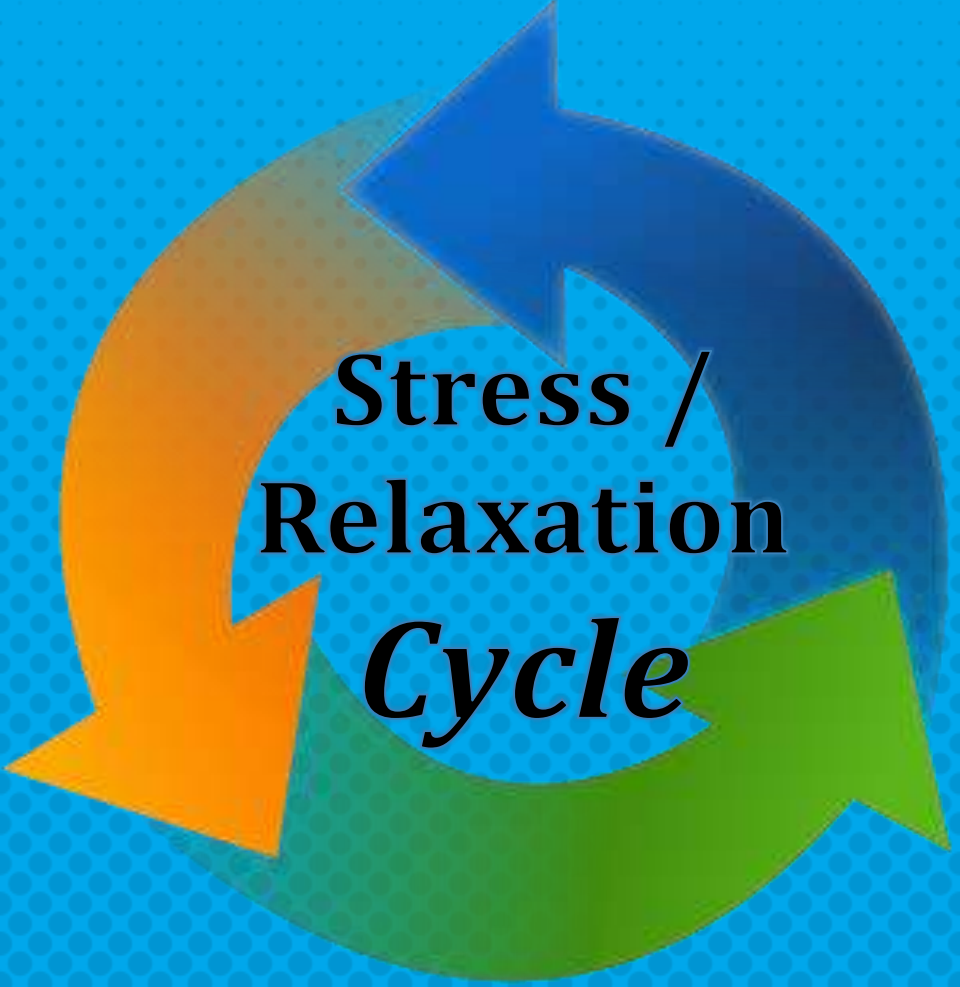
**Stress /  
Relaxation  
Cycle**

Events,  
Goals, or  
Thoughts



Respond





Events,  
Goals, or  
Thoughts



Respond



# FoMo

Fear of Missing Out









search



## UNIVERSITY NEWS

# PRESSURE TO BE AVAILABLE 24/7 ON SOCIAL MEDIA CAUSES TEEN ANXIETY AND DEPRESSION

### Related links

School of Psychology

---

Dr Heather Woods - research  
profile

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**Appendix A. The final 10-item version of the Fear of Missing Out scale (FoMOs)**

Below is a collection of statements about your everyday experience. Using the scale provided please indicate how true each statement is of your general experiences. Please answer according to what really reflects your experiences rather than what you think your experiences should be. Please treat each item separately from every other item.

	Not at all true of me	Slightly true of me	Moderately true of me	Very true of me	Extremely true of me
	1	2	3	4	5

1. I fear others have more rewarding experiences than me.
2. I fear my friends have more rewarding experiences than me.
3. I get worried when I find out my friends are having fun without me.
4. I get anxious when I don't know what my friends are up to.
5. It is important that I understand my friends "in jokes".
6. Sometimes, I wonder if I spend too much time keeping up with what is going on.
7. It bothers me when I miss an opportunity to meet up with friends.
8. When I have a good time it is important for me to share the details online (e.g. updating status).
9. When I miss out on a planned get-together it bothers me.
10. When I go on vacation, I continue to keep tabs on what my friends are doing.

Przybylski, A. K., Murayama, K., DeHaan, C. R., & Gladwell, V. (2013). Motivational, emotional, and behavioral correlates of fear of missing out. *Computers in Human Behavior*, 29(4), 1841-1848.

- **FoMO** was negatively associated with both general mood and overall life satisfaction.
- Negative social and emotional states such as boredom and loneliness linked to social media usage also relate to **FoMO**
- Those high in **FoMO** were more likely to give into the temptation of composing and checking text messages and emails while operating motor vehicles.

# Technology “Addiction?”



***“Everyone I know  
is in great  
relationships,  
taking 5-star  
vacations and  
living my dream  
life.”***



***The Highlight Reel***

10  
Minute  
Teen  
Routine





# Expectations vs. Reality



sculpt



# Expectations vs. Reality



sculpt

# Time Lapse Video Shows Model's Photoshop Transformation

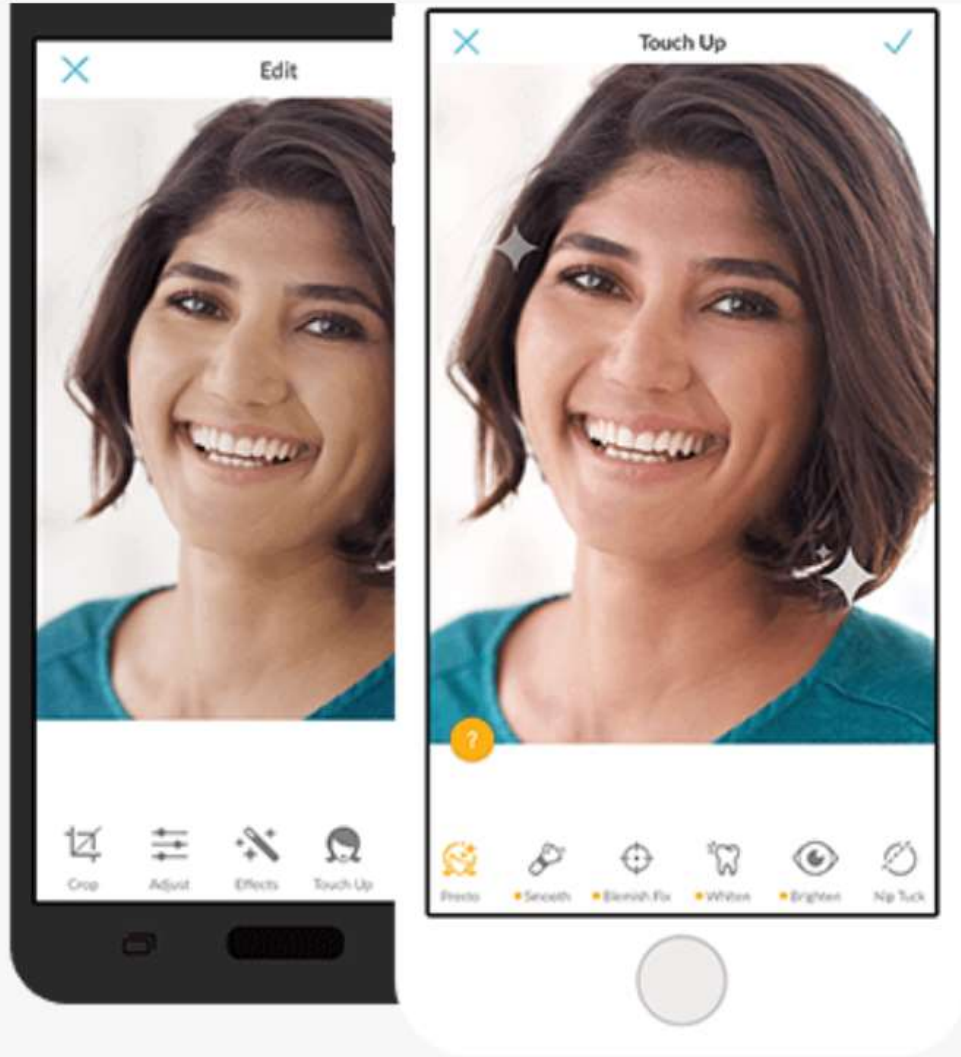




# Face Editor for Photos

Transformo-magic: these touch up effects are face editors, hair editors, and general life editors.

[Face Editor](#)[Free trial](#)



## Try touch up **on the go**

With Touch Up on the PicMonkey mobile app, you're free to unlock all your best features—no computer required. We've pared down all your favorite touch up tools, so that they conveniently fit in the palm of your hand. Say hello to instantly bright-eyed portraits and blemish free selfies.

### Want one-click glamour?

Try Presto, our intelligent auto-correct feature. Presto instantly applies all the touch up features to your pic. And the best part? You can go back into any of the effects and continue to make adjustments before finalizing your look.

### What are you waiting for?

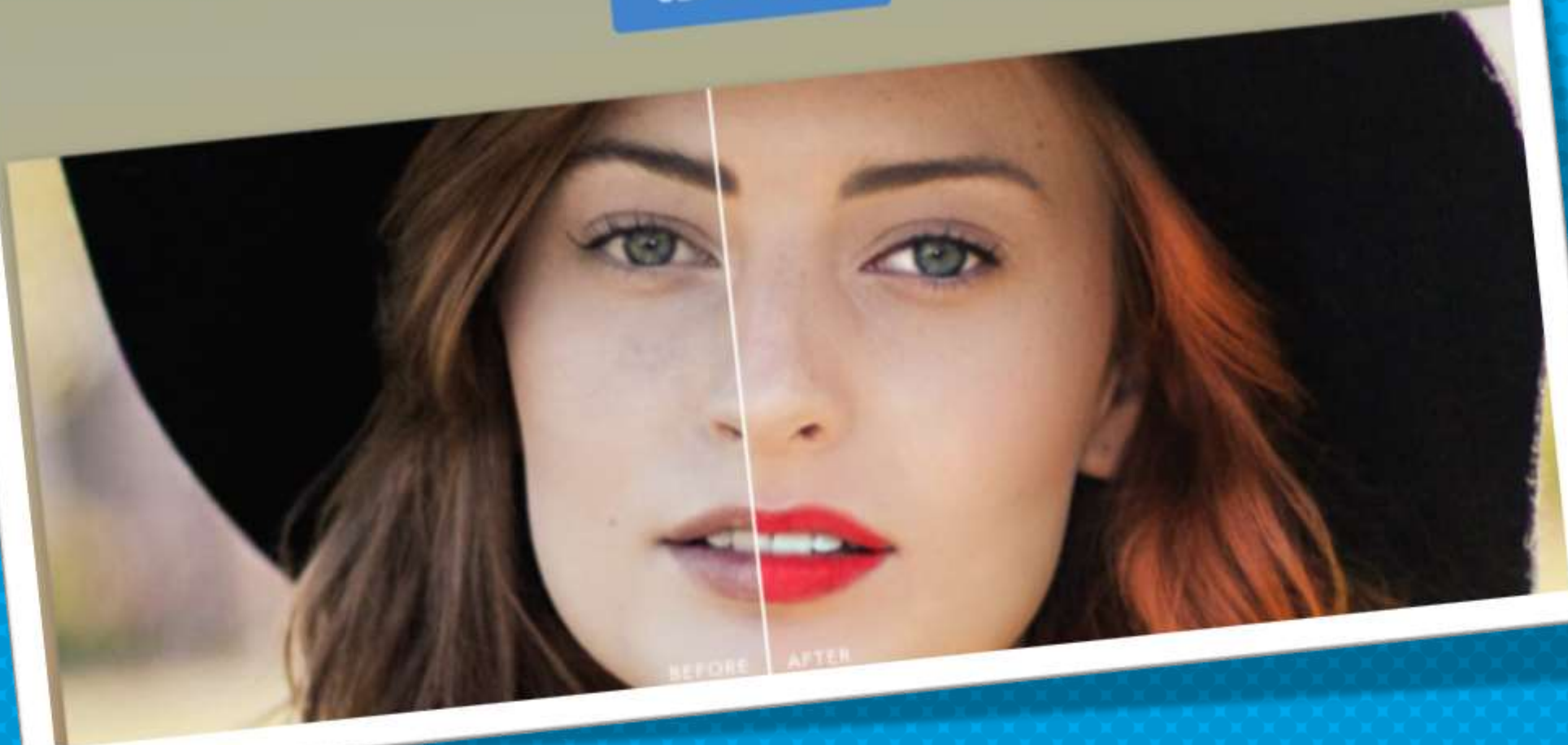
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From Selfies to Portraits and beyond, BeFunky's Touch Up tools will have you looking your best

GET STARTED





## Parenting, Media, and Everything In Between

### Practical Tips for Easing Kids' Social Media Anxiety

Fear of missing out can make social media-using teens feel stressed. Here's how you can help. By [Sierra Filucci](#) 3/15/2016

Topics: [Facebook](#), [Instagram](#), and [Social](#)

[Ver en español](#)

Teens text, tweet, snap, and post like crazy. In fact, about half of teens use social media every day, and for some, this means checking [Instagram](#) or [Snapchat](#) dozens (or hundreds!) of times a day. While many teens find [connecting with friends online a positive experience](#), some just feel stressed out. This



Get the latest in kids' media, tech, and news right to your inbox



I'm not in the U.S.  
[View our privacy policy](#)

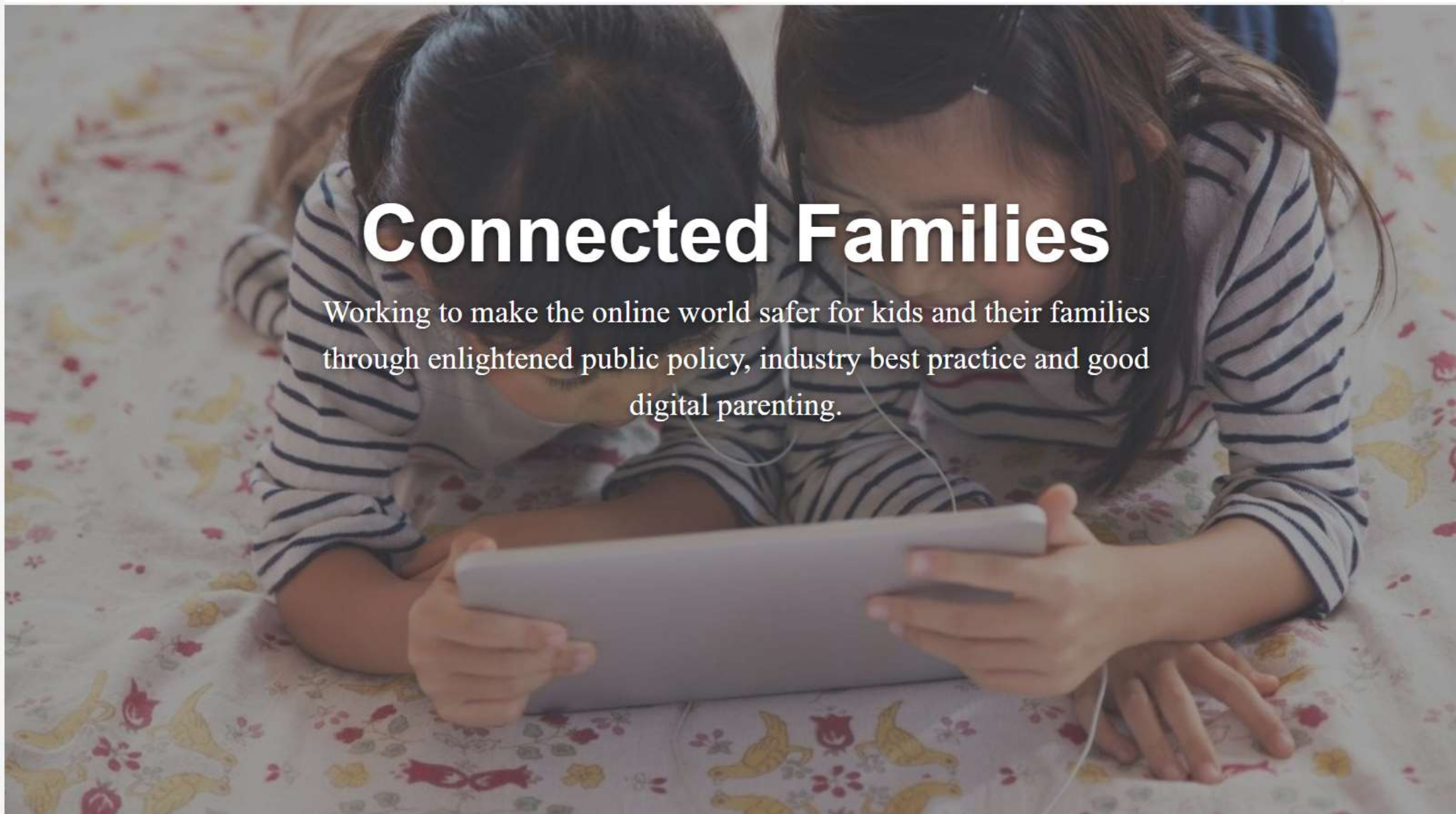
### Browse Advice

Most Discussed | Most Shared



# Connected Families

Working to make the online world safer for kids and their families through enlightened public policy, industry best practice and good digital parenting.





# GuardingKids.com

This web site supports Dr. Russell Sabella's work on educating children, parents, educators and other stake holders about the responsible use of technology. Included in these pages you will find helpful resources, lesson plans, links, and more.

[Home](#)[Resources & Downloads](#)[Parents](#)[About](#)[Workshop Inquiry](#)[Book](#)

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Thursday, January 18, 2018

## #BeStrong anti-bullying emojis



 Offers iMessage App for iOS

Want to take a stand to show you are against (cyber)bullying? Offer support and friendship with these Be Strong emojis & stickers. These emojis were chosen by almost 5,000 young people around the world, who identified with them as symbols of compassion and solidarity.

<https://itunes.apple.com/us/app/bestrong-anti-bullying-emojis/id1077674588>



### Search This Blog

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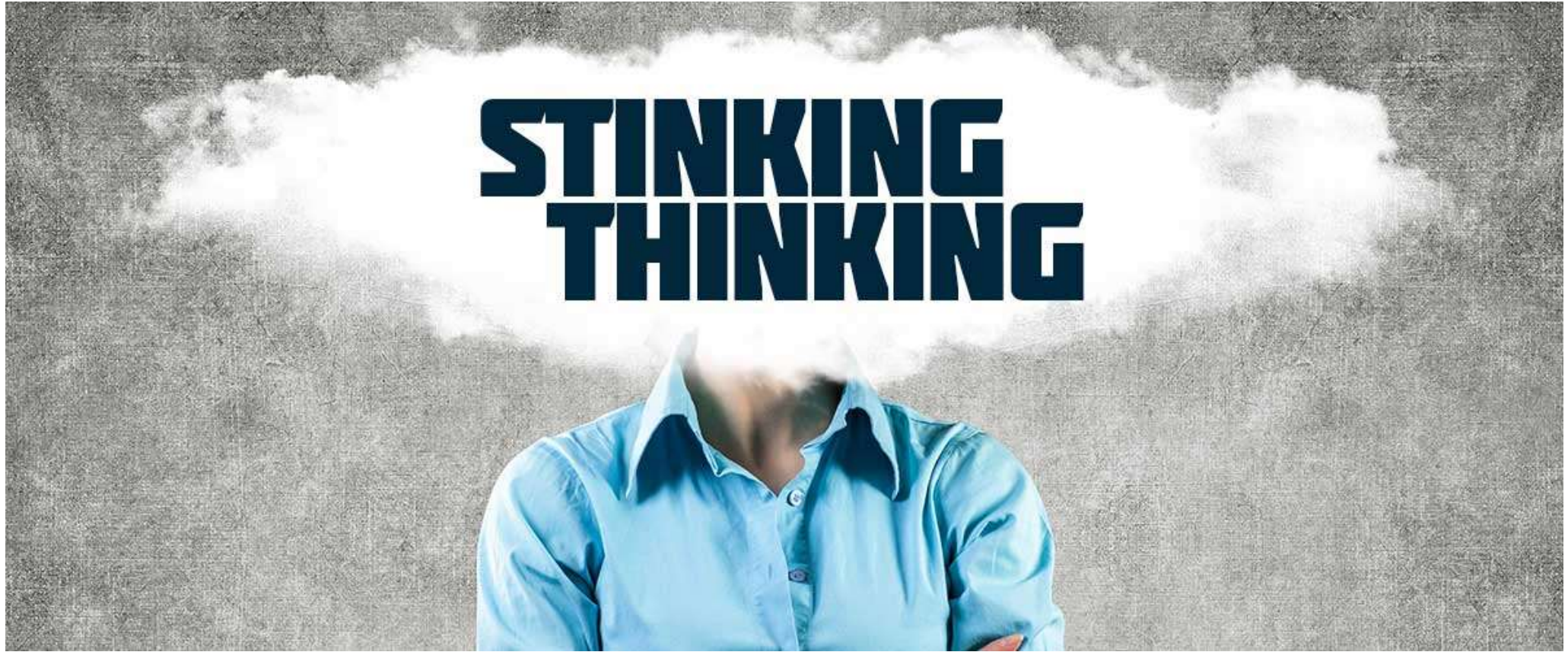
Enter your email address:

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### Popular Posts

- Read this before giving kids an iPod touch

**STINKING  
THINKING**



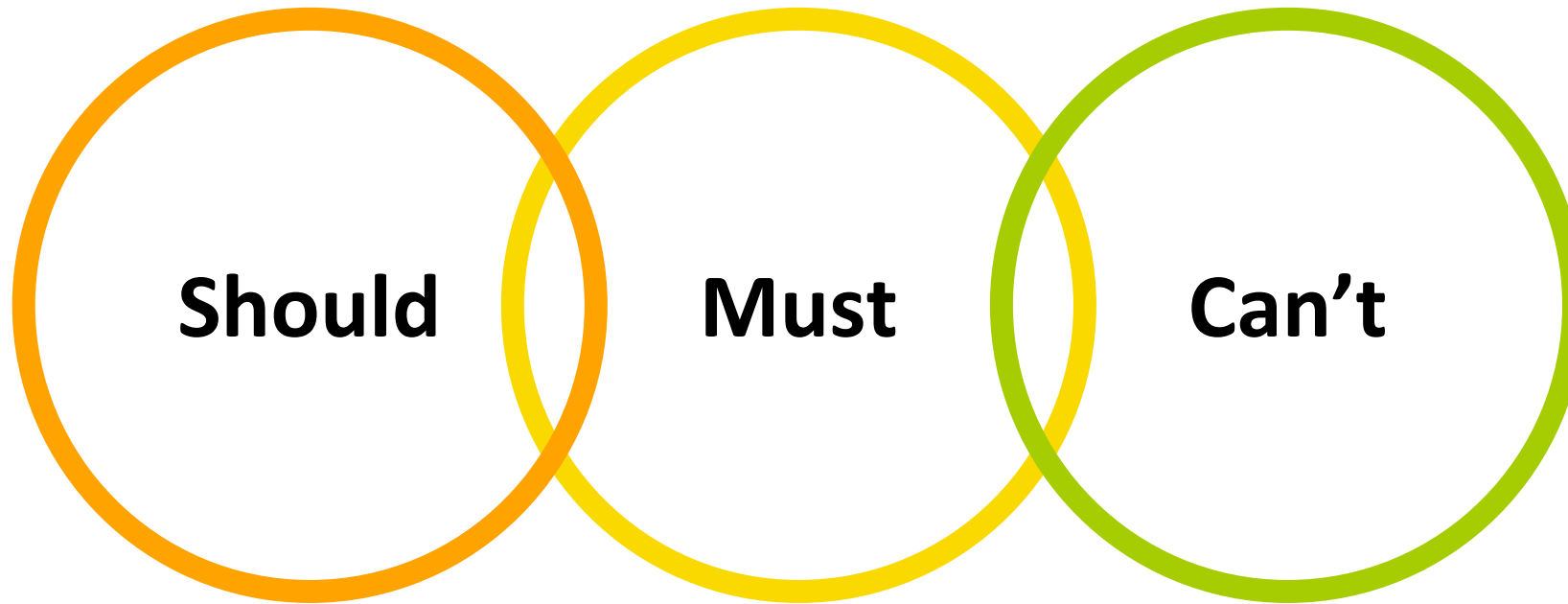


presents

# Daily Struggles Only Over-Thinkers Understand



**Irrational, illogical, unrealistic ...**





### All or nothing thinking



Sometimes called 'black and white thinking'

*If I'm not perfect I have failed*

*Either I do it right or not at all*

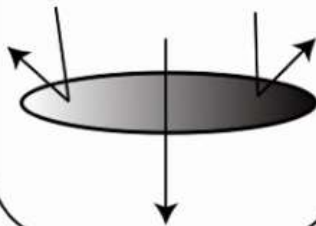
### Over-generalising

*"everything is **always** rubbish"*

*"**nothing** good ever happens"*

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

### Mental filter



Only paying attention to certain types of evidence.

