

STRESSED OUT:
Coping During COVID and Beyond

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What's Happening

- WHAT IS STRESS?
- REASONS STUDENTS FEEL STRESS
- HOW WE RESPOND TO STRESS
- THE EFFECTS OF STRESS
- GOOD STRESS/BAD STRESS
- STRESS VS, ANXIETY
- PHYSICAL AND EMOTIONAL CHALLENGES
- COPING SKILLS
- STRESS MANAGEMENT



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Stress: “Second Guess Thursday”

www.zdsoft.com



<https://www.youtube.com/watch?v=p0K8DaDlyvU>

What is Stress?

- Body's response to mental or emotional pressure, challenge, or demand
- Feeling of emotional or physical tension
- “Wear and Tear” on our body as we adjust to change
- Can come from any situation, event, or thought that makes you feel frustrated, angry or nervous

Schwartz, 2009; Medline Plus, 2020

What is Anxiety?

Types of Anxiety Disorders

Panic Disorder:

The attacks of this anxiety disorder aggravated by stress, irrational thoughts, fear or even exercise.

Specific Phobias:

The sufferer of this type of anxiety anticipates terrifying outcomes from encountering the objects that they fear off.

Generalized Anxiety Disorder (GAD):

The people having generalized anxiety disorder experience persistent fear and worry.

Social Anxiety Disorders:

The people who suffer from this type of nervous disorder fear negative publicity, public embarrassment, humiliation, and even social interaction.



Stress is a normal feeling.

➤ There are 2 kinds of stress:

1. Short-Term (Acute)
2. Long-Term (Chronic)

ACUTE Stressors		CHRONIC Stressors
<i>Stress = reaction to immediate threat (stressors)</i>		<i>Ongoing threats (stressors) result in stagnancy</i>
Tests/Quizzes	Homework	Taking courses too advanced for the student
Having the Teacher Call on You	Double-booked social events	Drug/Alcohol Use
Forgetting Homework	Situation-Specific Peer Pressure	Learning Disabilities
Forgetting Your Gym Uniform	Texting the Wrong Person	Mental Illness
Walking into the Wrong Classroom (ex. A/B Day)		Bullying/Ongoing Peer Pressure
Giving a Presentation		Parental Marital Conflict, Abuse, Neglect
Being Grounded		... Pandemics

The Problem:



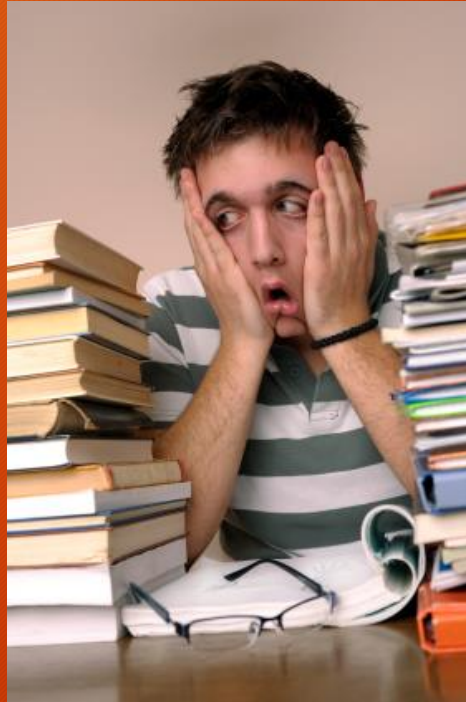
- It's not always the actual STRESSOR that determines whether stress is acute or chronic...

... but how we respond to that stressor

<https://www.youtube.com/watch?v=CWGxOB3bYf0>

Why Your Teen May Feel Stress

- ✓ Peer Pressure
- ✓ Family issues/expectations
- ✓ Death of a loved one/pet
- ✓ Loss of a friend
- ✓ Move to a new home
- ✓ Neighborhood stressors
- ✓ Family, community, national violence
- ✓ Childhood abuse



- ✓ Dating abuse
- ✓ Injuries or severe illness
- ✓ Appearance
- ✓ Finances
- ✓ Social Media
- ✓ Extreme Weather
- ✓ Media

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How Do People Respond to Stress?

