



ACTL
FEBRUARY 2022

Office of School Supports
Student Services
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WHAT ARE WE SEEING IN SCHOOLS?

Adjustment Issues

Delays

Distress/low tolerance for stress

Behaviors related to:

Anxiety

Immature/delayed development of coping strategies

Insecurity; low self-confidence

Low stamina

Goals for students:

Gain self-calming skills and decrease distress

Stay in class and build stamina

Build relationships with teachers and peers

Be OK with where you are, knowing you'll get where you want to be

OXYGEN MASK ANALOGY IS REAL

Taking care of yourself is a
priority.

- Social and emotional support
- Physical well-being



**“YOU’RE BRAVER THAN YOU BELIEVE, STRONGER THAN YOU SEEM AND SMARTER THAN YOU THINK.”
—CHRISTOPHER ROBIN**

**Believe in yourself and your ability to cope.
Believe in your children and their ability to cope.**



PRIORITIZING

One day at a time.
Each family's needs are different.
Watch out for "should"



THOUGHT PATTERNS THAT CONTRIBUTE TO DEPRESSION

All or Nothing
Overgeneralizing
Labeling
Exaggerating
Mind-Reading
Filtering

Examples of All or Nothing:

Perfectionism—less than perfect is failure.

A difference of opinion is the end of a relationship.

Always and never

Low stamina

Examples of Filtering:

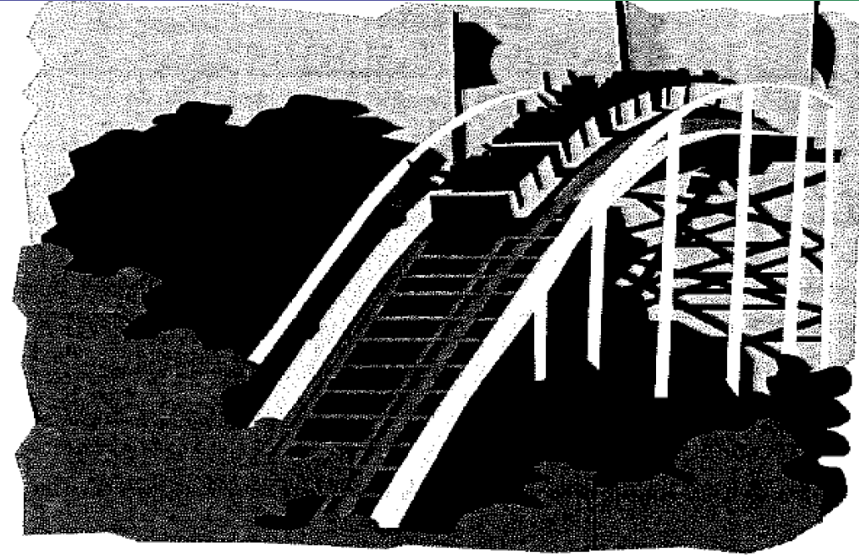
Only paying attention to negative experiences

Internalizing correction/criticism but not compliments or praise

Treating positive experiences as unimportant

Actively rejecting positive feedback—"you're just saying that because you love me."

COGNITIVE BEHAVIORAL THERAPY



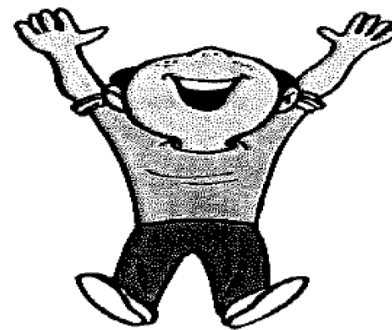
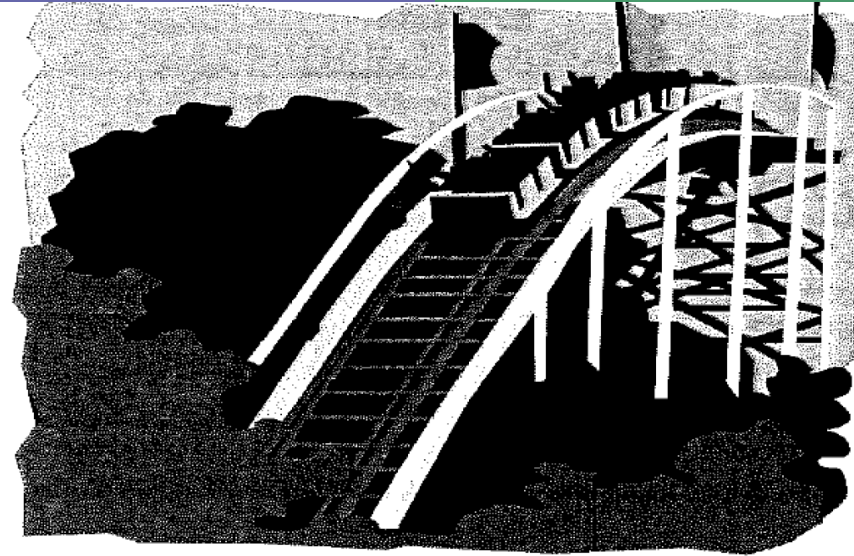
Jeremy



Trevor

WHAT TRIGGERS THE FEELINGS?