*Noticing our failures but not seeing our successes*

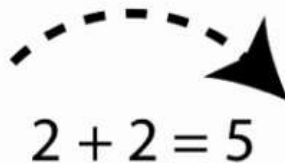
### Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

*That doesn't count*

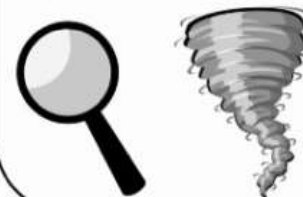
### Jumping to conclusions



There are two key types of jumping to conclusions:

- **Mind reading**  
(imagining we know what others are thinking)
- **Fortune telling**  
(predicting the future)

### Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important





### Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

*I feel embarrassed so I must be an idiot*

## should

## must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

### Labelling



Assigning labels to ourselves or other people

*I'm a loser  
I'm completely useless  
They're such an idiot*

### Personalisation

## "this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

# Example A-B-C

➤ A-Antecedent

New car gets scratched

➤ B-Belief

*The car is horrible, and unusable and awful. Whoever did this is horrible. This must not happen to me. The world is unfair and no-good.*

➤ C-consequence

Owner feels frustrated, angry, unworthy, anxious, and revengeful.

# Example A-B-C

➤ A-Antecedent

New car gets scratched

➤ B-Belief

*Well I had a good run, can't be new forever. Unfortunate. Not helpful to be upset over material things. Maybe it was an accident and the person left scared. These things happen to lots of people every day. It is not a catastrophe. I can deal with it.*

➤ C-consequence

Owner feels disappointed and sad.

A

B

C

Adversity

She might not like me.

Irrational Belief

She must like me.

Unhealthy Negative Emotion

Anxiety



Adversity

She might not like me.

Rational Belief

I want her to like me but she doesn't have to. Would be nice.

Healthy Negative Emotion

Concern



Demand:

*I must be approved by my girlfriend's parents*

Awfulising belief:

LFT belief:

Self-depreciation

belief:

Demand: *I must be approved by my girlfriend's parents*

Awfulising belief: *It would be awful if I were not approved by my girlfriend's parents*

LFT belief: *I couldn't stand it if I were not approved by my girlfriend's parents*

Self-depreciation

belief: *If I am not approved by my girlfriend's parents, it means that I am an unworthy person*

The components of the client's rational belief are as follows:

Preference:

Anti-awfulising  
belief:

HFT belief:

Self-acceptance  
belief:

The components of the client's rational belief are as follows:

Preference: *I would like to be approved by my girlfriend's parents, but this is not essential*

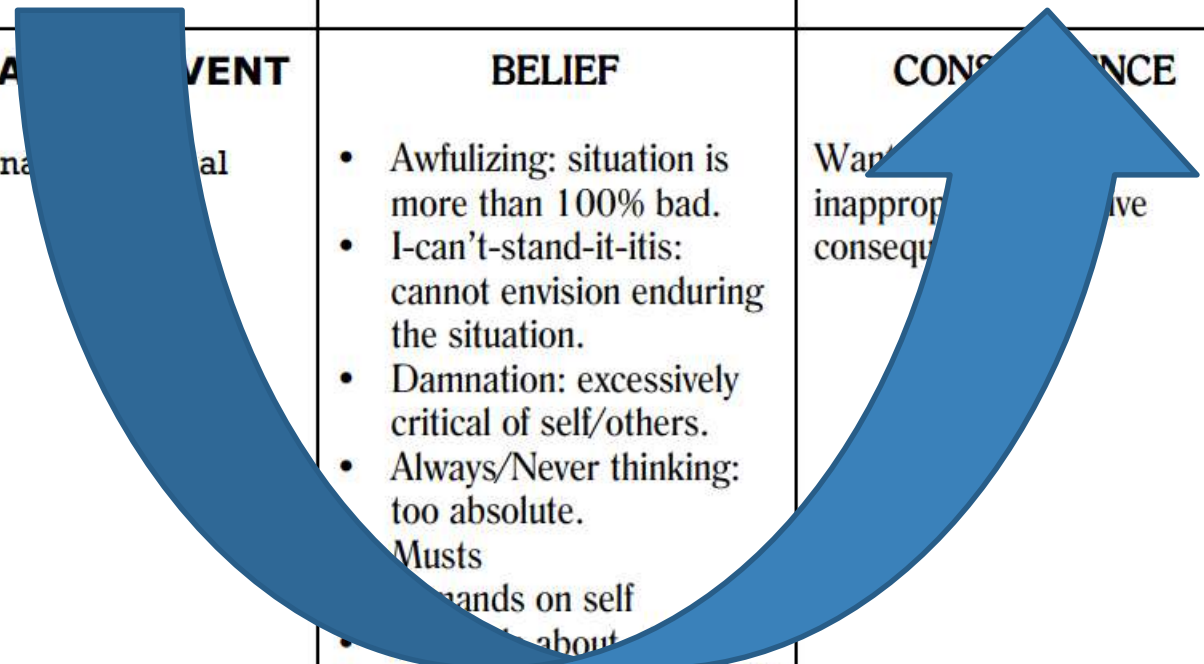
Anti-awfulising belief: *It would be bad if I were not approved by my girlfriend's parents, but it would not be awful*

HFT belief: *It would be difficult for me to tolerate not being approved by my girlfriend's parents, but I could stand it*

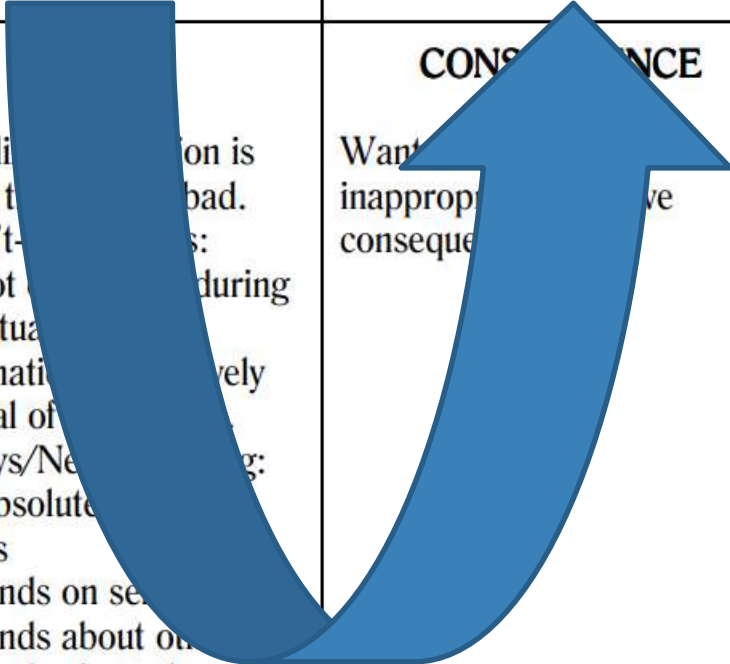
Self-acceptance belief: *If I am not approved by my girlfriend's parents, it does not mean that I am unworthy person. It means that I am a fallible human being who is facing a difficult situation.*



<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<p><b>ACTIVATING EVENT</b></p> <ul style="list-style-type: none"> <li>• External situation</li> </ul>	<p><b>BELIEF</b></p> <ul style="list-style-type: none"> <li>• Awfulizing: situation is more than 100% bad.</li> <li>• I-can't-stand-it-itis: cannot envision enduring the situation.</li> <li>• Damnation: excessively critical of self/others.</li> <li>• Always/Never thinking: too absolute.</li> <li>• Musts               <ul style="list-style-type: none"> <li>• demands on self</li> <li>• demands about</li> <li>• demands about the world</li> </ul> </li> </ul>	<p><b>CONSEQUENCE</b></p> <p>Want inappropriate consequence</p>	<p><b>DISPUTING IRRATIONAL THOUGHTS</b></p> <ul style="list-style-type: none"> <li>• Interrogation</li> <li>• Socratic questioning</li> <li>• Didactic influence</li> <li>• Humorous exaggeration</li> <li>• Self-disclosing</li> </ul>	<p><b>NEW EMOTION (AND THOUGHTS)</b></p> <p>Moderation of badness</p> <ul style="list-style-type: none"> <li>• Statements of toleration</li> <li>• Acceptance of fallibility</li> <li>• Flexibility</li> </ul>



<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<p><b>ACTIVATING EVENT</b></p> <ul style="list-style-type: none"> <li>External or Internal</li> </ul>	<p>Awful situation is more than bad.</p> <ul style="list-style-type: none"> <li>I-can't-things: cannot do during the situation</li> <li>Damnation: very critical of</li> <li>Always/Needing: too absolute</li> <li>Musts</li> <li>demands on self</li> <li>demands about others</li> <li>demands about the world</li> </ul>	<p><b>CONSEQUENCE</b></p> <p>Want inappropriate consequence</p>	<p><b>DISPUTING IRRATIONAL THOUGHTS</b></p> <ul style="list-style-type: none"> <li>Interrogation</li> <li>Socratic questioning</li> <li>Didactic influence</li> <li>Humorous exaggeration</li> <li>Self-disclosing</li> </ul>	<p><b>NEW EMOTION (AND THOUGHTS)</b></p> <p>Moderation of badness</p> <ul style="list-style-type: none"> <li>Statements of toleration</li> <li>Acceptance of fallibility</li> <li>Flexibility</li> </ul>



<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
<p><b>ACTIVATING EVENT</b></p> <ul style="list-style-type: none"> <li>• External or Internal</li> </ul>	<p><b>BELIEF</b></p> <ul style="list-style-type: none"> <li>• Awfulizing: situation is more than 100% bad.</li> <li>• I-can't-stand-it-itis: cannot envision enduring the situation.</li> <li>• Damnation: excessively critical of self/others.</li> <li>• Always/Never thinking: too absolute.</li> <li>• Musts</li> <li>• demands on self</li> <li>• demands about others</li> <li>• demands about the world</li> </ul>	<p><b>CONSEQUENCE</b></p> <p>Want do diminish inappropriate negative consequences.</p>	<p><b>DISPUTING IRRATIONAL THOUGHTS</b></p> <ul style="list-style-type: none"> <li>• Interrogation</li> <li>• Socratic questioning</li> <li>• Didactic influence</li> <li>• Humorous exaggeration</li> <li>• Self-disclosing</li> </ul>	<p><b>NEW EMOTION (AND THOUGHTS)</b></p> <p>Moderation of badness</p> <ul style="list-style-type: none"> <li>• Statements of toleration</li> <li>• Acceptance of fallibility</li> <li>• Flexibility</li> </ul>

<b>Statement:</b> Summarize the situation you are concerned about. Reminder: What would a camera see?	
<b>Irrational Beliefs</b>	<b>Disputing Beliefs</b>
<b>Use these categories:</b> <ul style="list-style-type: none"> <li>▪ DOGMATIC DEMANDS (musts, absolutes, shoulds)</li> <li>▪ AWFULIZING (It's terrible, awful, horrible)</li> <li>▪ LOW FRUSTRATION TOLERANCE (I can't stand it)</li> <li>▪ SELF/OTHER RATING (I'm/he/she is bad, worthless)</li> </ul>	<b>Write a question for each belief.</b> Examples: <ul style="list-style-type: none"> <li>▪ Where is holding this belief getting me? Is it helpful or self-defeating?</li> <li>▪ Is my belief logical?</li> <li>▪ Is it truly awful?</li> <li>▪ Can I really not stand it?</li> <li>▪ Is there evidence that supports my irrational belief? Is it consistent with reality?</li> </ul>
<b>Consequences:</b> Major unhealthy emotions: _____ Major self-defeating behaviors: _____	
<b>Unhealthy negative emotions include:</b> Anxiety, depression, rage, shame/embarrassment, hurt, jealousy, guilt, low frustration tolerance	
<b>Rational Beliefs:</b>	<b>New Effects:</b>
<b>Strive for:</b> <ul style="list-style-type: none"> <li>▪ NON-DOGMATIC PREFERENCES (wishes, wants, desires)</li> <li>▪ EVALUATING BADNESS (it's bad, unfortunate)</li> <li>▪ HIGH FRUSTRATION TOLERANCE (I don't like it, but I can stand it)</li> <li>▪ NOT GLOBALLY RATING SELF OR OTHERS (I—and others—are fallible human beings)</li> </ul>	<b>Healthy negative emotions include:</b> <ul style="list-style-type: none"> <li>▪ Disappointment</li> <li>▪ Concern</li> <li>▪ Annoyance</li> <li>▪ Sadness</li> <li>▪ Regret</li> <li>▪ Frustration</li> </ul>

FIGURE 1. Adapted from REBT self-help form. In Ellis, A. (1997). *How to control your anger before it controls you*. New York: Kensington Publishing Corp, 154-155.

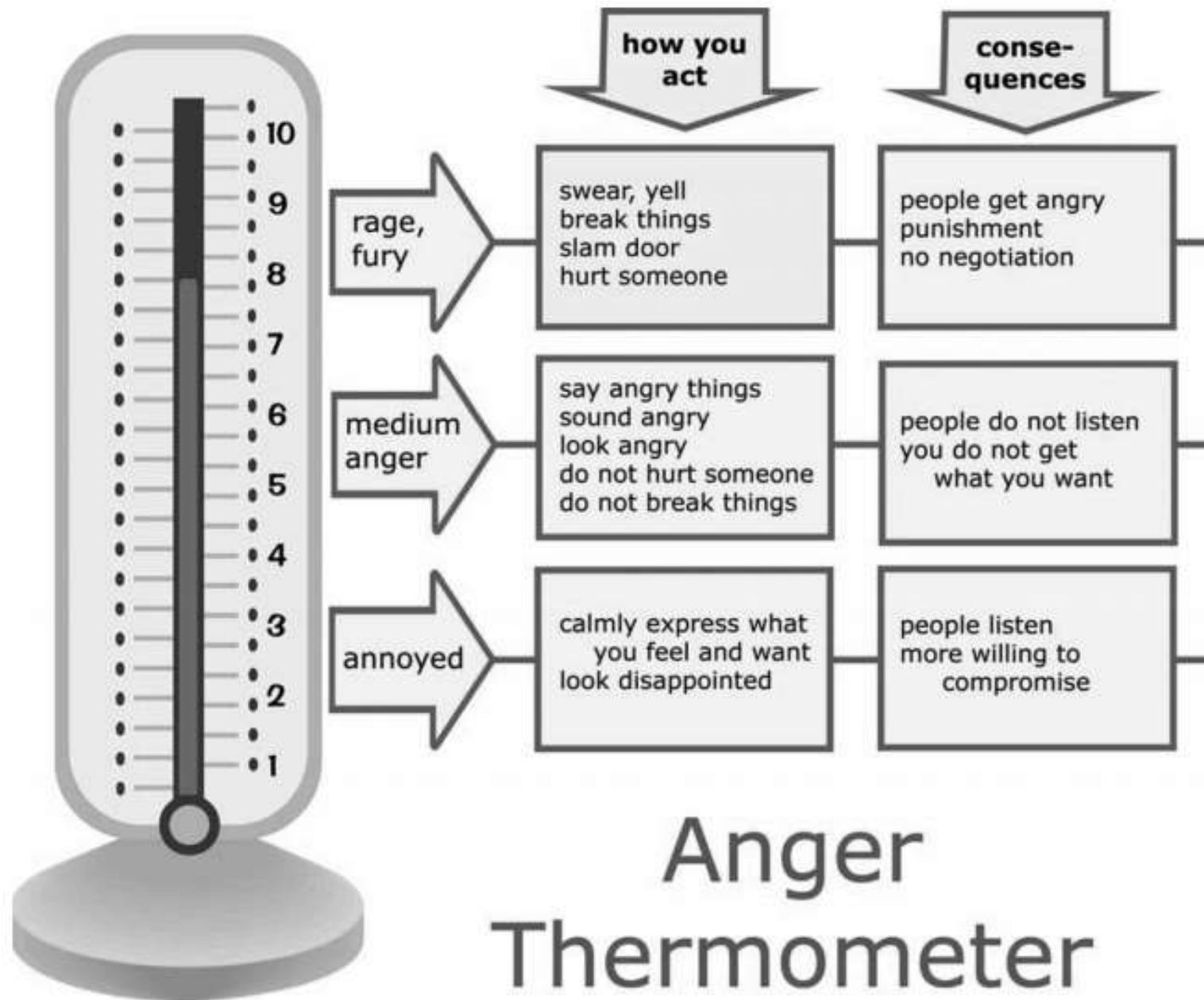


**Detect**

**Discriminate**

Rational,  
reasonable,  
logical?

**Debate/  
Dispute**



# Anger Thermometer

FIGURE 2. The Anger Thermometer

# Catastrophe Scale

Measures how bad things really are







16:26





DEVELOPING A **GROWTH MINDSET**



<b>INSTEAD OF.....</b>	<b>TRY THINKING....</b>
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

# ***Journaling Prompts***

- ✓ List all the things that make you happy.
- ✓ When times get tough I want to remember that \_\_\_\_\_
- ✓ My greatest qualities are \_\_\_\_\_
- ✓ The best compliment I have ever received is \_\_\_\_\_
- ✓ 10 things I feel thankful for are \_\_\_\_\_.
- ✓ Describe a situation where everything worked out for you
- ✓ Write a thank you letter to your body
- ✓ Ten things I can start doing to take care of myself are ...?

# 20 Self-Love Affirmations

1. I believe in me.
2. I acknowledge my own self-worth; my confidence is soaring.
3. I am not my mistakes.
4. I accept myself unconditionally.
5. I am proud of myself and all that I have accomplished.
6. I am successful.
7. I am a beautiful person.
8. I deserve love, compassion, and empathy.
9. I am enough.
10. I believe in the person I dream of becoming.

11. I choose to be happy and completely love myself today.
12. I honor my commitments to myself.
13. I choose faith over fear.
14. There is no wrong decision.
15. I am now creating my live exactly as I want it.
16. Positivity is a choice; I choose to be positive.
17. I am free of worry and am at peace with who I am.
18. I matter. I am allowed to say "no" to others and "yes to myself.
19. What I give is what I receive.
20. I choose to not take it personally.

## Affirmations for High Self-Esteem and Self-Confidence

I love myself for who I am.

I totally trust myself.

I grow in strength with every forward step I take.

I can do anything I set my mind to do.

I am capable and strong.

I am able to easily handle any problem I face.

When I breathe, I inhale confidence and exhale fear.

Fear is only a feeling. I can act in the face of fear.

I release my hesitation and make room for victory.

I love meeting strangers and I approach them with boldness and enthusiasm.

I approve of myself and unconditionally deeply love myself.

I live in the present and am confident of the future.

My personality exudes confidence. I am bold and outgoing.



100 POSITIVE AFFIRMATIONS  
TO CARRY YOU THROUGH LIFE



## Top 100 List of Positive Affirmations

For the full, detailed guide, please visit:

<http://startofhappiness.com/positive-affirmations>

### 3 Simple Steps to Saying Positive Affirmations

1. Take a deep breath
2. Say your positive affirmation. As you're saying the positive affirmation, ALSO do the below
  - a. VISUALISE yourself as how you want to be (eg confident. Create vivid imagery in your mind about what you are confident doing). If it's easier, close your eyes.
  - b. FEEL how you want to feel by stating that positive affirmation (eg confident).
  - c. SPEAK how you would when living that affirmation (eg confident)
3. Take a moment to think about how good you feel.

That's it!

Positive affirmations are simple!

But just remember the two secret components to make them effective:

- a. Physiologically experience the positive affirmation
- b. Do it regularly

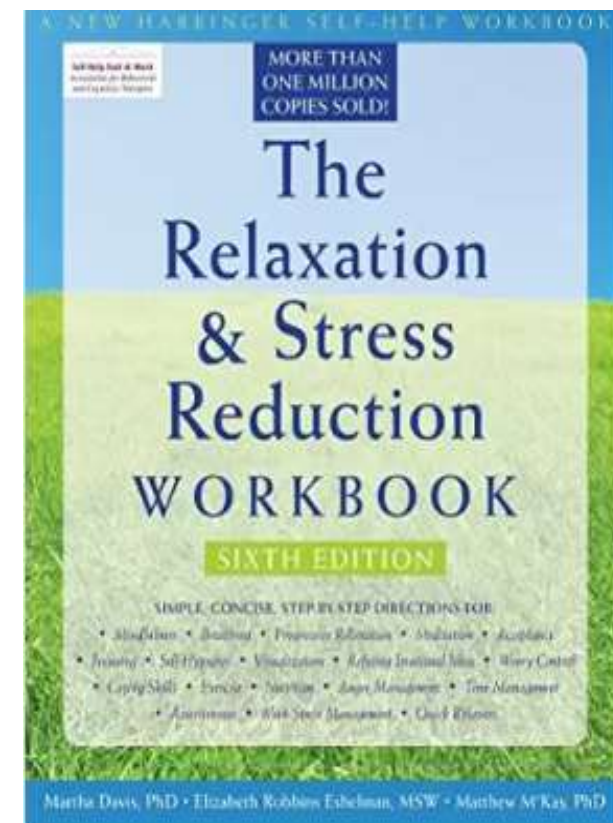
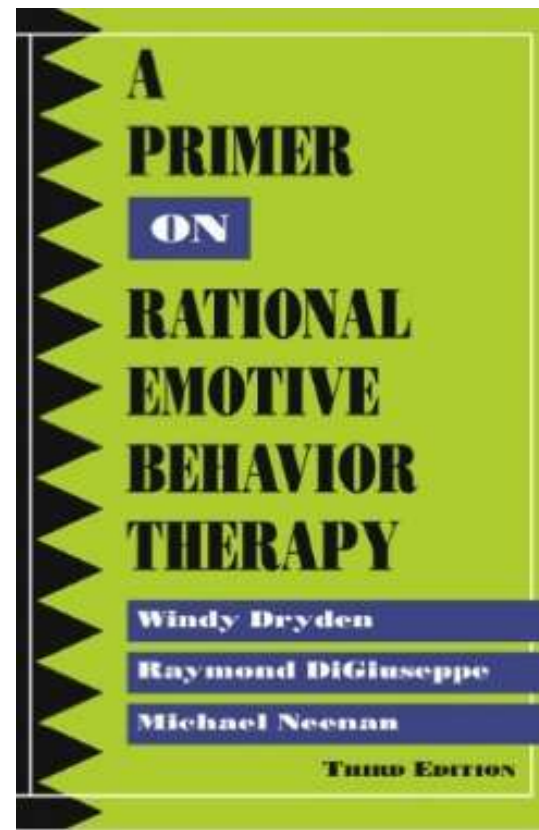
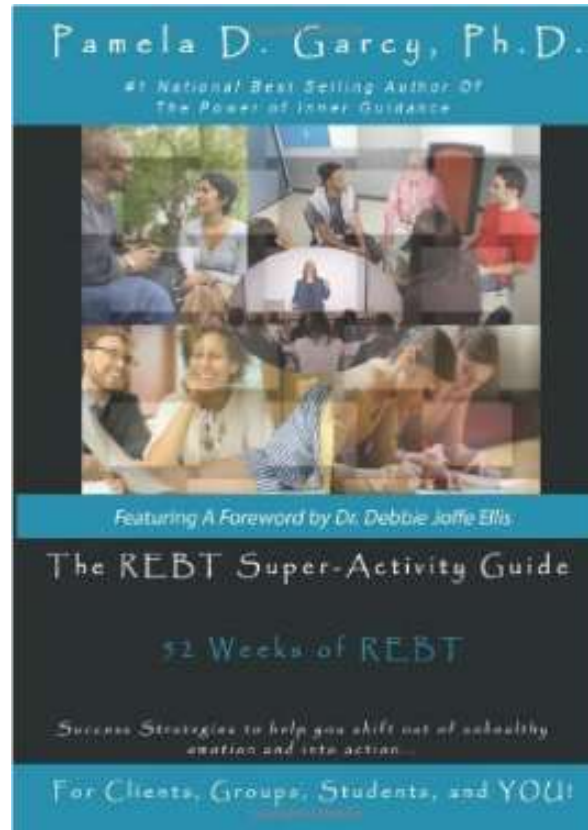
### The Best Positive Affirmations For Your Life

In the following pages, I have compiled the Top 100 Positive Affirmations you will need in your life.

