

# Scroggs Family Summit - Summer 2020

July 28th - Managing Anxiety

*Welcome! We will wait a few minutes to give time for everyone to join. We will get started shortly!*

# Housekeeping

- Please stay muted to limit the background noise (of course unmute to ask a question, but while listening please stay muted :-))
- We would love to see all of your faces, but please feel free to turn your camera off if you feel more comfortable.
- Be sure to ask questions in the Chat box - this is a great way to communicate with other participants and the presenter!
- If you are calling in on a phone, please let us know who you are since we can't see you or your name

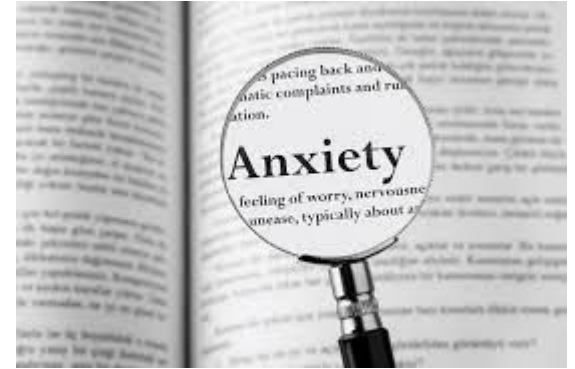
## Introductions

Please introduce yourself in the chat box and let us know what grade your child(ren) will be in this year



# It's totally natural to feel anxious

What feeds anxiety? Unpredictability, Lack of control, And Uncertainty are its favorite foods. Sound familiar?



We are not naturally good at tolerating uncertainty - feeling some anxiety is natural and healthy (hey, it keeps us alive!) - but we have to take steps to control the components of the situation we can.



# Remember Inside Out?

Negative emotions such as sadness, anger, fear and disgust actually keep us safe. They are typically *involuntary* emotions - Have you ever thought “You know what, I think I will feel scared right now?”

Fight or Flight causes you to react and feel accordingly. These emotions are actually SUPER IMPORTANT.



# STRESS

# ANXIETY

Typically  
goes away in  
the absence  
of the  
stressor

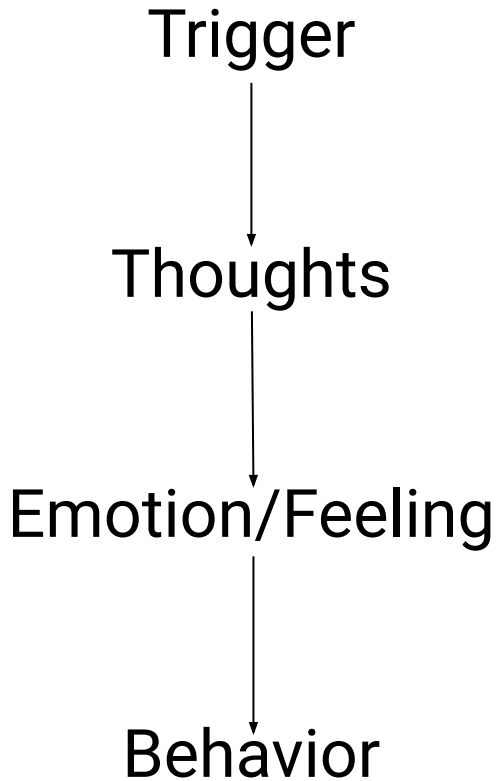
Emotional  
Response

Short-Term or  
Long-Term Trigger

Manifest in  
physical symptoms

When mild, respond  
to similar coping  
strategies

*PERSISTENT,  
EXCESSIVE*  
worries that  
don't go away  
even in the  
absence of a  
stressor



How we perceive a trigger or stressor impacts our thoughts, which then impacts our emotions and therefore our behavior. Reframe the THOUGHTS around a stressor - this can help you manage your emotions and therefore reduce the feelings of stress.