Hint: the rollercoaster is the
same, inanimate object being
perceived by both boys



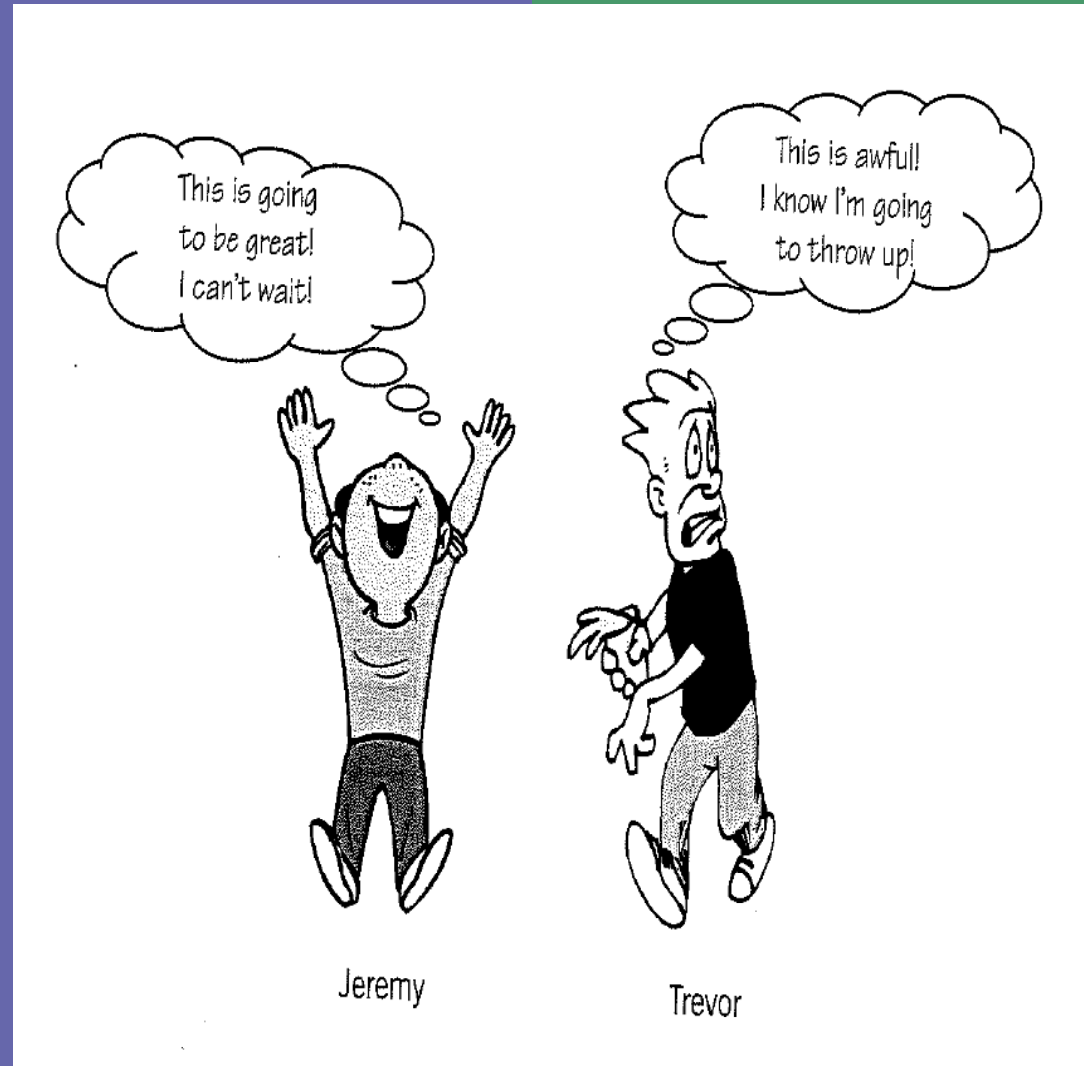
Jeremy



Trevor

WHAT TRIGGERS THE FEELINGS?

Self talk



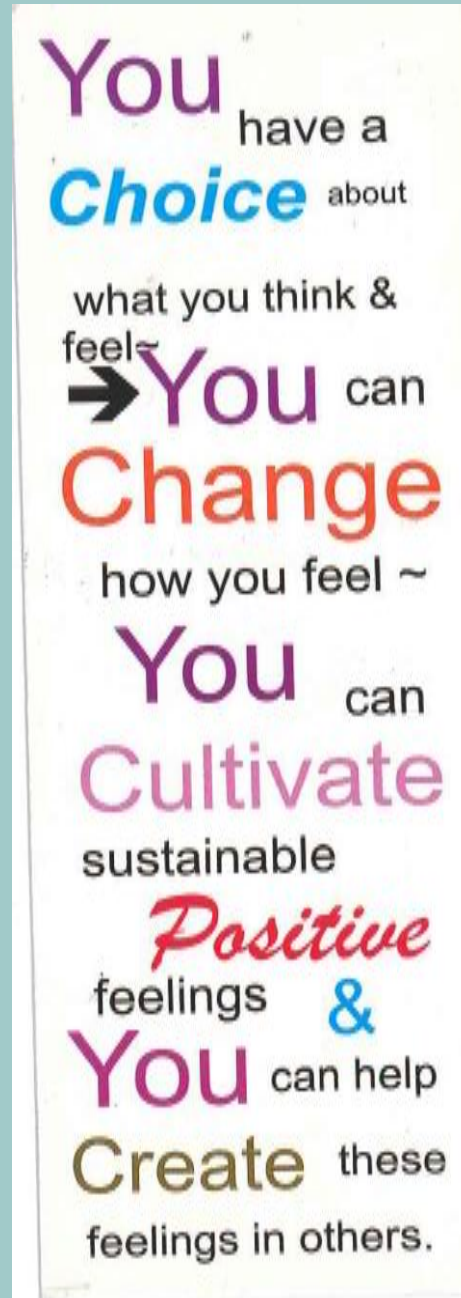
One thing you can do right now is observe the relationships between your thoughts and feelings and actively seek to increase your positive thoughts.

Look for beauty.

Look for connection.

Look for reasons to be grateful.

[Martin Luther King's "Keep Moving" speech](#)



[Student Services Newsletters](#)

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Thank you!

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