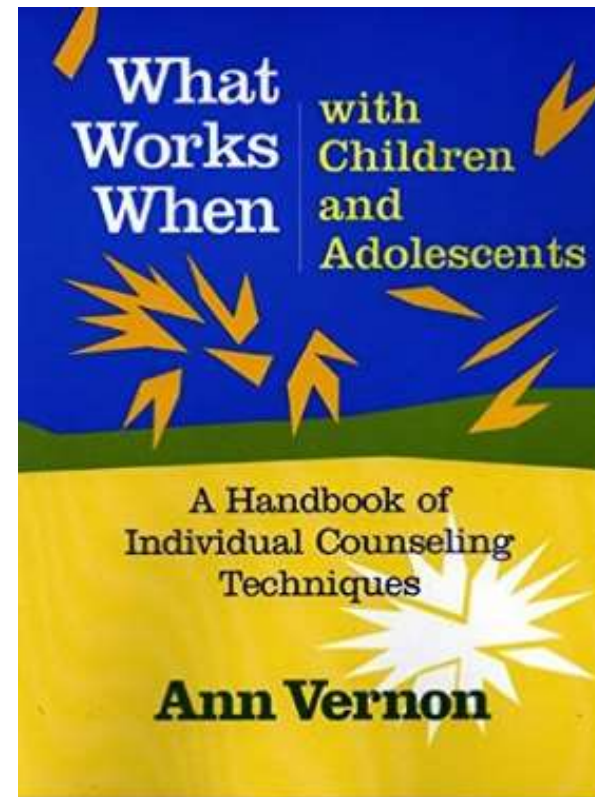
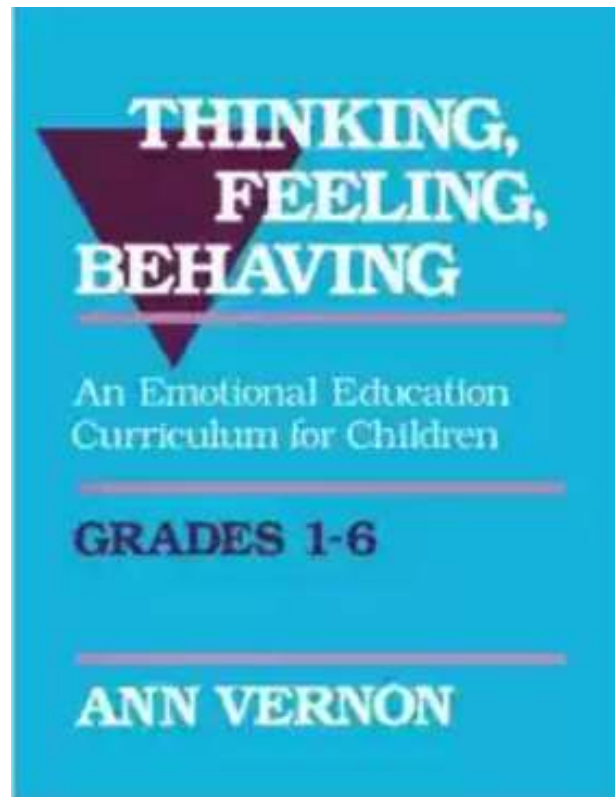
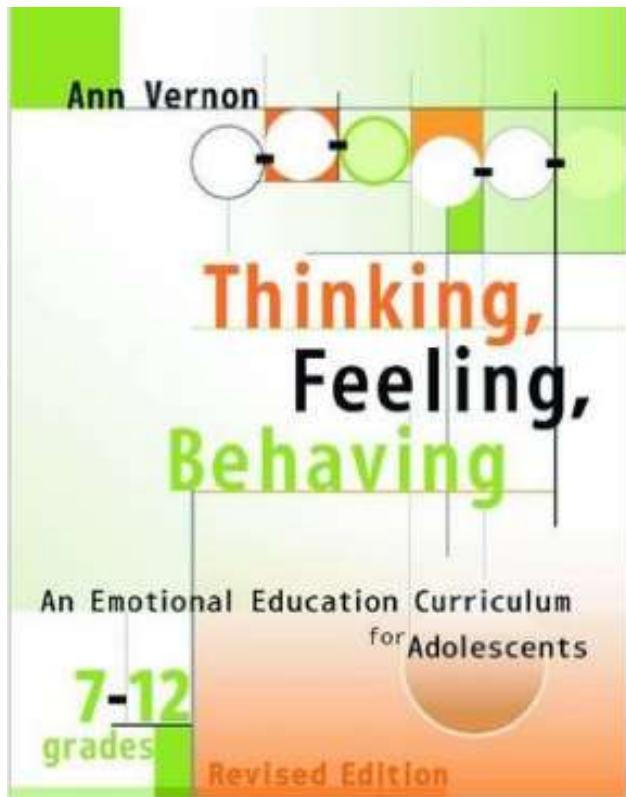


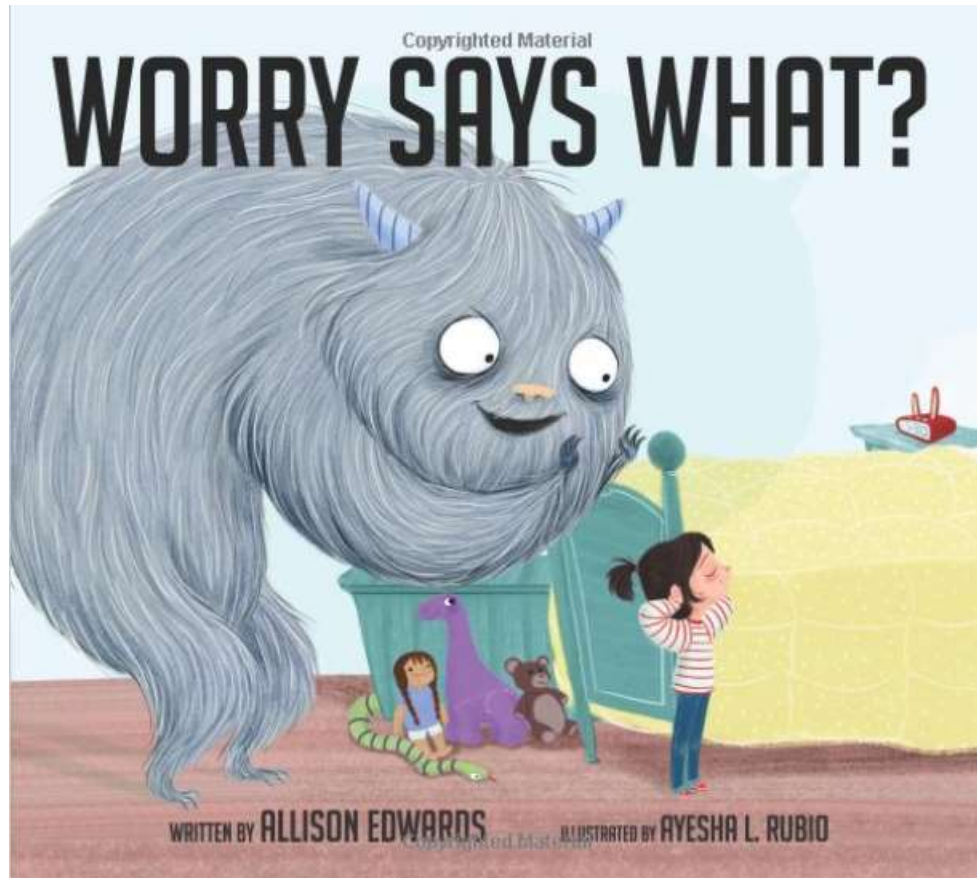


# Book Recommendations



# Book Recommendations





# **CHALLENGE NEGATIVE THINKING SKILLS TABLE OF CONTENTS**

- 1. CATCH AND RELEASE**
- 2. Thinking about your thinking - be aware of self talk**
- 3. Self Talk (2<sup>nd</sup> Step)**
- 4. Difference between facts and beliefs**
- 5. Rational vs. Irrational**
- 6. ABC Method**
- 7. Ask Questions to challenge your negative thinking**
- 8. Challenge Irrational Beliefs**
- 9. Practicing the ABC Method**
- 10. Who's responsible for your feelings**
- 11. It Always**
- 12. Chain Reactions**
- 13. Rose Colored Glasses**
- 14. Shoulds**

**Rational**

**Emotive**

**Education**

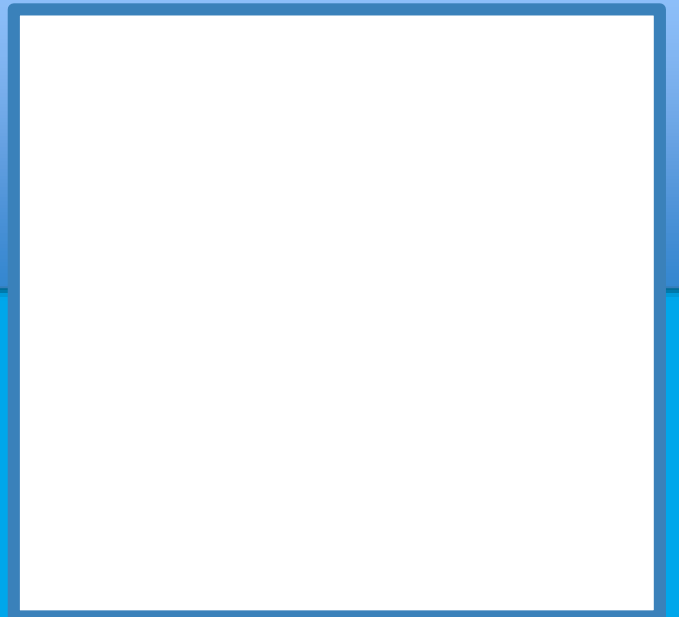
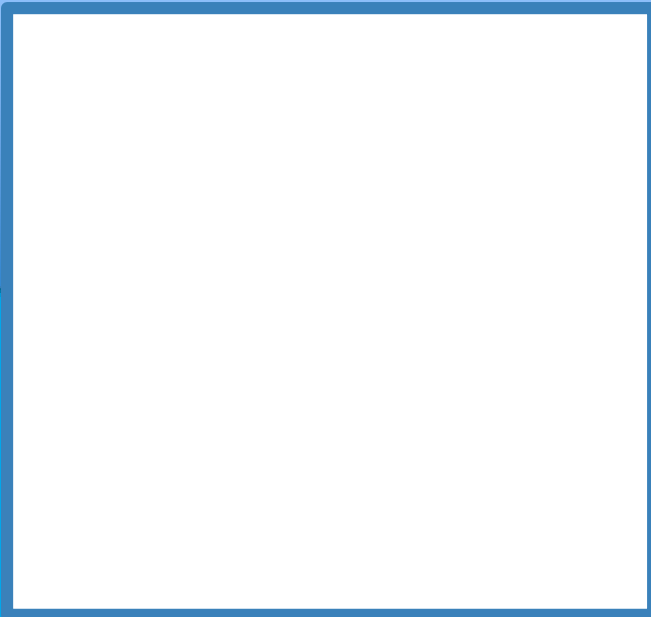
**FREE**

Dr. William J. Knaus

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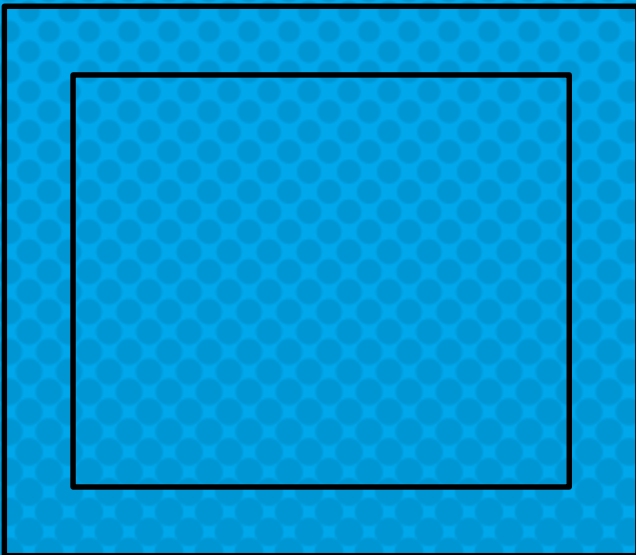
<http://www.rebtnetwork.org/library/>



# ABC's

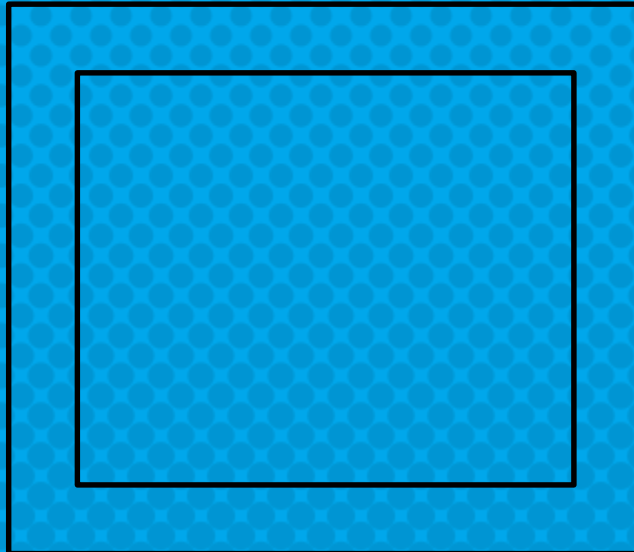
## **Antecedent:**

What happens before the behavior occurs, but is not necessarily a cause. Helps predict behavior so that intervention can take place.



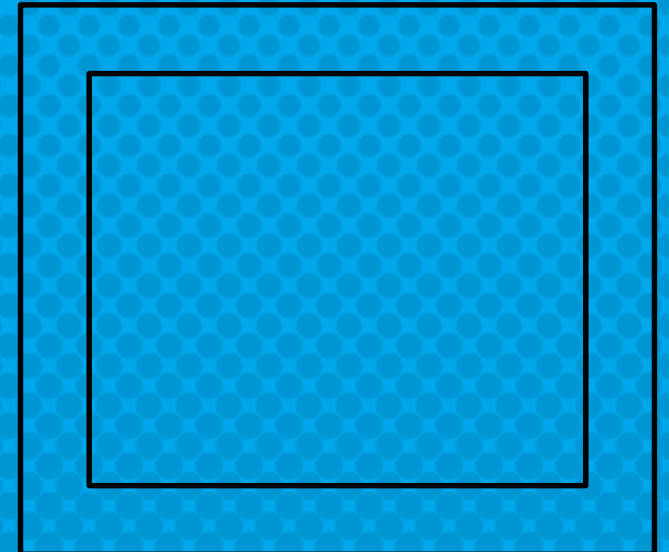
## **Behavior:**

The problem that is occurring which must be described observably and in measurable terms.

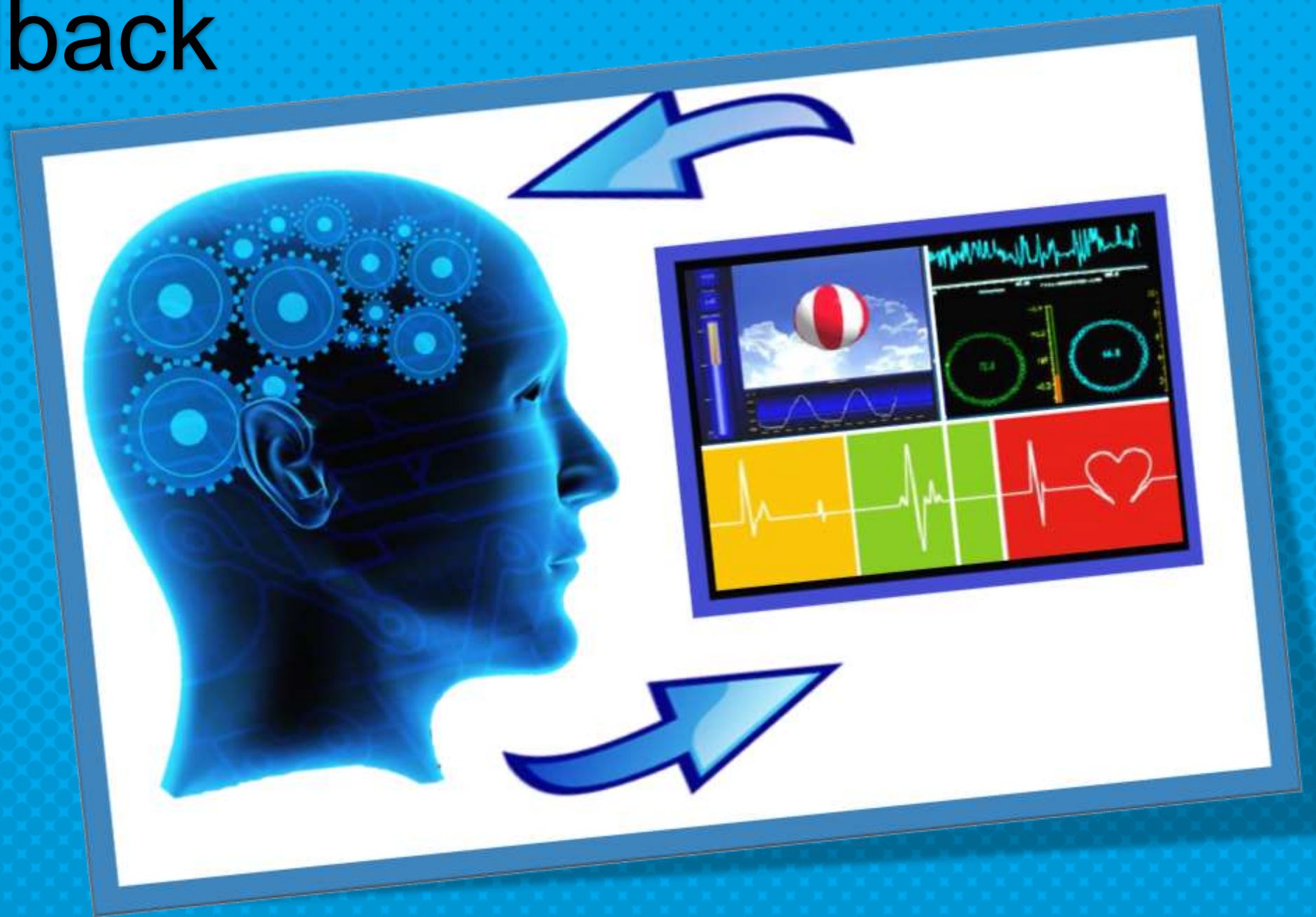


## **Consequence:**

What occurs after the behavior whether it is positive or negative.



# Biofeedback







emWave2<sup>®</sup>

- TRANSFORM STRESS
- INCREASE ENERGY
- IMPROVE MENTAL CLARITY
- BOOST PERFORMANCE

HeartMath<sup>®</sup>



# Relaxation Techniques

## Relax, it's important!

Your body can respond to worrying situations and anxious thoughts with muscle tension. Long-term and constant muscle tension can have all sorts of unpleasant consequences, from crankiness and headaches through to sleeping and heart problems. So, learning relaxation techniques can be a real asset in managing stress and anxiety. They don't take long!

Different relaxation techniques work better for different people. Don't be afraid to try all of them to see which ones appeal to you most.

### Deep Breathing

Sit with your legs uncrossed, good posture, and place your hands on your thighs. Close your eyes. Inhale deeply through your nose into your abdomen for a long count of five seconds (your chest should move only a little). Hold for a long count of two seconds, then breathe out slowly through your mouth for a long count of five. Repeat for 10 to 15 cycles. Stop briefly if you feel light-headed.

### Progressive Muscle Relaxation

Loosen any tight clothing, sit or lie comfortably, and close your eyes. Tense different muscles of your body as much as you can for at least a count of 10 (never so tight or long that it hurts!). Then, slowly release the tension and allow the muscle to relax. Let that feeling of relaxation flow through your body. Start at your feet and move up.

### Creative Visualisation

This is a technique where you imagine a scene, place or situation you regard as safe, restful, and happy. Sit comfortably in a quiet place. Breathe gently through your nose, eyes closed. Picture in your mind the place you like – a forest, the beach, a field. Try and smell the aromas, taste the air, hear the sounds. Feel your body relax. Continue for at least 10 minutes.

### Meditation

Sit comfortably in a quiet spot. Close your eyes if you like. Breathe in through your nose. As you exhale, say the word 'One' silently to yourself. You might like to focus on the sound you make exhaling (like the Sanskrit word 'Om'). Or, if your eyes are open, focus on an object, exploring its colours and textures. Spend at least 10 minutes meditating, but stay focused.

### Mandala Circles

This is a drawing technique to calm the mind. Bring a pencil/s and paper to a quiet place. Draw a large circle. Now, be prepared to keep drawing for at least 10 minutes. Start filling the circle with whatever you like – spirals, patterns, running-writing – but don't let the pencil leave the paper unless you're changing colours.

### Yoga

Yoga comes from a Sanskrit word meaning 'to unite'; it is a series of mental and physical exercises. While yoga has strong connections with religions like Buddhism and Sufism, its exercises are a great way to improve health, and can be done by anyone of any age and fitness. We recommend you start at classes conducted by a registered instructor.

## Exercise can help 'bust' stress and keep you feeling well

Regular exercise (20–30 minutes a day) is extremely important for staying healthy and releasing tension. Most exercises are very cheap or free. Group sports are fun, but individual activities like walking, running, swimming and cycling are also very good for clearing the mind and releasing physical tension. The important thing is not to overdo it and injure yourself.

