

## Anxiety & Stress

### Parent response:

- a. guide/support as needed but back off
- b. they need to learn who they are and do things for themselves
- c. some failure and response to failure is healthy

### Student response:

- a. time management and organization
- b. coping skills and mindfulness
- c. balance and perspective (don't be afraid of stress)
- d. choosing peers & social media wisely

### Strategies:

1. Take care of your body: Sleep 8-9 hours/day (or do the best you can); exercise 25-50 minutes/day; eat a healthy breakfast with protein; limit caffeine
2. Control your thoughts: Is your thought Productive? Pleasant? Necessary? If not, stop the thought and replace it with a better one!
3. Breathe: Practice deep, slow breathing every day during times of stress. It keeps you in control of your thoughts and feelings.
4. Be mindful: Focus your awareness on the present moment. Calmly accept everything you are feeling. It will help you to make a better decision about what to do and how to be.
5. Change Self-Talk: Stop negative thoughts. Focus on successes and the potential for positive outcomes.
6. Practice: Practice these techniques so you can make small improvements each day. Eventually, it will add up to you feeling calmer, happier and more in control of your moods and attitude.

### Quote from Lisa Damour article:

Many parents of teenagers are seeing such feelings play out at home and, in the face of all this discomfort, want to help. Our first instinct may well be to try to sweep away our teenagers' worries with brooms of reassurance, coach them on how to "stay positive" and encourage them to use this strange timeout from their regular lives to be as productive as possible.

But there's another route we could take that might serve our teenagers better in the long run. We could, at this challenging time, help them make room for uncomfortable emotions. As a psychologist, this strikes me as a worthwhile caregiving effort.

Over the past several years, I have watched a general misconception take hold about the definition of mental health. Many people have to come to assume wrongly that psychological health — like physical health — means feeling good. Psychological health, however, is not about being free from emotional discomfort, but about having the right feeling at the right time, and being able to bear the unpleasant ones.

<https://www.nytimes.com/2020/04/21/well/family/coronavirus-teenagers-uncomfortable-emotions.html>