You may not always be able to escape a stressful situation, but you can take steps to reduce the stress you are feeling. Can I change the situation? Can I drop some responsibility? Can I relax my standards? Can I ask for help?

Strive for accepting things outside of your control and focusing on what you can control.

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# Don't Fight It!

If we try to simply eliminate bad feelings, we won't have the tools to face these feelings when they inevitably occur. Our emotional immune system won't be strong enough.

These feelings will pass but we have to allow ourselves to feel them. Get ahead of them - imagine yourself in a few weeks or months, not feeling bad about a certain moment. This can offer some perspective and relief in the present.






# Take Concrete Steps

- Attend carefully to self-care: healthy eating, sleep, exercise and seeking support from loved ones and friends.
- Stay informed by checking in with *reliable* news sources. Seek updates a couple times a day, even setting aside specific times to read the news.
- Maintain routine and structure!
- Be intentional about taking breaks and focusing on other parts of your life.
- Make sure to still connect with others, even if it's happening virtually, because social isolation can fuel negative mood and make it much harder to manage the natural sadness, confusion and anxiety we feel during stressful times like this. This is especially important given so many of our children (and parents!) will be separated from their usual support systems.
- Focus on activities you value – ones that are fun or relaxing, or that allow you to feel like you're accomplishing things you care about.

# General Tips/Strategies That Work for Most

- Acknowledge the anxiety - do not ridicule or push to “just deal with it/cope”
  - Do not avoid the things that make you anxious all together - this can lead to withdrawal. Remember, some anxiety helps us perform at our best and experience new things.
  - Develop a plan that allows your child to master the things that provoke anxiety - do this in incremental steps. Give support at each step. Give the message that he/she is CAPABLE and COMPETENT to handle these challenges.
  - Sleep, nutrition and exercise!
  - Use tools to help handle anxious feelings
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Remember how much we like visuals?

Grounding Techniques

Calming Tools

More Calming Tools

Brain Breaks

# It's Not Me, It's You

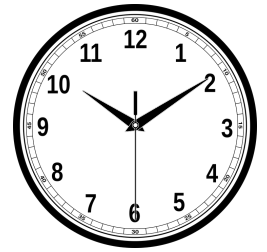
Think of anxiety as something external.

Instead of telling yourself “I’m an anxious person” or “I’m so nervous”, think of anxiety as something that **BOTHERS** you rather than **YOU**. Flip the script - “Anxiety makes my hands sweat and heart to race”.

Give your anxiety a name. This helps as a reminder that anxiety is something that comes into their life but is **NOT** who they are as a whole.



# Worry Time



One way to deal with anxiety is setting aside a worry time - it's impossible to just say 'ok don't think about....." - but if you select a time to do your worrying/problem solving, at least it helps manage it taking over your day. Sounds sort of weird right? Don't worry, it's backed by [research](#) (link to studies at the bottom of this page).

**Worry awareness** – Recognizing the worry

**Worry delay** – Acknowledge and set aside (for now)

**Worry time** – Re-engage with the thoughts at a designated time.

Twice a day could be a good place to start.

# It Takes Practice!

Acknowledge how it affects you. Identify how your anxiety affects the way you think, feel, and behave.

Imagine yourself in a battle. Identify the weapons you've used in the past—and new tools you can try.

Externalizing your anxiety reminds you that you have choices for how you respond. It can also help you accept that while it's likely to continue bothering you at times, you don't have to let it hold you back or drag you down.

Just like any other skill, changing the story of your anxiety takes practice. But over time, you can begin to think and feel differently



# Books to Consider

[Help Your Dragon Deal with Anxiety](#)

[What To Do When You Worry Too Much](#)

[A Little Spot of Anxiety](#)

[Don't Feed the Worry Bug](#)

[Anxiety Workbook For Kids](#) (Ages 5-11)

[Worry Workbook For Kids](#) (Ages 7-12)

# Thank You!

Contact Us:

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