### Schedule Pleasant Activities

It is admirable to study and work hard. However, each of us needs to have some time away from study and work. Unfortunately, the fun stuff is often what gets neglected when things become hectic. That means it's important to schedule in things you enjoy doing, like seeing friends, going to the movies, or heading to the beach. Fun isn't just enjoyable, it's part of keeping well!

### Helpful Self-talk

Your inner voice can help you relax and cope with difficult situations. Encouraging yourself can be just as important – and often even more important – as having others encourage you. Practise saying helpful things to yourself like, 'It might be tough but I can have a go', and 'If I take this calmly I can do it one step at a time'. Always challenge unhelpful self-talk.

**Solution  
Focused  
Brief  
Counseling,  
Consultation,  
& Conferencing**



# General Assumptions

People are kind of like the stock market, they fluctuate.

# Facebook, Inc. Common Stock



NASDAQ: FB - Dec 19, 3:50 PM EST

119.10 USD ↓0.77 (0.64%)

1 day

5 day

1 month

3 month

1 year

5 year

max



Open 119.85  
High 120.36  
Low 118.51

Mkt cap 341.13B  
P/E ratio 45.95  
Div yield -

Your stocks

# Facebook, Inc. Common Stock



NASDAQ: FB - Dec 19, 3:47 PM EST

119.06 USD ↓ 0.81 (0.68%)

1 day

5 day

1 month

3 month

1 year

5 year

max



Open 119.85  
High 120.36  
Low 118.51

Mkt cap 341.13B  
P/E ratio 45.95  
Div yield -

Your stocks

# Facebook, Inc. Common Stock



NASDAQ: FB - Dec 19, 11:01 AM EST

119.91 USD ▲ 0.04 (0.03%)

1 day

5 day

month

3 month

1 year

5 year

max



Open 119.85  
High 120.08  
Low 118.51

Mkt cap 343.31B  
P/E ratio 46.25  
Div yield -

Your stocks

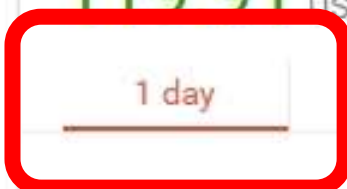


# Facebook, Inc. Common Stock



NASDAQ: FB - Dec 19, 11:01 AM EST

119.91 USD ↑ 0.04 (0.03%)



1 day

5 day

1 month

3 month

1 year

5 year

max



Previous close  
119.87

Open	119.85
High	120.08
Low	118.51

Mkt cap	343.31B
P/E ratio	46.25
Div yield	-

Your stocks

# General Assumptions

- You get more of what you focus on.







.....

## **Problem focus**

Individual as problem

What is not working

Analysing past

Stuckness

Failures

Victim

Isolated (blamed)

Hopelessness/despair

## **Solution focus**

Individual as whole

What works

Focusing on preferred  
future

Movement

Successes

Survivor

Partnership (empowered)

Expectation change

# General Assumptions

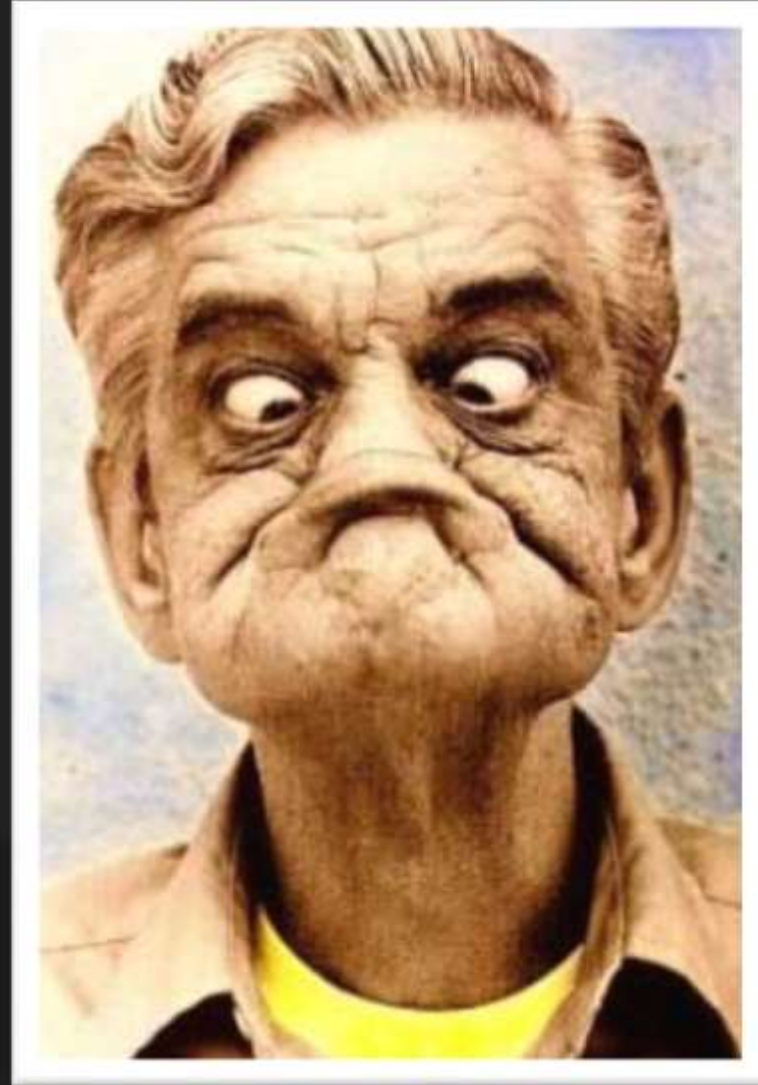
If what you are doing is not working, need to do something different.





**There is  
nothing  
wrong with  
you that  
what is right  
with you  
can't fix.**

***Baruch Sharen***





# Traditional Problem Talk

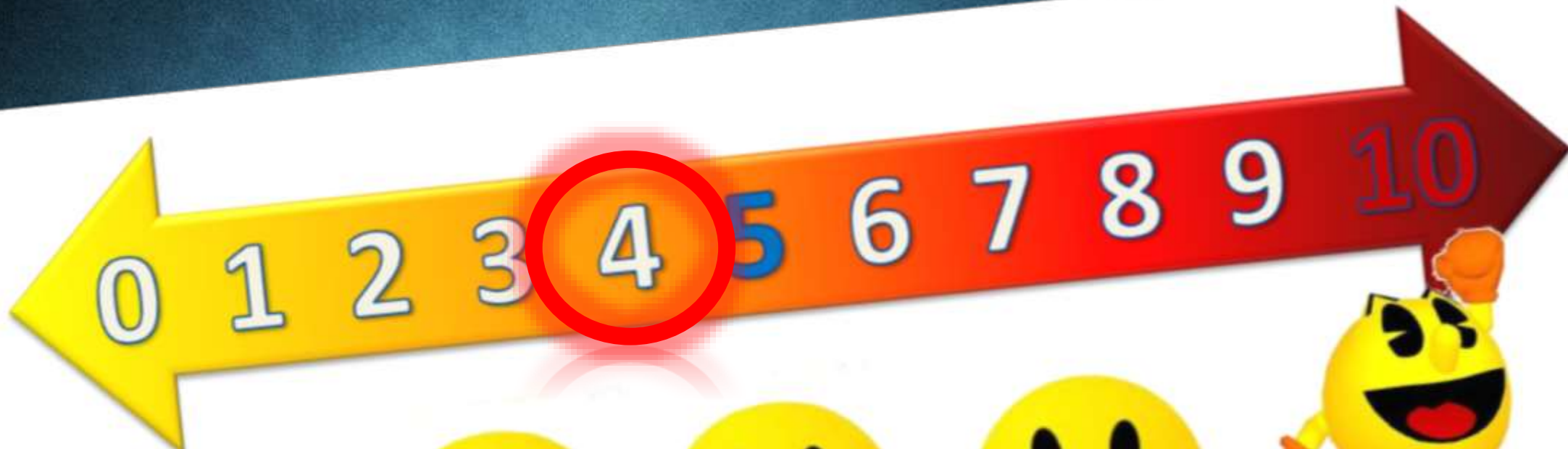
- What is stressing you out?
- How long have you been stressing like this?
- How do you explain this problem is occurring?
- How is your stress a problem for others?
- What keeps this problem going ...?

# Solution Talk ...

- When is it that this problem is occurring less?  
That is, how is it that sometimes you are more relaxed?
- How are you able to be more relaxed sometimes?
- How is your work better when you are more relaxed?
- Who notices when you are more relaxed?  
What do they see you doing?
- What difference does it make to you on your better days?

# Scaling





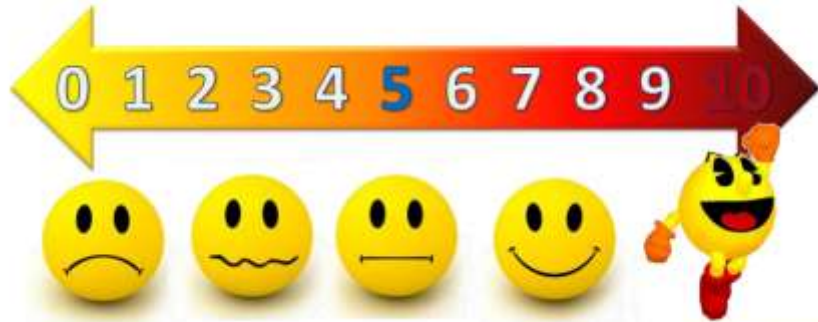
Source: Russell Sabella, Ph.D. – [www.schoolcounselor.com](http://www.schoolcounselor.com)

# Scaling

1. Explain the scale
2. Pick a number (general)
3. Explore progress already made:  
Cheerlead, detail, mind map, amplify,  
mine field
4. Explore future progress
  1. Detailed
  2. In their control
  3. In the presence of an action/thought

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Meeting # \_\_\_\_\_



Source: Russell Sabella, Ph.D. - [www.schoolcounselor.com](http://www.schoolcounselor.com)

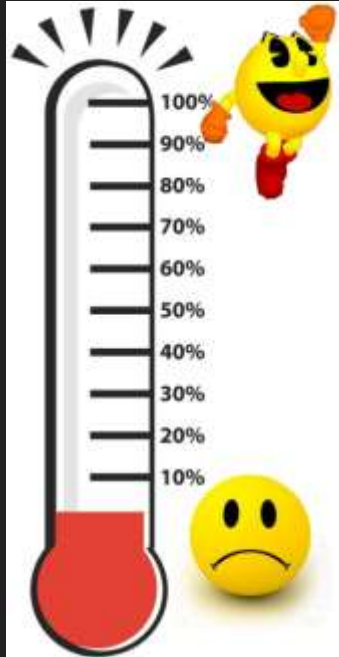
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Date: \_\_\_\_\_ Meeting # \_\_\_\_\_



NOTES:


Source: Russell Sabella, Ph.D. - [www.schoolcounselor.com](http://www.schoolcounselor.com)



Name: \_\_\_\_\_  
Date: \_\_\_\_\_ Meeting # \_\_\_\_\_

NOTES:


Source: Russell Sabella, Ph.D. - [www.schoolcounselor.com](http://www.schoolcounselor.com)

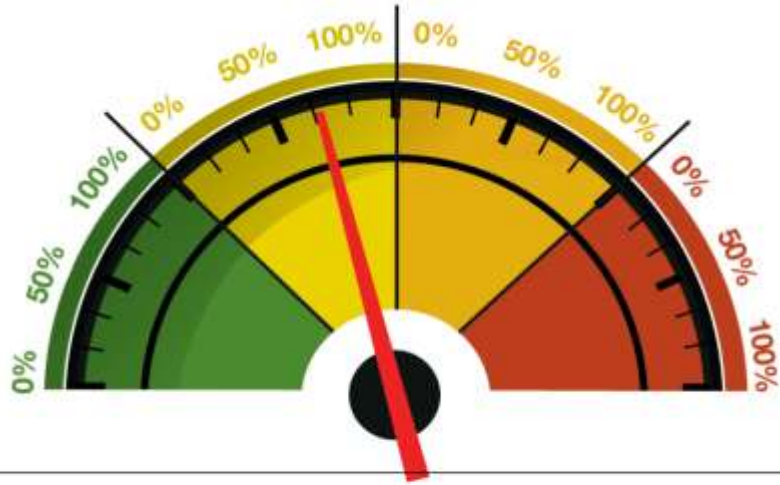
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Name: \_\_\_\_\_ Meeting # \_\_\_\_\_



Source: Russell Sabella, Ph.D. - [www.schoolcounselor.com](http://www.schoolcounselor.com)

Name: \_\_\_\_\_ Meeting # \_\_\_\_\_

How are  
**YOU**  
NOW



Source: Russell Sabella, Ph.D. - [www.schoolcounselor.com](http://www.schoolcounselor.com)

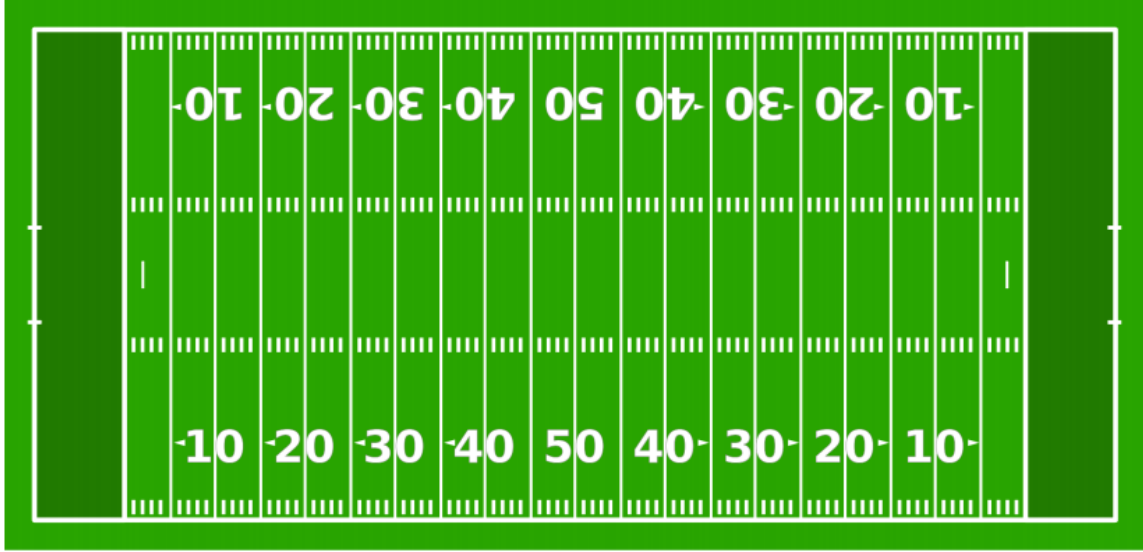
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Source: Russell Sabella, Ph.D. - [www.schoolcounselor.com](http://www.schoolcounselor.com)

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Meeting # \_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Source: Russell Sabella, Ph.D. – [www.schoolcounselor.com](http://www.schoolcounselor.com)

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Meeting # \_\_\_\_\_

*Color your progress for each meeting.*

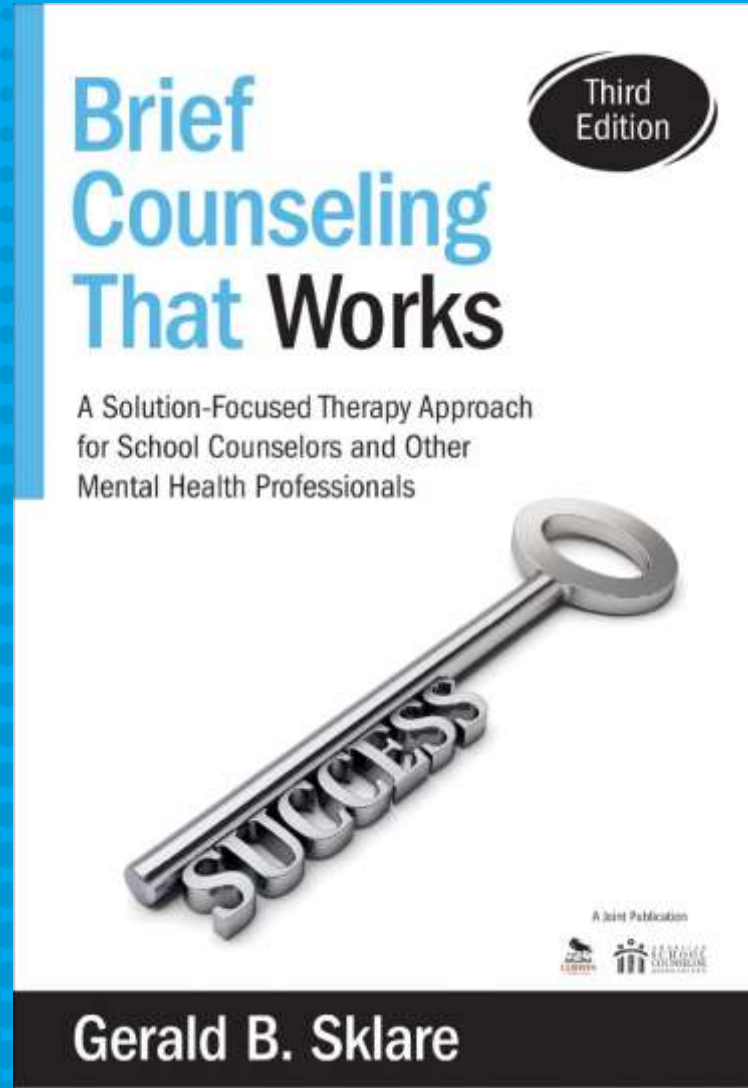
10									
9									
8									
7									
6									
5									
4									
3									
2									
1									
0	1	2	3	4	5	6	7	8	9

Meeting

Source: Russell Sabella, Ph.D. – [www.schoolcounselor.com](http://www.schoolcounselor.com)

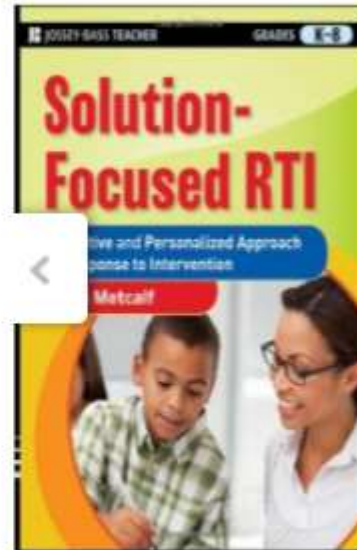


# Book Recommendations



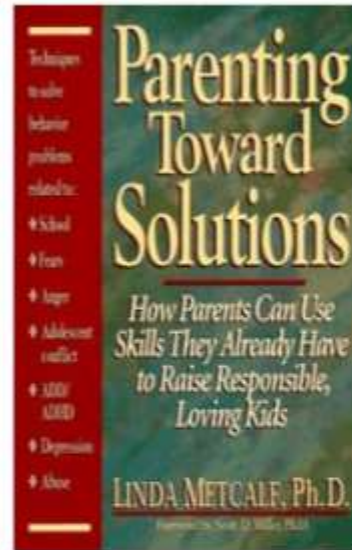
# Book Recommendations

Linda Metcalf



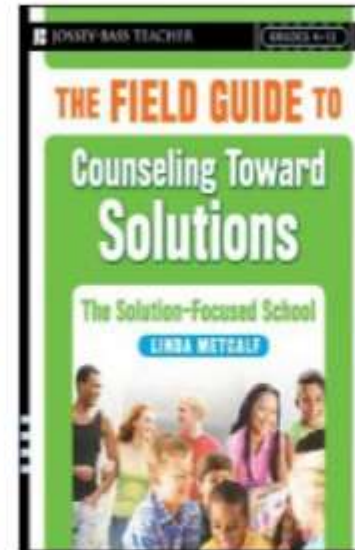
\$27.23

Paperback



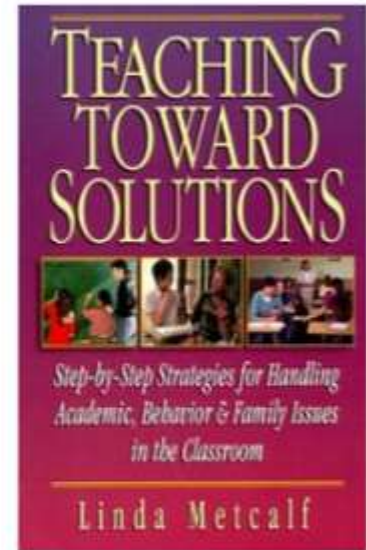
\$0.01

Paperback



\$24.95

Paperback



\$0.38

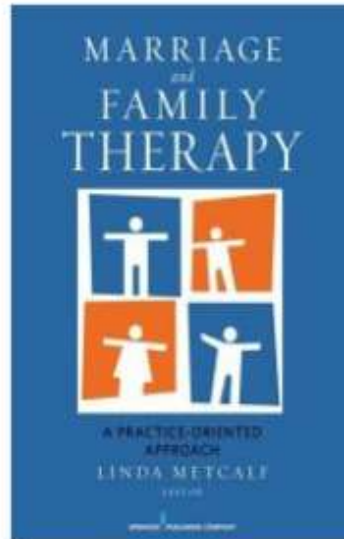
Paperback

Books by Linda Metcalf

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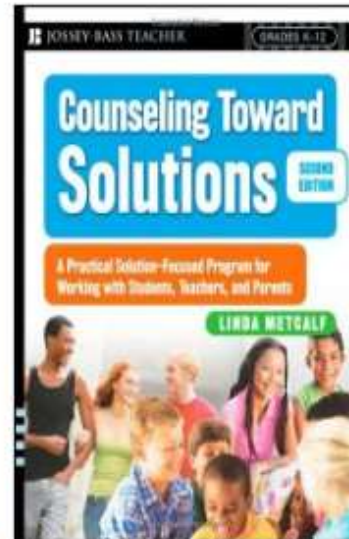
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# Book Recommendations



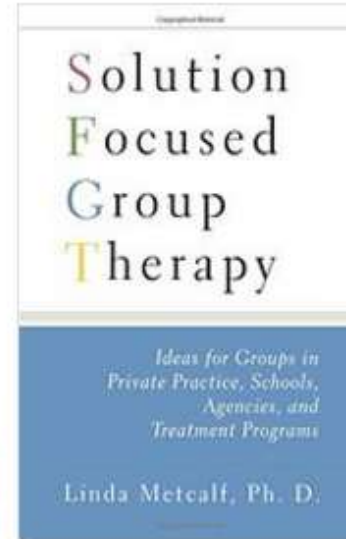
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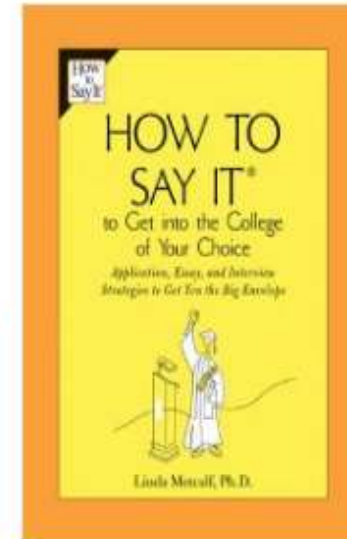
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Paperback



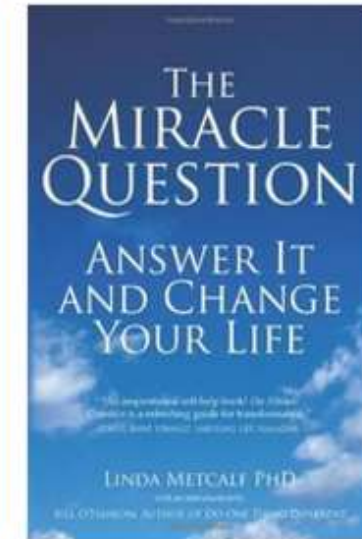
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**\$15.95**

Paperback



**\$19.95**

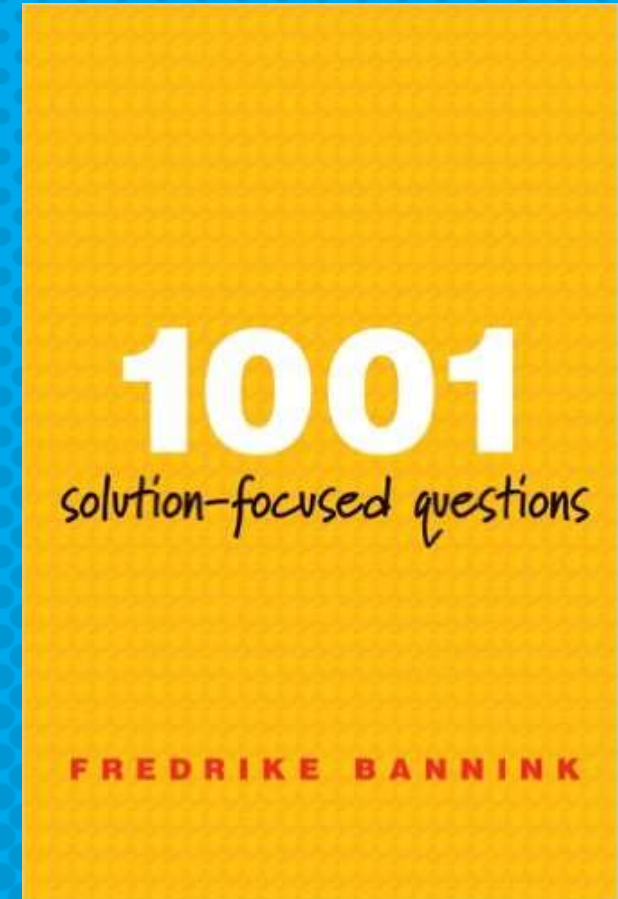
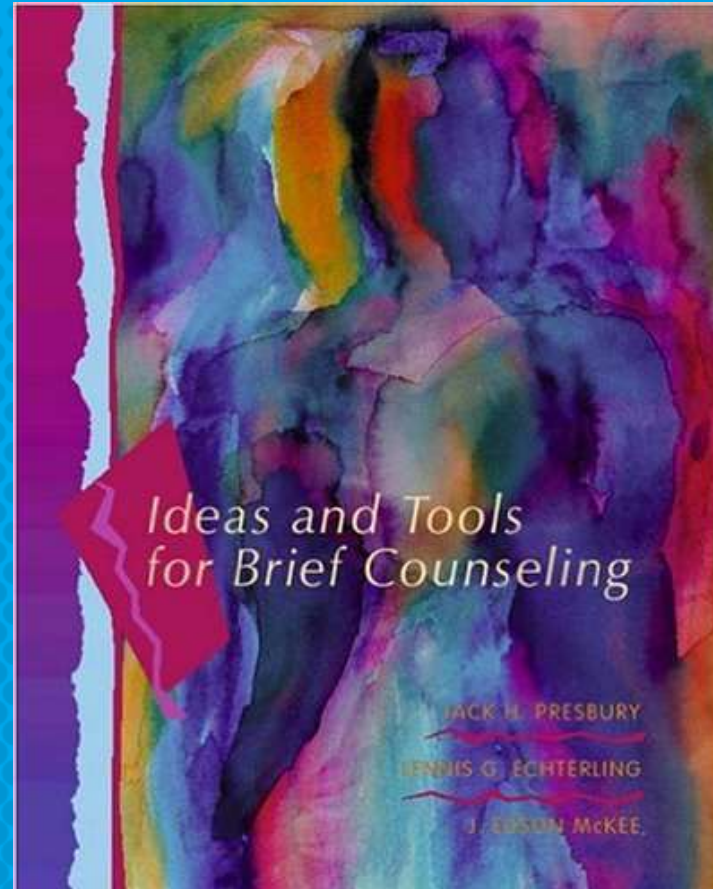
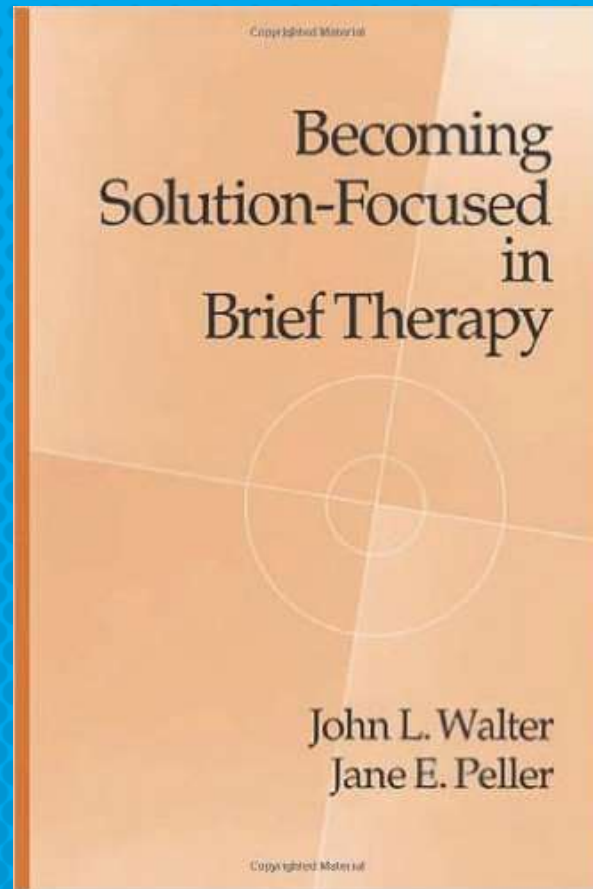
Paperback

## Books by Linda Metcalf

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# Book Recommendations





Classroom Lessons  
Parent Training  
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1.2K

Toolkit



Leadership Skills (60)



Team Management (290)



324

Problem Solving (44)



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Time Management (61)



Stress Management (66)

2.4K

Communication Skills (141)

Creativity Tools (28)

Learning Skills (50)

> Career Skills (192)

My Learning Plan ▾



1.2K



324



By the  
Mind Tools  
Content Team

(291)



# The Holmes and Rahe Stress Scale

## Understanding the Impact of Long-Term Stress

People use the word "stress" to describe a wide variety of situations – from your cell phone ringing while you're talking on another phone – to the feelings associated with intense work overload, or the death of a loved-one.



© iStockphoto  
vkbhat

Do you need to take a step back?

# PERCEIVED STRESS SCALE

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

Name \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_\_ Gender (Circle): **M** **F** Other \_\_\_\_\_

**0 = Never**   **1 = Almost Never**   **2 = Sometimes**   **3 = Fairly Often**   **4 = Very Often**

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. In the last month, how often have you been upset because of something that happened unexpectedly?                 | 0 | 1 | 2 | 3 | 4 |
| 2. In the last month, how often have you felt that you were unable to control the important things in your life?     | 0 | 1 | 2 | 3 | 4 |
| 3. In the last month, how often have you felt nervous and "stressed"?  | 0 | 1 | 2 | 3 | 4 |
| 4. In the last month, how often have you felt confident about your ability to handle your personal problems?         | 0 | 1 | 2 | 3 | 4 |
| 5. In the last month, how often have you felt that things were going your way?                                       | 0 | 1 | 2 | 3 | 4 |
| 6. In the last month, how often have you found that you could not cope with all the things that you had to do?       | 0 | 1 | 2 | 3 | 4 |
| 7. In the last month, how often have you been able to control irritations in your life?                              | 0 | 1 | 2 | 3 | 4 |
| 8. In the last month, how often have you felt that you were on top of things?  | 0 | 1 | 2 | 3 | 4 |
| 9. In the last month, how often have you been angered because of things that were outside of your control?           | 0 | 1 | 2 | 3 | 4 |
| 10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? | 0 | 1 | 2 | 3 | 4 |

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900,000  
COPIES SOLD

# The Relaxation & Stress Reduction WORKBOOK

SIXTH EDITION

SIMPLE, CONCISE, STEP-BY-STEP DIRECTIONS FOR:

- *Mindfulness* • *Breathing* • *Progressive Relaxation* • *Meditation* • *Acceptance*
- *Focusing* • *Self-Hypnosis* • *Visualization* • *Refuting Irrational Ideas* • *Worry Control*
- *Coping Skills* • *Exercise* • *Nutrition* • *Anger Management* • *Time Management*
- *Assertiveness* • *Work-Stress Management* • *Quick Relaxers*

Martha Davis, Ph.D. • Elizabeth Robbins Eshelman, MSW • Matthew McKay, Ph.D.



smartasset

TOP 10

## LEAST-STRESSED CITIES IN AMERICA

- 1 DULUTH, MN
- 2 MADISON, WI
- 3 IOWA CITY, IA
- 4 BOULDER, CO
- 5 SANTA FE, NM
- 6 FORT COLLINS, CO
- 7 BLOOMINGTON, IL
- 8 MISSOULA, MT
- 9 ASHEVILLE, NC
- 10 LAWRENCE, KS



# Physical Activity

## YOUR PROCRASTINATION RATING

Answer either TRUE or FALSE according to whether the following statement apply to you:

- \_\_\_ 1. If I had a difficult task and an easy one to do, I would do the easy one first.
- \_\_\_ 2. I don't like to turn down any assignments.
- \_\_\_ 3. I avoid boring tasks.
- \_\_\_ 4. I am frequently angry at myself for putting things off.
- \_\_\_ 5. I have more work than I could possibly do.
- \_\_\_ 6. I feel frustrated by my inability to get a handle on things.
- \_\_\_ 7. Other people at school do much better work that I could ever do.
- \_\_\_ 8. If I can't do something right, I'd rather not do it at all.
- \_\_\_ 9. If I wait until tomorrow, I'll probably do a better job.
- \_\_\_ 10. Large tasks feel overwhelming to me.
- \_\_\_ 11. If you leave problems alone, they often take care of themselves.
- \_\_\_ 12. I schedule my work time in advance.

## PROCRASTINATION RATING KEY

### Scoring

Give yourself 1 point for every **TRUE** answer in numbers **1-11** and **16-20**.

Give yourself 1 point for every **FALSE** answer in numbers **12-15**.

TOTAL \_\_\_\_\_

### Interpretation

- 0-5** You are organized and probably get things done on time.
- 6-10** You procrastinate a little, but manage.
- 11-15** You procrastinate more than not, may miss deadlines, rush to finish.
- 16-20** You are a real procrastinator, and gave trouble finishing anything!!!  
SHAME!!, SHAME!!!

**B**

**I**

**N**

**G**

**O**

Paint

Use a  
Stress  
Ball

Talk with  
Friends

Good  
Night  
Sleep

Sing

Random  
Act of  
Kindness

Watch  
a Funny  
Movie

Laugh

Take a  
Walk

Play a  
Sport

Drink  
Water

Healthy  
Diet

FREE

Time  
Manage

Make a  
Music  
Playlist

Set a  
Goal

Enjoy  
Nature

Read a  
Book

Journal

Play a  
Game

Take 10  
Deep  
Breaths

Draw

Music

Music

Do Yoga

# WELLNESS WORKSHEETS

Twelfth Edition

Paul M. Insel

## Chapter 2 Stress: The Constant Challenge

10. Identify Your Stress Level and Your Key Stressors
11. Major Life Events and Stress
12. Daily Hassles and Stress
13. Time Stress Questionnaire
14. Relaxation Techniques: Progressive Muscle Relaxation and Imagery
15. Stress-Management Techniques
- \* 16. Social Support
- \* 17. Sleep
18. Confide in Yourself Through Writing
19. Problem Solving

# Stress Reduction Activities for Students

## TABLE OF CONTENTS

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Deep Breathing Exercise (Belly Breathing)	2
Progressive Relaxation (Deep Muscle Relaxation)	3-4
Simple Meditation	5-6
Visual Imagery	7-8
Peer Sharing (Co-listening)	9-10
Animal Charades (Physical Activity)	11
Silent Ball (Physical Activity)	12-13
Movement to Music Freeze Dance (Physical Activity)	14
Paper Mosaics (Art Activity)	15-16



## Educator Resources

WSCC

e-Learning Center Help

Take Five

[Focus and Attention K4-8](#)

[Focus and Attention 6-12](#)

[Mindful Movement K4-8](#)

[Mindful Movement 6-12](#)

[Kindness and Compassion K4-8](#)

[Kindness and Compassion 6-12](#)

# Mindfulness Practices: Take Five

## What is Mindfulness?

Mindfulness is a research-based tool that starts with purposefully bringing focus to thoughts, emotions, physical feelings, and environment, with kindness and without judgment. Mindfulness exercises can be integrated into the school day to increase personal wellness and positive feelings, reduce reactivity and negativity, and improve overall classroom culture.

Learning to pause during the day allows for automatic, conditioned patterns to be broken, setting the stage for increased self-awareness, a requirement for self-regulation and impulse control.

In the classroom setting, the use of mindfulness practices can contribute to:

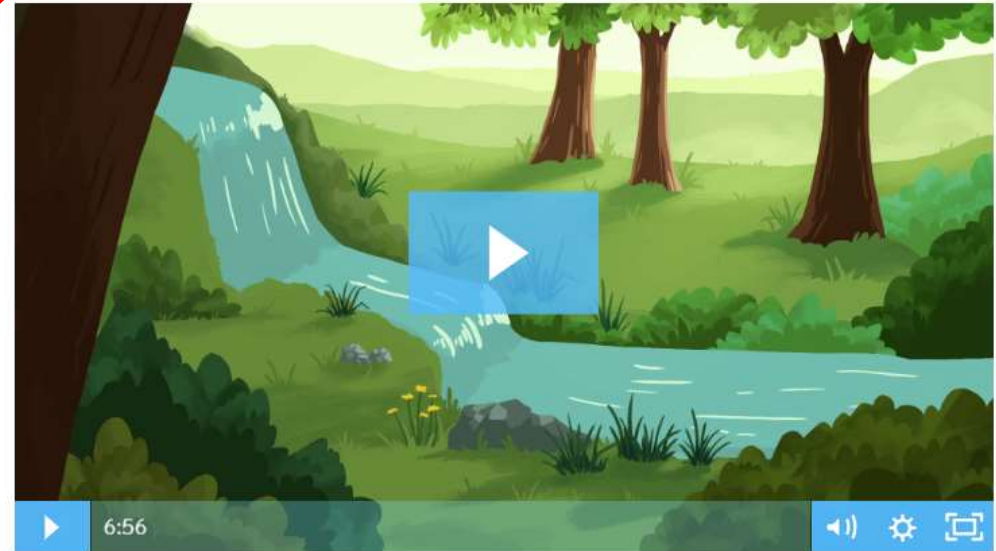
- Improved focus and attention



[Mindful Movement K4-8](#)[Mindful Movement 6-12](#)[Kindness and Compassion K4-8](#)[Kindness and Compassion 6-12](#)

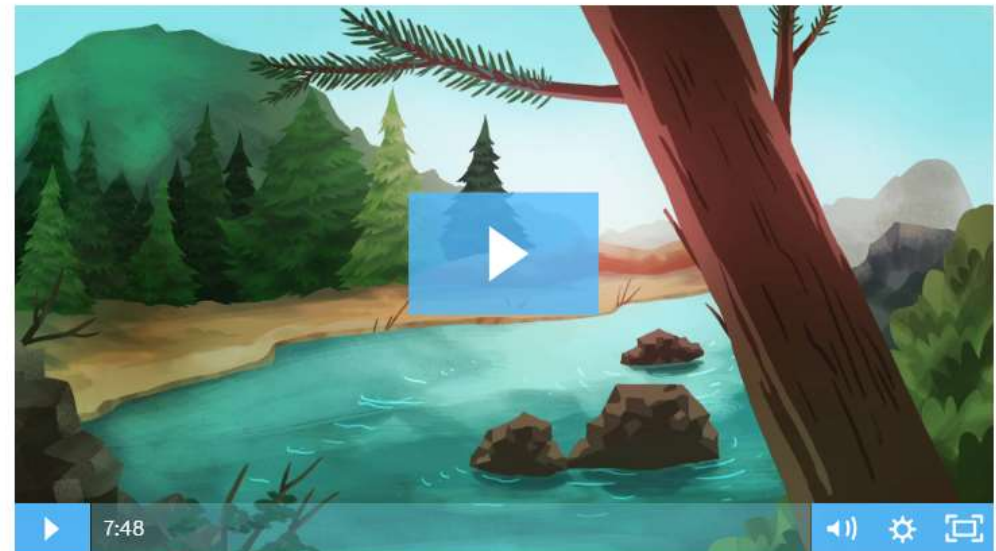
## Kind Thoughts

**Practice Description:** This practice is designed to cultivate connection with others, and to bring intentions of kindness and comfort for ourselves, especially when life's emotions pull us down. The phrases are meant to plant seeds within us for safety, happiness, good health and peace.

[Download PDF](#)

## 5 Finger Gratitude

**Practice Description:** Gratitude, or appreciation, is a thought, or feeling, of being thankful for someone or something. Paying attention to what we appreciate can take our mind off what is bothering us and lighten our mood. When we appreciate moments of happiness, warmth or joy in our day, we are also training our mind to be more positive, which can increase the





## 5 Finger Gratitude

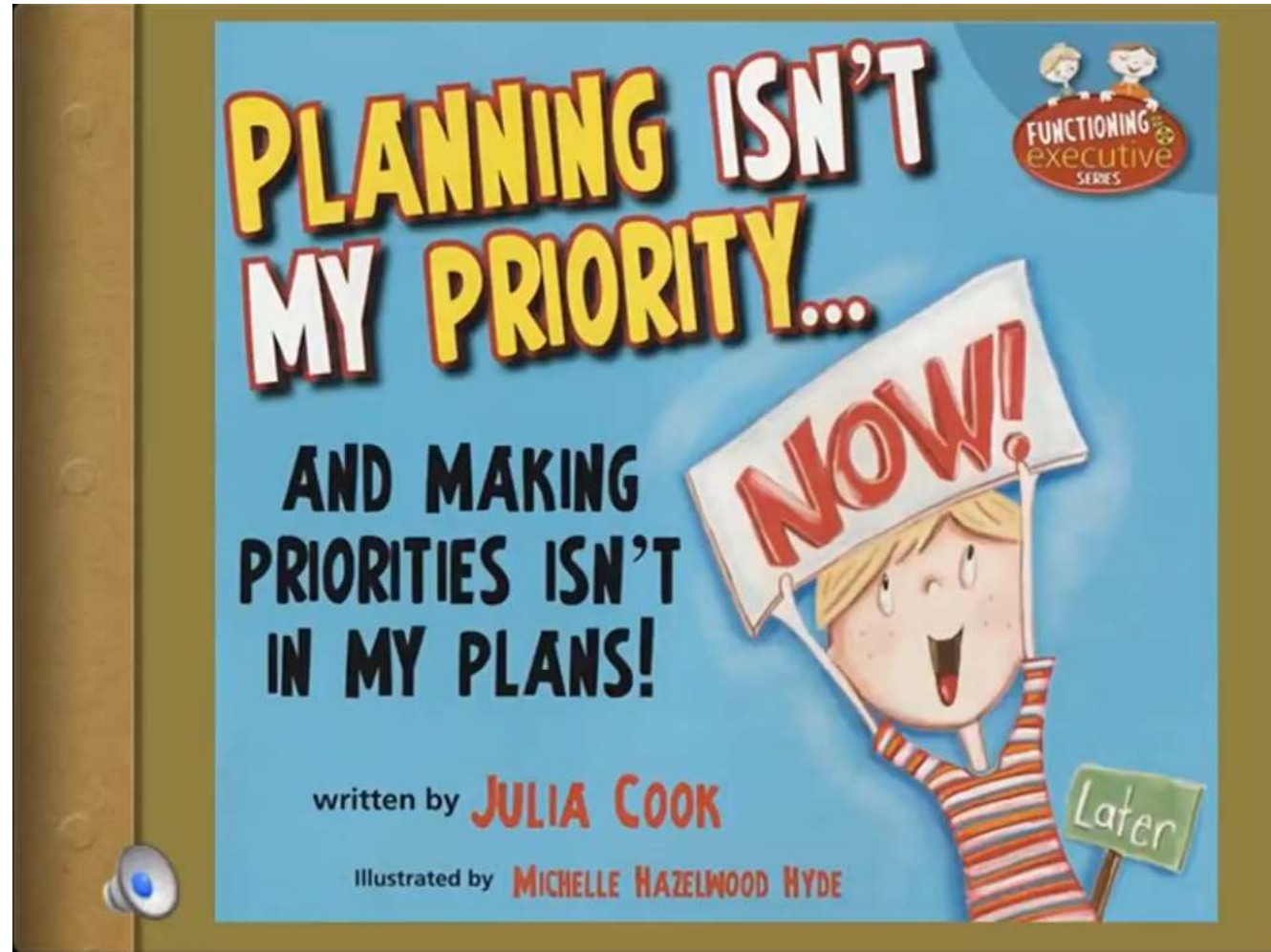
**Practice Description:** Gratitude, or appreciation, is a thought, or feeling, of being thankful for someone or something. Paying attention to what we appreciate can take our mind off what is bothering us and lighten our mood. When we appreciate moments of happiness, warmth or joy in our day, we are also training our mind to be more positive, which can increase the natural frequency of these thoughts.

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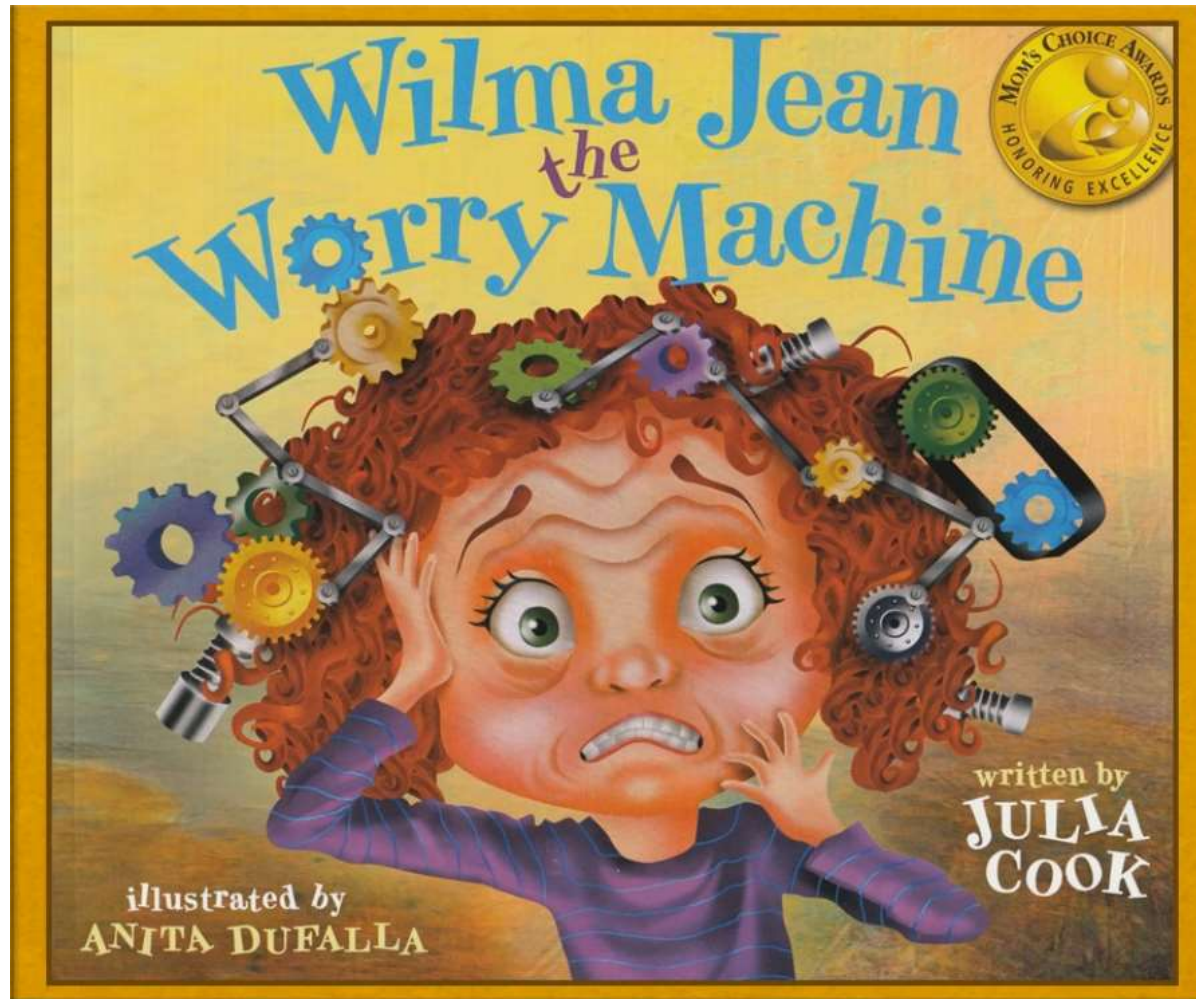


5 Finger Gratitude  
— Grades 6-12 —

You  Tube



You  Tube





Worry Dragon Teen Health  
Lani Minella • 7K views



3:15



Wilma Jean the Worry Machine  
ReadRecordShare • 64K views

with  
11:42



KIDS VOCABULARY



123  
SESAME STREET

★  
★  
★  
CELERS



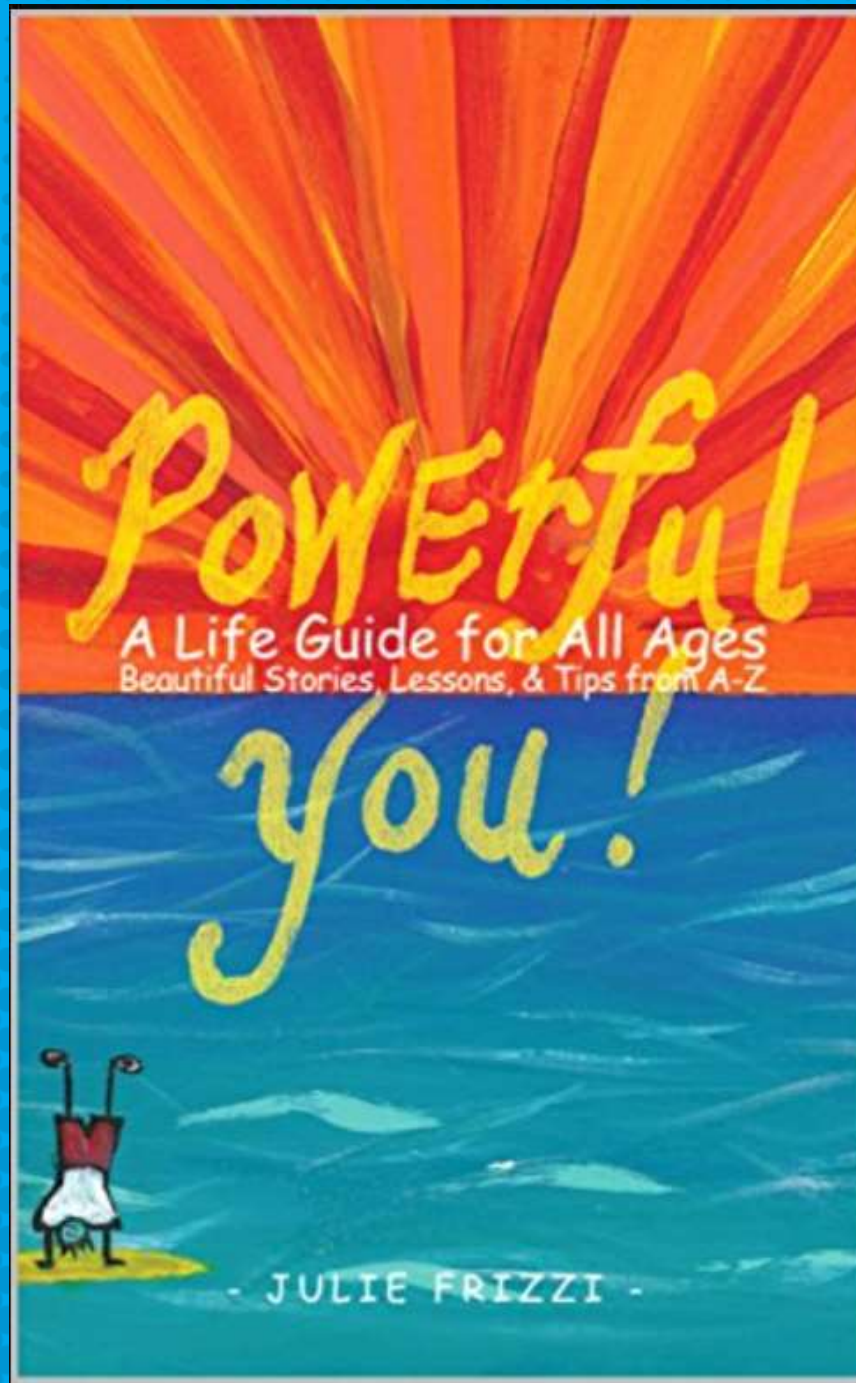
CN



I know. It's my  
COMFORT ZONI



***Powerful You*** is a comprehensive life-guide for families, educators, therapists, or anyone working with youth (ages 7-11). Each chapter includes a real-life story from a child who has struggled, a powerful affirmation, self-discovery journaling questions and a variety of inspiring activities/tips for children.



Julie Frizzi



# START A CHAIR YOGA ROUTINE THIS MONDAY

If you need to stay at your desk, you can still get a good stretch! Do some simple chair yoga positions to get your blood flowing and reduce your stress in just minutes.



COW STRETCH



CAT STRETCH



SIDE ANGLE

DE STRESS  
MONDAY

# Seated Crescent Moon Pose



Credit: Yoga Destiny

# Wrist and Finger Stretches



Credit: Fit Day



# Chair Pigeon Pose



Credit: Christie Pitko

# Desk Chaturanga



Credit: City Personnel

# Desk Plank Pose

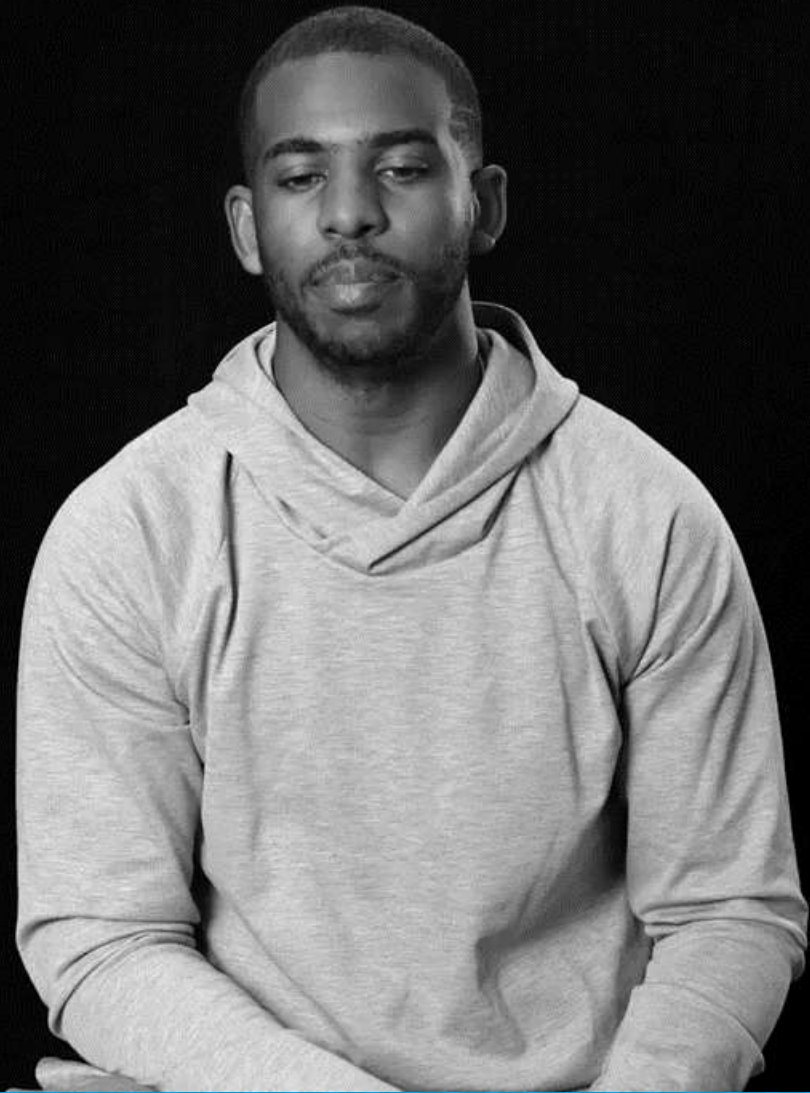


Credit: Chris Watts



# Meditation and Breathing





## Five Steps to Feeling Calm (use this as a guide to teaching your children)

1. Spread your hand and stretch your fingers out like a star. You can choose your left hand or your right hand. Pretend the pointer finger of your other hand is a pencil and imagine you are going to trace around the outline of your hand and fingers.
2. Start at the bottom of your thumb and slide your finger up your thumb, pause at the top, and then slide your finger down the other side. Now slide your pointer up your second finger, pause, and slide down the other side. Continue tracing your fingers up, pause, and down. Slide your finger slowly, watch your finger move and notice how it feels. Keep going until you have finished tracing your fifth finger (pinky).
3. Now you are ready to add some breathing. Breathe in through your nose and breathe out through your mouth. Remember to keep it slow and steady.
4. Place your pointer finger at the bottom of your thumb, and breathe in as you slide up. Breathe out as you slide down. Breathe in as you slide up your second finger, and breathe out as you slide down. Keep going until you have finished tracing your fingers and you have taken five slow breaths.
5. How does your body feel now? Do you feel calm or would you like to take another five?

## CALM DOWN WITH TAKE 5 BREATHING

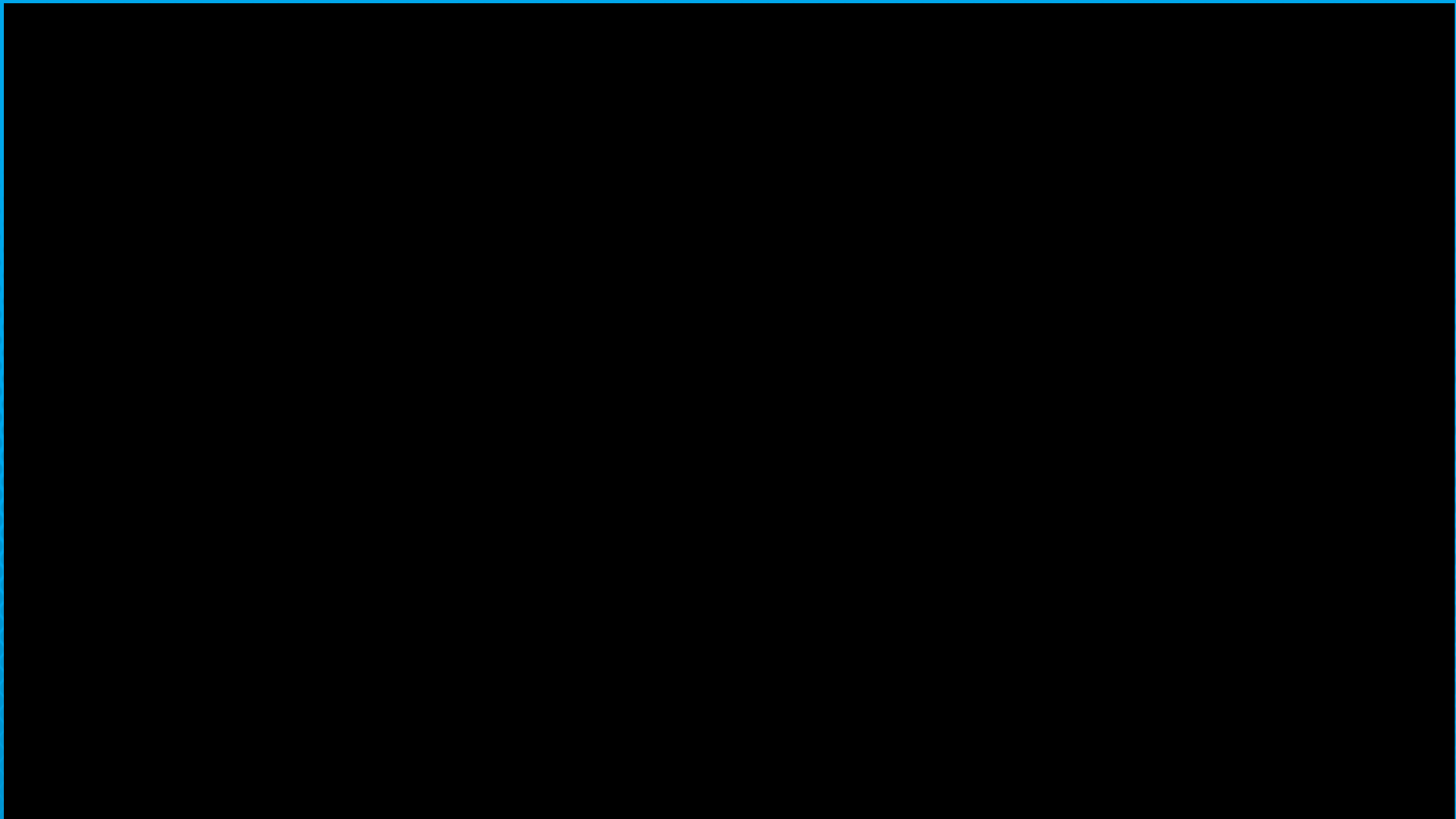
1. Stretch your hand out like a star.
2. Get your pointer finger ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down. Keep going until you have finished tracing your hand.



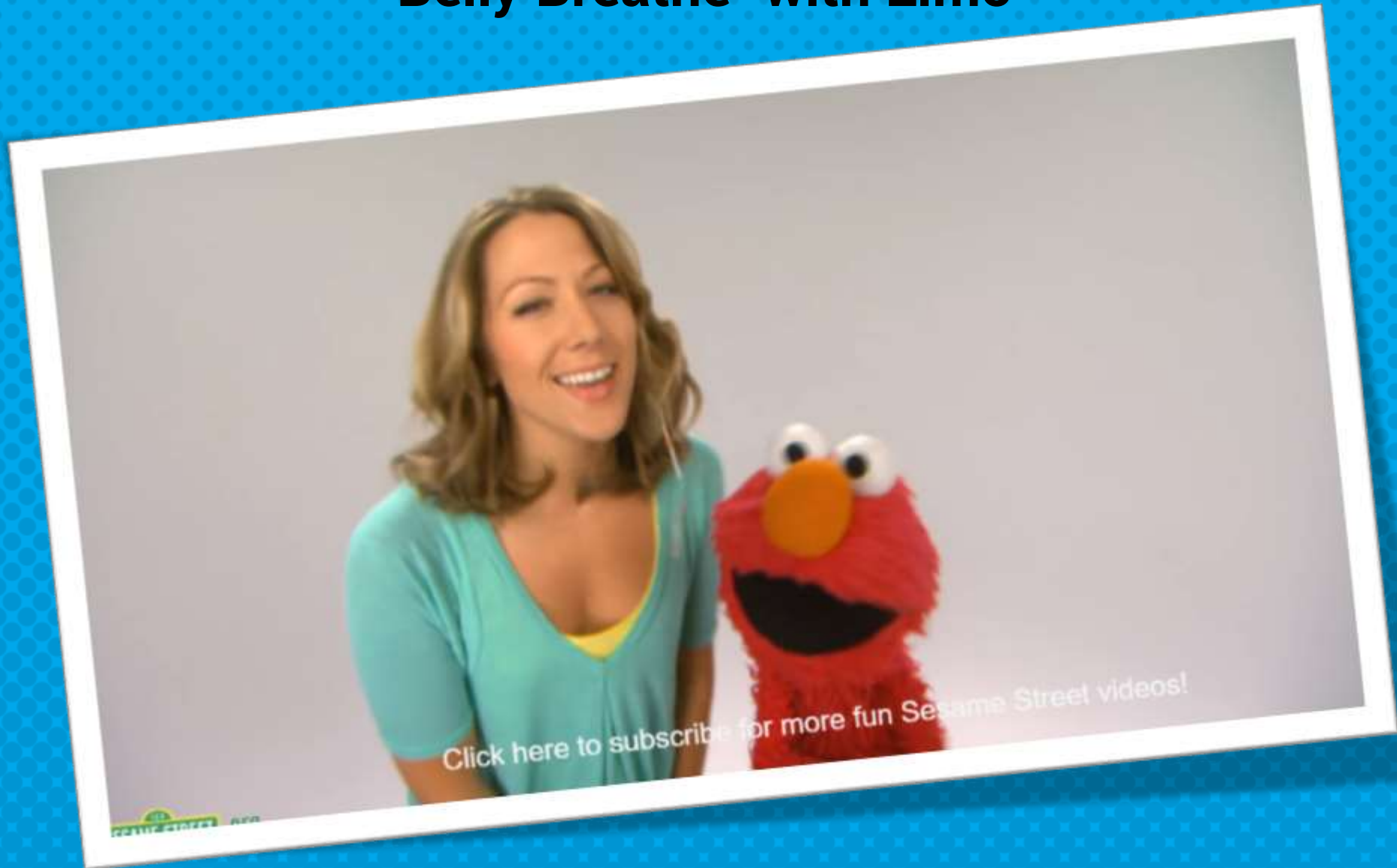


"Just Breathe" by Julie Bayer Salzman & Josh Salzman (Wavecrest Films)





# Sesame Street: Common and Colbie Caillat "Belly Breathe" with Elmo





[https://www.youtube.com/watch?v=\\_mZbzDOpyIA](https://www.youtube.com/watch?v=_mZbzDOpyIA)



childhood 101  
PLAYING | LEARNING | GROWING

## Helping Children Manage Big Emotions: My Emotions Wheel Printable

Helping children learn to recognise and cope overwhelming emotions is an ongoing process that certainly doesn't stop when they enter primary or elementary school, in fact I would say emotional regulation becomes even more important in the vast social network of school. Teaching children emotional regulation involves helping them to identify what triggers big feelings, how their body feels as it responds and what they can do in the moment and this printable My Emotions Wheel is a great tool for doing just that.

Welcome to Childhood 101, a place to celebrate the joys of family, home and childhood.

*Christie Burnett, Editor*



MY EMOTIONS WHEEL

## 5 Steps to Managing Big Emotions



1. Remind myself that it is never okay to hurt others.
2. Take 3 deep breaths or count slowly to 10.
3. Use my words to say how I feel and what I wish would happen.
4. Ask for help to solve the problem.
5. Take the time I need to calm down.



breathing exercises for stress



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### 3 Deep Breathing Exercises to Reduce Stress & Anxiety - YouTube



[https://www.youtube.com/watch?v=sJ04nsiz\\_M0](https://www.youtube.com/watch?v=sJ04nsiz_M0) ▼

Apr 29, 2016 - Uploaded by Meghan Livingstone

\*\*Techniques begin at 3:10\*\* Hi everyone! Life's been a little **stressful** lately, so here are 3 easy deep ...

### Breathing Exercise for relaxation - reduce stress and anxiety - YouTube



<https://www.youtube.com/watch?v=KePf3G7dUyY> ▼

Oct 6, 2015 - Uploaded by marthe-Creations

**Breathing exercise** for relaxation and reducing **stress** levels. This is an animation to help breathing in a slow ...

### How to Relieve Stress in 60 Seconds: Deep Breathing Exercises ...



<https://www.youtube.com/watch?v=mH7EmmgSZQE> ▼

Oct 21, 2014 - Uploaded by Be The Change Yoga

How to Relieve **Stress** in 60 Seconds: Deep **Breathing Exercises**...Instantly reduce **stress** with this quick ...

### Breathing Exercise for Anxiety, Relaxation, and Stress Relief | 5 ...



<https://www.youtube.com/watch?v=04PgJqJGLQc> ▼

Sep 28, 2016 - Uploaded by Los Angeles Performance Therapy

**Breathing Exercises** for Anxiety, Relaxation, and **Stress** Relief utilizes mindfulness breathing exercises to



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20+ Counseling Themes  
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Inside Out



 Search

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## 5 Teaching Ideas Connected to Pixar's Movie Inside Out



Michelle Garcia Winner



Source: Pixar

The Disney Pixar movie, *Inside Out*, has inspired many to think about the idea that what goes on inside our brains is as fascinating as what goes on around us on a daily basis.

As I mentioned in a brief article published in our July Social Thinking newsletter, [Inside Out: An Upside Down Experience for Us](#), the movie encouraged children and adults to talk about the emotions they experience. While I personally did not love this movie (too much chaos in the brain and too little self-awareness and self-control on the part of the 11 year old protagonist, Riley), I did see it as a vehicle for teaching.

Riley's brain is a featured "character" in the movie, however Riley herself has minimal participation in the film. While the core idea of turning feelings into characters is creative and engaging, the reality is that the message the movie conveys is that Riley's emotions paired with her memories are taking her on their own journey. At no point does Riley use any other part of her brain to work through her experience of having to move and live in a new town. She's not using her brain to develop strategies to more effectively manage her very active emotions paired with her memories of the past. Fundamentally, Riley demonstrates many lagging skills in social communication and problem solving.

That said, the movie can be used for developing lessons around social communication and social emotional learning that can help our students. Although the movie's target market is young elementary school-age children, most of the five lesson ideas that follow are best explored with upper elementary, middle and high school students.



# 50+ IDEAS FOR USING INSIDE OUT IN COUNSELING FOR EMOTIONAL INTELLIGENCE

8/26/2015

2 COMMENTS



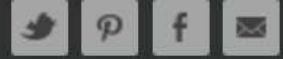
Photo Courtesy of Okay Yamanoglu via flickr

Inside Out, Pixar's newest movie, is a therapist's dream movie. **If you work with children, have children, know a child, or know anyone that has a child... stop here and go see this movie!**

As a therapist in Virginia Beach, I often work with children with Autism and ADHD. I work with kids who are struggling to fit in, to cope with anxiety, frustration and change. This movie is the perfect platform to engage kids



**NIKKI SCHWARTZ,**  
LPC, NCC



### ABOUT NIKKI

Nikki is a Licensed Professional Counselor and owner of Oaktree.



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inside out movie lesson plans



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### 5 Teaching Ideas Connected to Pixar's Movie Inside Out Author(s)

<https://www.socialthinking.com/Articles?...5%20Teaching%20Ideas%20Connected%20...>

The Disney Pixar **movie, Inside Out**, has inspired many to think about the idea that what goes on inside our brains is as fascinating as what goes on around us on a daily basis. As I mentioned in a brief article published in our July Social Thinking newsletter, **Inside Out: An Upside Down Experience for Us**, the **movie** ...

### How to Use Inside Out in Your Classroom - Project School Wellness

[www.projectschoowellness.com/how-to-use-inside-out-in-your-classroom/](http://www.projectschoowellness.com/how-to-use-inside-out-in-your-classroom/)

Dec 1, 2016 - So what's a middle school teacher to do? **Inside Out**, Joy, Sadness, **Inside Out Lesson Plans**, Middle School, School. (Definitely worth the loooooong Disney line). Thankfully, we are now living in a post-**Inside Out**. And the Disney Pixar geniuses created a **movie** that breaks down barriers of vulnerability and ...

### Inside Out Lesson Plans & Classroom Feelings Chart! - Pinterest

<https://www.pinterest.com/pin/272397477438977556/>

This is a great way to introduce and help kids identify different feelings using the characters from the **movie, Inside Out**. Includes: \*\*'How Do You Feel' Chart different color versions)\*\* Life Quotation about embracing all your scenario pages. Find this Pin and more on Autism by jody\_cisneros. \*Includes: -I feel/ I need board ...

### 3 Ready to Go ESL Lessons Based on Disney's Movie Inside Out



inside out movie lessons

All Pins

Home Explore Russell

Pixar Student Children Free Printable For Kids Watches Sadness Life Feelings Teachers Truths

**INSIDE OUT**  
MOVIE DISCUSSION PACKET

THIS ACTIVITY CREATES A VALUABLE OPPORTUNITY FOR STUDENTS TO LEARN ABOUT EMOTIONAL AND MENTAL HEALTH AND WELLNESS, IDENTIFY SKILLS FOR COPING WITH LIFE'S SITUATIONS AND DEVELOP EMPATHY.

ALSO CHECK OUT...

STUDY TO GO: MY NOTING

ISLANDS OF PERSONALITY

MY ISLANDS OF PERSONALITY

**INSIDE OUT** DISCUSSION PACKET: PROJECT BREAK

**INSIDE OUT** DISCUSSION PACKET: ESSAY QUESTIONS

**KIDS**

**Earth Science for Kids**

- zero ads
- three reading levels
- vetted by subject experts

20+ Inside Out Video Clips to teach children about feelings

**INSIDE OUT**

thehelpfulcounselor.com

20+ Inside Out Clips to Teach Kids About Feelings

FROM THE CREATORS OF

**INSIDE OUT**

Inside Out LESSON Plans on Emotions! w/ FREE Classroom Feelings Chart!

MEET THE LITTLE VOICES INSIDE YOUR HEAD.

Inside Out Lesson Plans & Feeling Chart



## A 15-LESSON APPROACH



MindUP™ helps students develop social and emotional skills

**MindUP™ for Schools**

## A POSITIVE LEARNING CULTURE IN CLASS



MindUP™ creates a positive learning environment in schools and classrooms

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## IMPROVING HARMONY WITHIN THE HOME



MindUP™ reduces stress and improves relationships at home

**MindUP™ at Home**



*Guided Imagery  
Scripts*

---

**Information from your Patient Aligned Care Team**

---

**Visualization/Guided Imagery**

---

**What is Visualization/Guided Imagery?**

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Imagery or visualization involves using your imagination to help put your body in a more relaxed state. Just as your body can become tense and stressed in response to thoughts that make us angry or anxious, it can also become more calm and relaxed in response to calming, peaceful, and pleasant thoughts. One of the most basic ways to use imagery to relax is to close your eyes and imagine being in a place that is peaceful and relaxing to you. It may be a place you have actually been in the past, or it may be a place created in your imagination. It might be a quiet beach; a cool, shady spot in the woods; snuggled in front of a fireplace; fishing; or any place else that is peaceful and soothing to you. Use all of your senses in your imagination. For example, see the waves gently lapping on the shore or the light filtering through the leaves of the trees. Hear the birds singing or the leaves rustling. Smell the flowers, the grass, or the salt air. Feel the sun or gentle breeze on your skin. Feel that you are actually there. Smile and let your body relax. Enjoy being there for a few minutes. You can use this as a regular relaxation exercise or in times of stress when you need to relax. Following is a scripted example of a visualization exercise.

## ***Guided Imagery & Visualization***

*Developed by The Center For Mind Body Medicine*

### **I. What is Imagery?**

Guided imagery is a form of deliberate and directed daydreaming, and uses all of the senses. The unconscious mind communicates information and inspiration to the conscious mind and to the body as well. Imagery makes thoughts vivid and is connected with many important functions in the brain.

### **II. Experiential Exercise: Lemon Imagery**

*To illustrate the effect of imagery on physiological processes, we will examine the process of eating a lemon*

#### ***Script for Lemon Imagery:***

*Take a deep breath and allow your eyes to close.... I would like you to imagine now that you are standing in your kitchen or the kitchen of someone you know... in front of you is a cutting board..... Next to the cutting board is a good, sharp knife.....*

*Take a few moments to imagine the kitchen...the color of the countertops..... the appliances..... the cupboards.....notice if there are windows..... and so on.....*

*Also notice any kitchen smells or sounds - the running of a dishwasher or the hum of a refrigerator....or the sound of a clock on the wall...take some time to notice everything, using all of your senses, what do you see....what do you hear....what do you smell...how do you feel being there in your kitchen.....*

*Now imagine that on the cutting board sits a plump, fresh, juicy lemon..... in your mind, hold the lemon in one hand, feeling its weight and textures.....*



# Guided Imagery

Practicing guided imagery helps calm our bodies both physically and emotionally.

## How to Practice Visualization

- Create a comfortable environment
  - Turn off the lights in the room
  - Close doors to minimize distractions
  - Play soothing music. You can download free relaxation podcasts from the Student Health Services website at <http://www.sa.sc.edu/shs/chdc/stressfree.shtml>

- Get comfortable
  - Take off your shoes
  - Sit in a comfortable chair or lie down
  - Close your eyes
  - Relax all of the muscles in your body

- Take several diaphragmatic breaths to relax both your mind and body. Breathe in a sense of peace and relaxation. Breathe out any tension or stress that you are holding on to.

- Imagine a scene that brings you peace, where you feel calm and relaxed, where you are able to be yourself. A place where you are able to escape from things that are stressful to you. Focus on how this place makes you feel. Visualize this scene for 5 to 10 minutes (or longer). Feel your heart rate and breathing slow down as you become more relaxed.

- **Several exercises in guided imagery are provided below.**

- To end your session, take a few diaphragmatic breaths, then open your eyes.



# progressive muscle **relaxation**

One of the body's reactions to fear and anxiety is muscle tension. This can result in feeling "tense", or can lead to muscle aches and pains, as well as leaving some people feeling exhausted. Think about how you respond to anxiety. Do you "tense up" when you're feeling anxious? Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension. This information sheet will guide you through a common form of relaxation designed to reduce muscle tension.

## Muscle tension

Muscle tension is commonly associated with stress, anxiety and fear as part of a process that helps our bodies prepare for potentially dangerous situations. Even though some of those situations may not actually be dangerous, our bodies respond in the same way. Sometimes we don't even notice how our muscles become tense, but perhaps you clench your teeth slightly so your jaw feels tight, or maybe your shoulders become. Muscle tension can also be associated with backaches and tension headaches.

## Progressive Muscle Relaxation

One method of reducing muscle tension that people have found helpful is through a technique called Progressive Muscle Relaxation (PMR). In progressive muscle relaxation exercises, you tense up particular muscles and then relax them, and then you practise this technique consistently.

### preparing for relaxation

When you are beginning to practice progressive muscle relaxation exercises keep in mind the following points.

## Relaxation sequence

1. **Right hand and forearm.** Make a fist with your right hand.
2. **Right upper arm.** Bring your right forearm up to your shoulder to "make a muscle".
3. **Left hand and forearm.**
4. **Left upper arm.**
5. **Forehead.** Raise your eyebrows as high as they will go, as though you were surprised by something.
6. **Eyes and cheeks.** Squeeze your eyes tight shut.
7. **Mouth and jaw.** Open your mouth as wide as you can, as you might when you're yawning.
8. **Neck. !!!** Be careful as you tense these muscles. Face forward and then pull your head back slowly, as though you are looking up to the ceiling.
9. **Shoulders.** Tense the muscles in your shoulders as you bring your shoulders up towards your ears.
10. **Shoulder blades/Back.** Push your shoulder blades back, trying to almost touch them together, so that your chest is pushed forward.
11. **Chest and stomach.** Breathe in deeply, filling up your

# Progressive Muscle Relaxation Script

Progressive muscle relaxation is an exercise that relaxes your mind and body by progressively tensing and relaxation muscle groups throughout your entire body. You will tense each muscle group vigorously, but without straining, and then suddenly release the tension and feel the muscle relax. You will tense each muscle for about 5 seconds. If you have any pain or discomfort at any of the targeted muscle groups feel free to omit that step. Throughout this exercise you may visualize the muscles tensing and a wave of relaxation flowing over them as you release that tension. It is important that you keep breathing throughout the exercise. Now let's begin.

Begin by finding a comfortable position either sitting or lying down in a location where you will not be interrupted.

Allow your attention to focus only on your body. If you begin to notice your mind wandering, bring it back to the muscle you are working on.

Take a deep breath through your abdomen, hold for a few second, and exhale slowly. Again, as you breathe notice your stomach rising and your lungs filling with air.

As you exhale, imagine the tension in your body being released and flowing out of your body. And again inhale.....and exhale. Feel your body already relaxing.

As you go through each step, remember to keep breathing .

Now let's begin. Tighten the muscles in your forehead by raising your eyebrows as high as you can. Hold for about five seconds. And abruptly release feeling that tension fall away.

## Student Wellness Center

### STUDENT WELLNESS CENTER

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[ROOTS OF WELLBEING](#)

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[DICK'S HOUSE: HEALTH SERVICE](#)

[Home](#) > [Relaxation](#) >

## Relaxation Downloads

We hope you find these audio files helpful in your relaxation efforts. Take some time to explore the different approaches to relaxation and discover what works for you.

- [Deep Breathing & Guided Relaxation Exercises](#) (3)
- [Guided Imagery/Visualization Exercises](#) (5)
- [Mindfulness and Meditation Exercises](#) (3)
- [Progressive Muscle Relaxation Exercises](#) (1)
- [Soothing Instrumental Music](#) (11)

### GUIDED IMAGERY EXERCISES:







#### Anchoring

[Left-click to listen or right-click to download this mp3 file to your computer](#) (8:34, 8.0 MB)

Anchoring is a hypnotic technique that helps you connect to times in your past when you felt truly calm and confident. You can use it right now to give yourself a feeling of strength when facing sad days and difficult challenges.

 Rainforest	 Birds	 Storm	 Beach	 Swamp	 Night
 Bonfire	 Garden	 Rain	 Dolphins	 Piano-Radio	...take a break...

SELECT YOUR THEME

						
---	--	--	---	--	--	--

BACKGROUND

moodturn.com  
max & enjoy

<http://moodturn.com/>

Taking regular breaks is probably the closest thing I found to a miracle “cure” for feeling stressed.



*Becky Barnicoat / BuzzFeed*

Source: [https://www.buzzfeed.com/beckybarnicoat/could-a-fitbit-help-me-conquer-my-stress?utm\\_term=.ldxwam8bp#.oxlr5yJO3](https://www.buzzfeed.com/beckybarnicoat/could-a-fitbit-help-me-conquer-my-stress?utm_term=.ldxwam8bp#.oxlr5yJO3)



quote

boyfriend girlfriend

relaxation

stress relief

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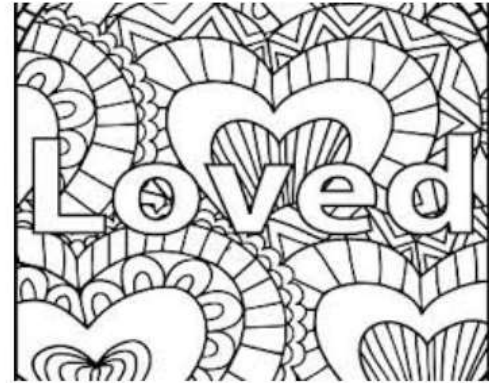
joy

honesty

easy

creative

self



Think of Positive Things!





For College Students

For Adults

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Reading

Activities

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For Teens

Worksheets

Tips

For Men

### 4 A'S OF STRESS RELIEF

Expand your stress management tool kit by mastering these four strategies for coping with stress: avoid, alter, accept and adapt.



#### CHANGING THE LEVEL OF YOUR STRESSORS

Attempt to adjust the sources of stress in your life by avoiding or altering them.

##### AVOID

A lot of needless stress can simply be avoided. Plan ahead, rearrange your surroundings and reap the benefits of a lighter load.

Take control of your surroundings. Is the traffic insane? Leave early for work, or take the longer, less traveled route. Hate waiting in line at the corporate cafeteria? Pack your lunch and eat at your desk.

Avoid people who bother you. If you have a co-worker who causes you jaw to tense, put physical distance between the two of you. Sit far away at meetings or walk around his or her cubicle, even if it requires some weaving.

Learn to say no. You have a lot of responsibilities and demands on your time. At a certain point, you cross the line between being charitable and being foolish. Turn down the neighborhood sports league. Pass on coaching T-ball. Those around you will appreciate more time with a relaxed you. And you'll have time to enjoy them, too.

Ditch part of your list. Label your to-do list with A's, B's and C's, according to importance. If it's a hectic day, scratch the C's from your list.

Just remember: A certain amount of avoidance is healthy, but some problems can't be overlooked. For those situations, try another technique.

##### ALTER

One of the most helpful things you can do during times of stress is to take inventory, then attempt to change your situation for the better.

Respectfully ask others to change their behavior. And be willing to do the same. Small problems often create larger ones if they aren't resolved. If you're tired of being the butt of your wife's jokes at parties, ask her to leave you out of the comedy routine. In return, be willing to enjoy her other jokes and thank her for humoring you.

Communicate your feelings openly. Remember to use "I" statements, as in, "I feel frustrated by shorter deadlines and a heavier workload. Is there something we can do to balance things out?"

Manage your time better. Organize your day so that like tasks are lumped together — group your phone calls, car errands and computer-related tasks. The reward of increased efficiency will be extra time.

State limits in advance. Be proactive. Instead of stewing over a colleague's nonstop chatter, politely start the conversation with, "I've got only five minutes to cover this."

### 10 DAILY STEPS for LESS STRESS



#### 1. MANAGE YOUR TIME

Flexible little routines lower stress by increasing daily predictability

Remember that your schedule doesn't need to be rigid

Create short lists for today and not beyond the weekend

Say out loud what you are grateful for each day



#### 2. PREPARE FOR THE DAY

Take 10 minutes each evening to prepare for the next day

Write down meal plans and pack lunches ahead of time

Pick out clothing, set out shoes, and put items you need in one place

Call or arrange meetings with positive and/or funny friends



#### 3. ENJOY THE LITTLE THINGS

Slow down and enjoy the moment you're in

Focus on the details of your everyday activities



### 25 HEALTHY WAYS TO DEAL WITH STRESS

1. Start waking up earlier.
2. Prepare for the morning the night before.
3. Wear more comfortable clothes.
4. Avoid relying on substance aids.
5. Keep an agenda/planner.
6. Check your agenda often.
7. Say "no" more often.
8. Evaluate your priorities.
9. Fix or abandon toxic relationships.
10. Manage your time well.
11. Focus on what you can control.
12. Find opportunities in life's challenges.
13. Read a book.
14. Watch a funny movie or TV show.
15. Talk to someone you trust.
16. Write in a journal.
17. Have a bubble bath.
18. Cook yourself a healthy meal.
19. Make time to exercise.
20. Pursue a passion project.
21. Spend time with your friends and family.
22. Be extra kind to the people around you.
23. Take a break from social media.



#### 1. MEDITATE

Just a few minutes a day of meditation can help ease your stress and anxiety. "Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress," says psychologist Robbie Maller Hartman, PhD

#### 2. BREATHE DEEPLY

When you are feeling stressed, take time to focus on breathing deeply. Close your eyes, sit up straight and focus on nothing but breathing deeply.

#### 3. REACH OUT

Having a solid social support system is a key to reducing stress. Reach out to close friends and your family in times of need.

#### 4. EXERCISE

Exercise has been shown to increase "feel good" endorphins that can help you reduce stress. A long walk can give you time to reflect, while an intense gym session can let you release negative energy.

#### 5. LAUGH



**Guided Imagery**



There's an  
APP for that!





Mindfulness

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20 topics  
2-30 minutes  
7 years  
1 approach  
A lifetime  
of benefits

# The Mindfulness Curriculum

[Learn More](#)

Who we are

**Smiling Mind is a 100% not-for-profit organisation that works to make mindfulness accessible to all.**

# Mindfulness for Kids and Their Adults

Guided mindfulness sessions to help kids calm down, focus their attention, and get ready for whatever's next.

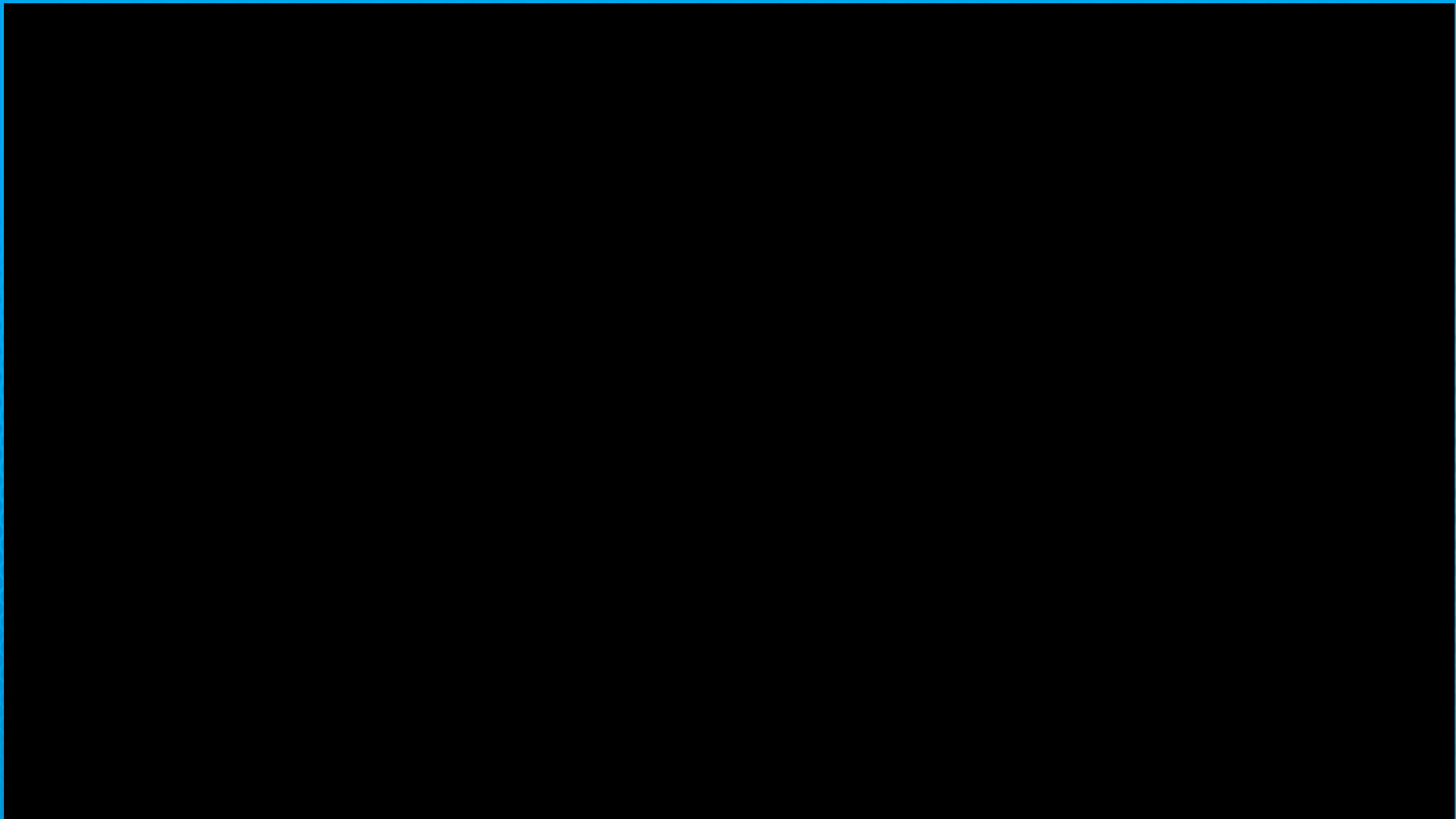
Get started for free

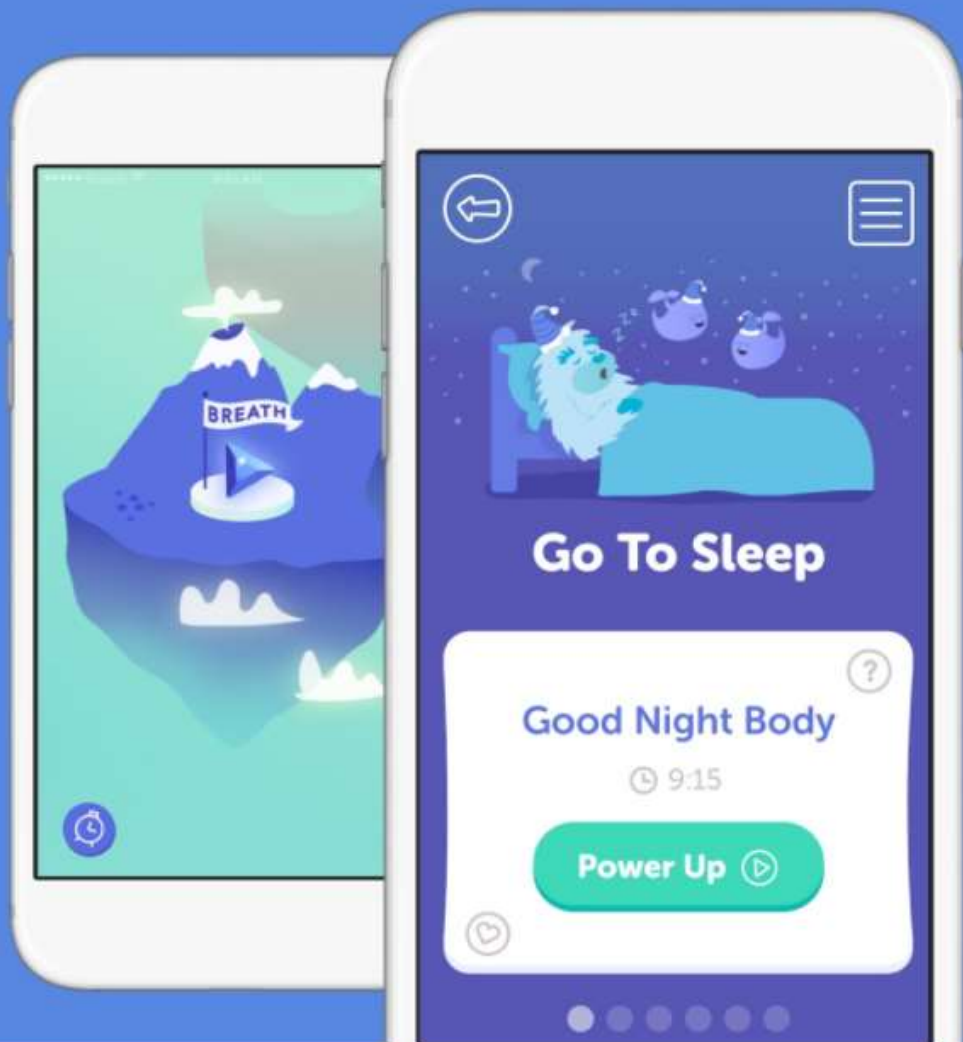
Get more with Premium



## Free Mindfulness Sessions on the Go

Mind Yeti makes it easy to fit mindfulness into your day - anytime, anywhere. Get it





# Free Mindfulness Sessions on the Go

Mindfulness on the go for every summer adventure—including sleep. Get it now on iOS!





Upgrading to Mind Yeti Premium gives you all the tools you need to create more mindful moments with the children in your life.

### Mind Yeti Basic

Free

Get started with mindfulness

Access 15 basic sessions for kids and their adults.

### Mind Yeti Premium

\$6/month

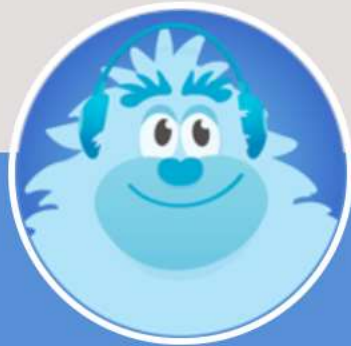
Take your mindfulness practice to the next level.

Unlock our full library of 80+ mindfulness sessions.

Automatically access new sessions as they become available.

Gain access to exclusive resources for Premium members.

[Get Started](#)



# Best Anxiety Apps of the Year

[Anxiety Free](#) | [Acupressure: Heal Yourself](#) | [Nature Sounds Relax Sleep](#) |

[The Worry Box](#)

[Relax and Rest](#)

[Self-Help for An](#)

[Worry Watch —](#)

[What's Up?](#)

NATURE SOUNDS RELAX SLEEP

## Nature Sounds Relax Sleep



Android rating: ★★★★★

THE WORRY BOX

## The Worry Box



Android rating: ★★★★★☆

Price: Free

Put your worries away in a box! While that statement seems too good to be true, this app's idea is to help you deal with and manage your worries. You keep a personal diary in the app where you input your worries. The Worry Box then helps you decide if the worry is unimportant, important, controllable, or uncontrollable. Depending on the worry, the app will give you techniques to help manage it, like next

steps or coping statements to tell yourself.

SLEEP TIME

# Sleep Time



analysis app.

iPhone rating: ★★★★★

Android rating: ★★★★★

## Breathe2Relax

[View More by This Developer](#)

By National Center for Telehealth & Technology

This app is only available on the App Store for iOS devices.



### Description

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress)

[National Center for Telehealth & Technology Web Site](#) ▶ [Breathe2Relax Support](#) ▶ [Application License Agreement](#) ▶ [...More](#)

### What's New in Version 1.7

minor bug fixes

 This app is designed for both iPhone and iPad.

Free

Category: [Health & Fitness](#)

Updated: Jun 06, 2016

Version: 1.7

Size: 27.4 MB

Language: English

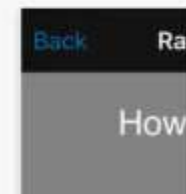
Seller: National Center for Telehealth & Technology

© Not Applicable

Rated 4+

### Screenshots

iPhone | iPad





# mindful

taking time for what matters

about

magazine

LIVING

MEDITATION

WORK

MEDITATION | TOP STORY

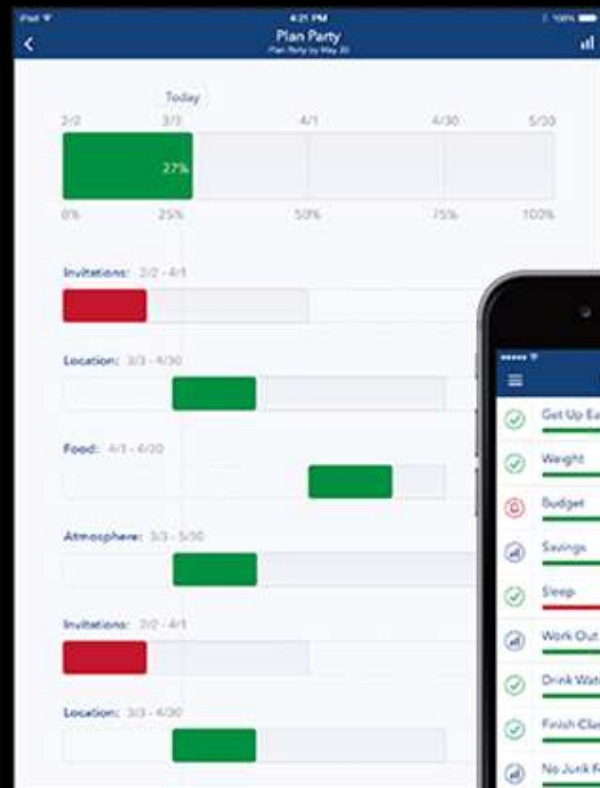
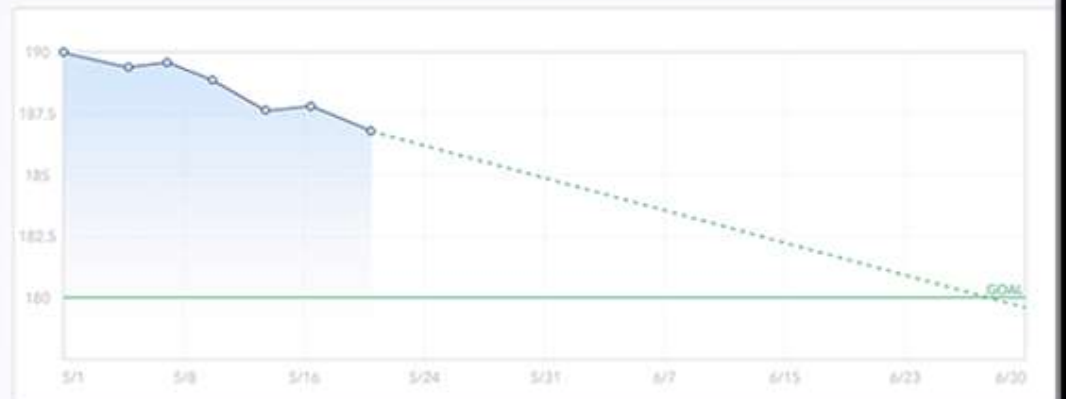
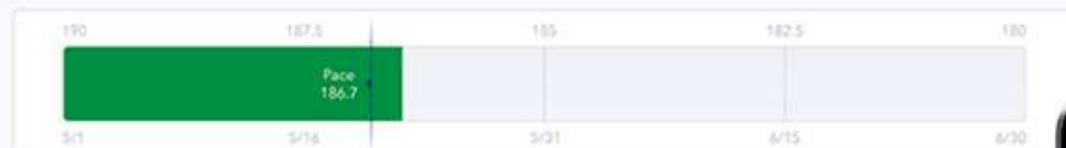
## Free Mindfulness Apps Worthy of Your Attention

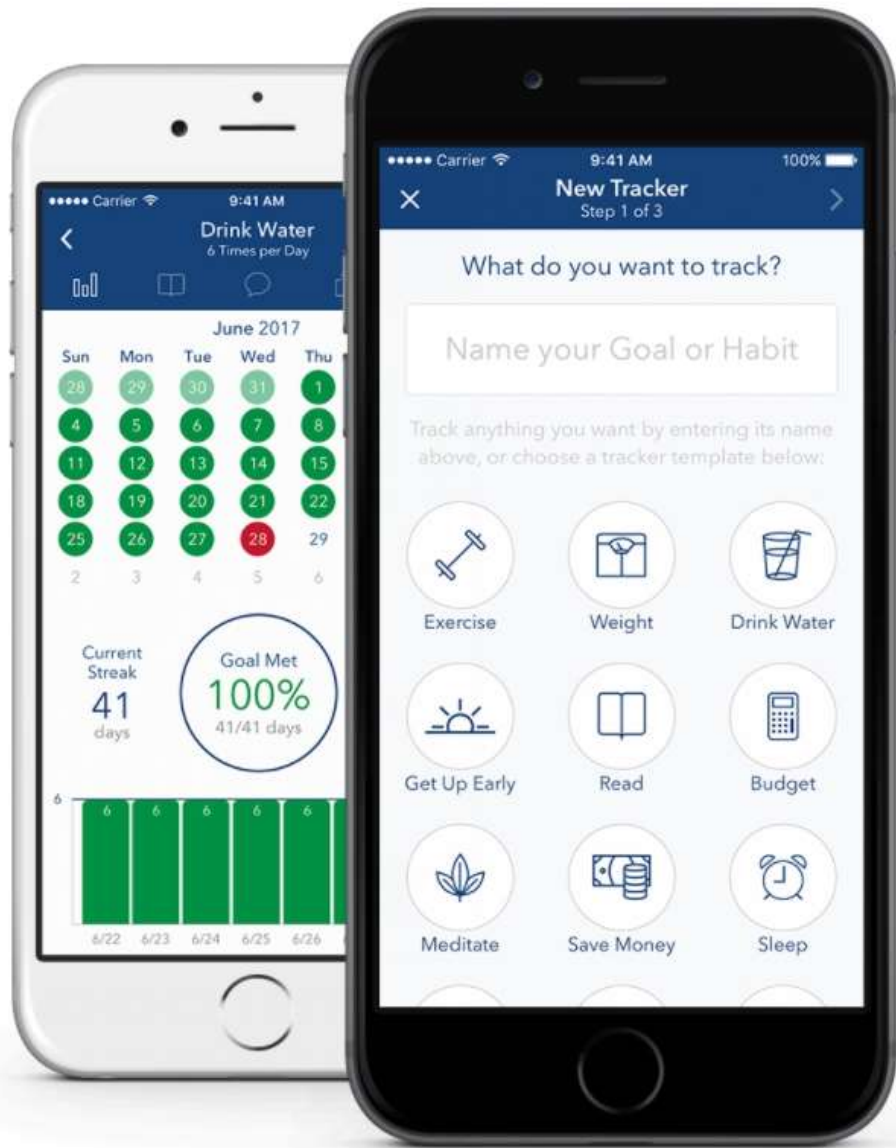
Mindfulness apps are trending in a big way. Here are five we're happy we downloaded.

By Kira M. Newman | April 6, 2017



Weight Goal: 180 by Jun 30





# Track Anything

Four trackers for any goal or habit you can imagine: Target, Habit, Average & Project.

## Easy Setup

Start with one of our popular templates, or create your own fully-customizable tracker.

## Habit Tracker

Track good or bad habits with a goal of X times per day/week/month, and see your streak.

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Set goals for anything you want to improve: Health, money, productivity, business, etc.

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# oculus GO





\$199<sup>00</sup>

prime

\$199.00 Get it for \$150.03 or less after trade-in.

Edition:

32GB

Buy new : \$199<sup>00</sup>

Platform: Oculus

FREE Delivery by **Friday** if you order within 4 hrs 38 mins.

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Get it on  
**amazon.com**

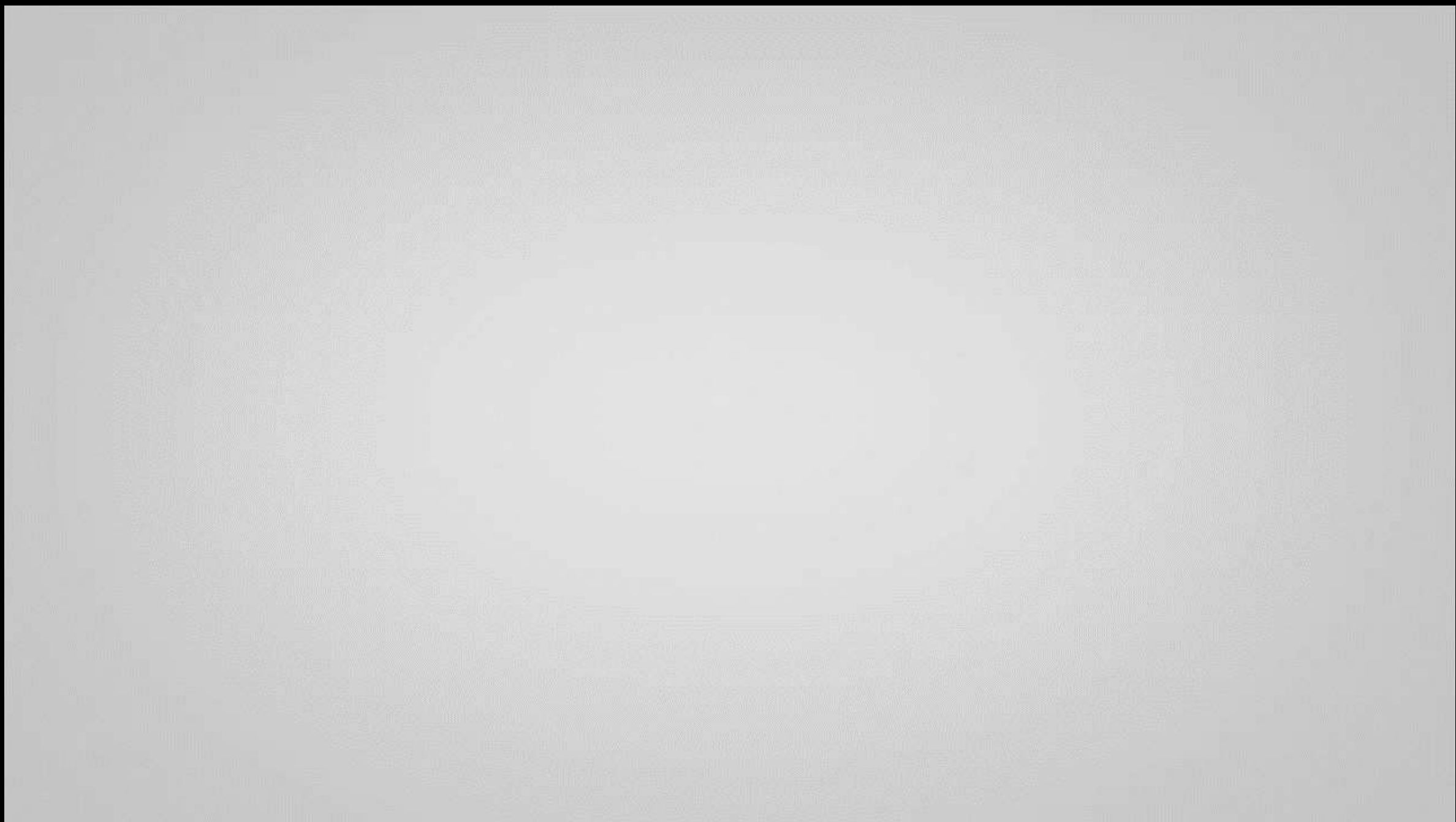


4+



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# GUIDED MEDITATION VR





# Happy place

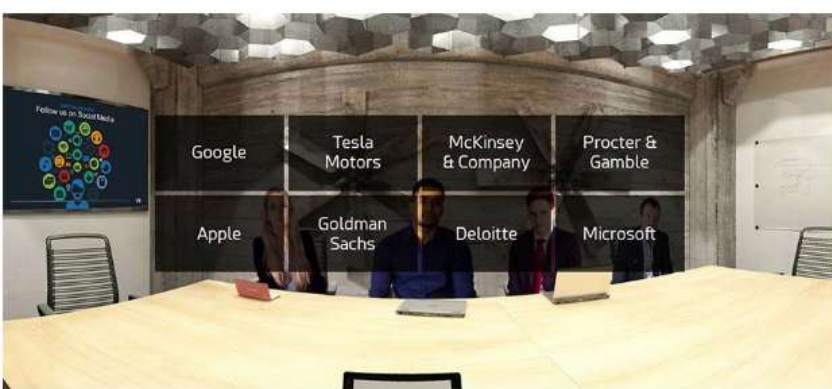


Everyone



208 Ratings

Free





# VirtualSpeech VR App

Improve your business skills in realistic VR scenarios.



App works with mobile VR headsets including Daydream View, Oculus Go, Gear VR & Merge VR.  
Read the [VirtualSpeech App Guide](#).

App formerly known as Public Speaking VR (for Cardboard).

GETTING STUCK IS A CHANCE TO

# MAKE LIFE BETTER.



What are you stuck on?



LET'S FIND YOUR OPPORTUNITY NOW



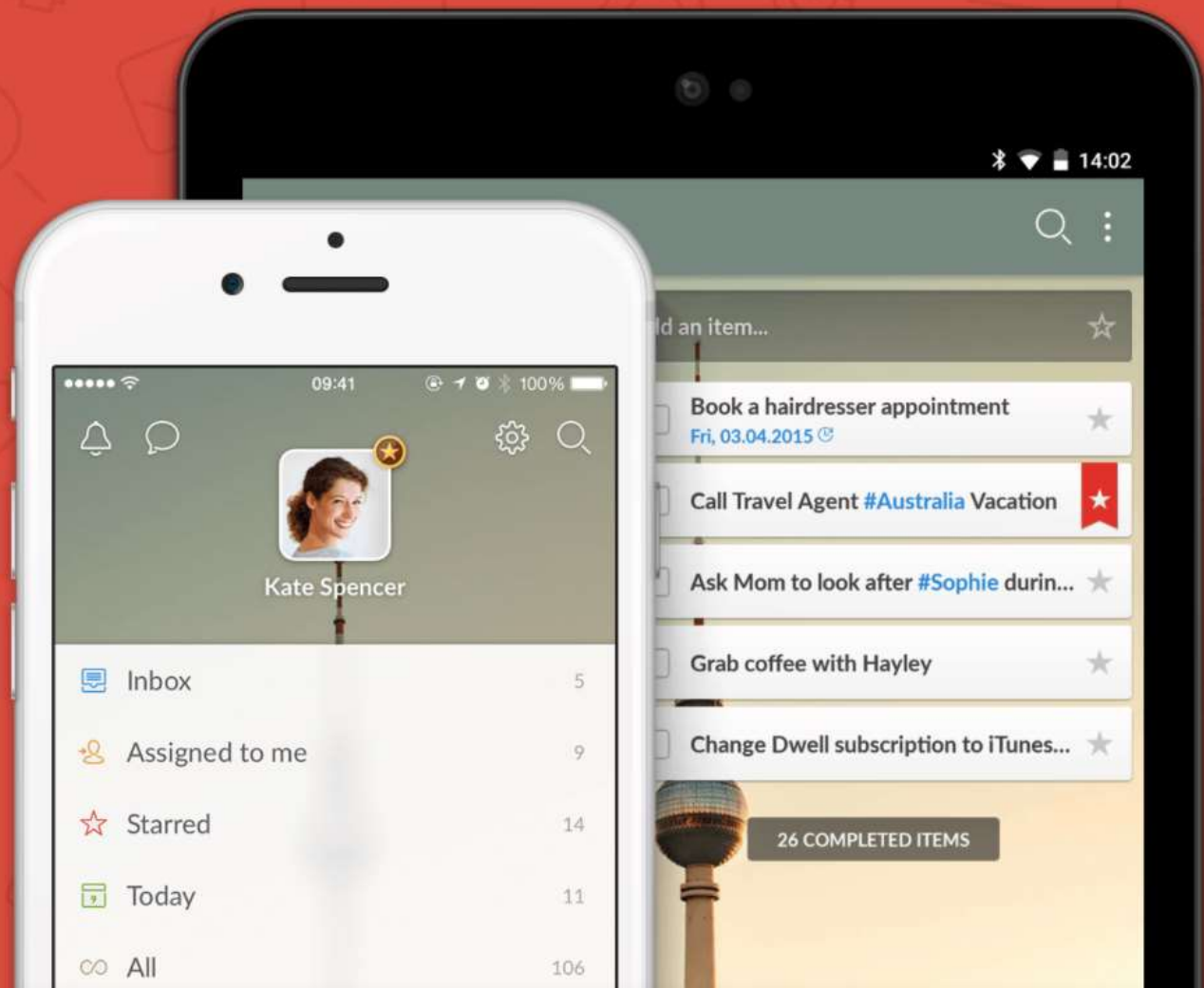


# Keep your life in sync

Wunderlist is the easiest way to get stuff done. Whether you're planning a holiday, sharing a shopping list with a partner or managing multiple work projects, Wunderlist is here to help you tick off all your personal and professional to-dos.

Create a free account

Download Wunderlist







February 2018



M	T	W	T	F	S	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	1	2	3	4
5	6	7	8	9	10	11

Add a friend's calendar



My calendars



- Russell Sabella
- Coming to Theaters Movies...
- Reminders

Other calendars



- Holidays in United States

Terms - Privacy

	Mon 29	Tue 30	Wed 31	Thu 1	Fri 2	Sat 3	Sun 4
GMT-05		gainesville keynote 8:30 - 10am			Groundhog Day		
10am		gainesville 10am - 5pm		travel to DC 9:30am - 3pm		travel to RSW 9am - 12:30pm	
11am							
12pm	meeting with task force and pam 11:30am - 1:30pm Edwards Hall Conference Room				ASCA 12 - 6:30pm		
1pm							
2pm	travel 2 - 9pm						
3pm							
4pm							
5pm		travel 5 - 8:30pm					
6pm			Advanced School Counsel Method meeting cm10003201801@e 5:30 - 8:15pm MH 205				
7pm					SCOY 2018 GALA 6:30 - 9pm Washington DC		
8pm							






## ★ To do TODAY

- Syllabi with new standards**
- CTG Kit (connect Excel to Powerpoint charts so all update automatically) and use TABLES
- SFBC Book Chapter
- SC to professor Pipeline Article
- Counselor ED outlook survey
- MYRICK Book
- School Counselor Side Hustle Book
- Legal/Ethical Issues in SC and Technology Article
- Kahoots for all my workshops



 Add to Chrome

Keyboard Shortcuts







### Member Login

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## Anxiety & Stress Management Specialist

Anxiety disorders affect one in eight children and teens and more than a quarter of teens report experiencing extreme stress during the school year. Research shows that anxiety, if left untreated, can drastically impact a student's ability to succeed in school. Whether it's the perfectionist who fears receiving less than an A+ on an assignment, or the adolescent who's overly self-conscious and feels judged by her peers, or the first grader who panics when his mother drops him off for school, anxiety can take many shapes and forms. School counselors play a critical role in promoting calmness and encouragement to their anxious students. Learn proven strategies for both individual and group counseling with students affected by anxiety.


### Learning objectives:

Upon completion of this training, participants should be able to:

- Identify the different types of anxiety, and the difference between anxiety and stress, and good vs. bad anxiety
- Explain how anxiety can impact students' academic achievement, social/emotional development and college and career readiness.
- List relaxation techniques and strategies that reframe tests as opportunities for students
- Determine whether their student is in low stress, medium stress or at the red zone/crisis level
- Teach students how to assess their stress level quickly and effectively
- Describe various interventions to use with students
- Recognize when to collaborate with parents/guardians, teachers, administrators or involve outside help

# Brief Summary List

- Deep Breathing
- Progressive Relaxation
- Music and Movement
- Guided Imagery
- Meditation
- Biblio-guidance
- Time management
- Rational, realistic, and logical **thinking**
- Gratitude
- Nutrition and Exercise
- Journaling
- Drawing/Coloring
- Yoga
- Juggle
- **Doing** more of what works (solutions).
- Fun
- Digital Cleanse
- Sleep
- Pet a loving pet 😊
- Planning
- Lists
- Virtual Reality



*Be the best  
worrier you  
can be ...*



A close-up photograph of a small, brown and white puppy. The puppy's eyes are closed, and it has a peaceful expression. Its head is resting on a light-colored, textured surface. The puppy's fur is a mix of brown, tan, and white. The background is a plain, light-colored wall.

Have a GREAT day!



# Russell A. Sabella, Ph.D.

Florida Gulf Coast University

239-590-7782

rsabella@fgcu.edu

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<http://bit.ly/help2relax>