- ▶ Acting Out
- ▶ Withdrawal
- ▶ Lying
- ▶ Sleep deprivation
- ▶ Not getting out of bed
- ▶ Difficulty concentrating
- ▶ Changes in eating habits
- ▶ Missed school/Poor school attendance
- ▶ Physical Complaints
- ▶ Rebellion at home
- ▶ Antisocial behavior - stealing, aggression, acting out
- ▶ Drugs/Rx Abuse
- ▶ Suicidal Ideation
- ▶ Cutting



The Purpose of Stress

Good Stress & Bad Stress

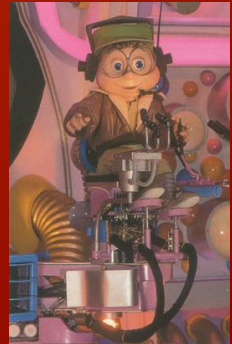
GOOD STRESS

- Can make you feel energized
- and motivated
- Encourages us to deal with challenges
- Increases strength
- Increases speed
- Increases stamina

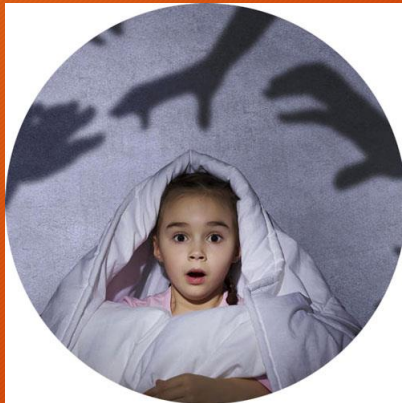
BAD STRESS

- When our coping mechanisms are overcome by stress, we do not (cannot) function at our best
- Stress turns to distress when we cannot cope with it... or we *believe* we can't
- Our body responds to stress in the same way... but when that stress is not *acute*, the body can't sustain itself

** Stress is inevitable... we need to learn to deal with it. **



~~3~~ 4 Reactions to Fear



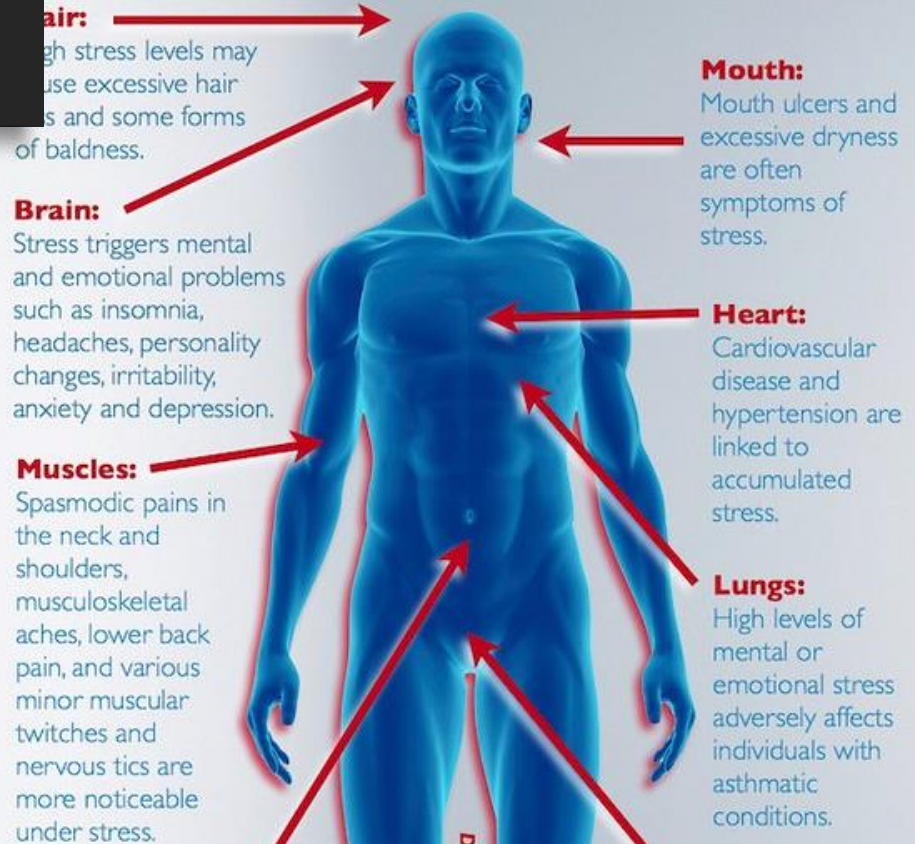
...Are also the 4 Reactions to Stress and Challenges

FIGHT <i>(Anger)</i>	FLIGHT <i>(Denial)</i>	FACE <i>(Connect)</i>	FREEZE <i>(Shut down)</i>
When a threat can be conquered	When a threat can be avoided	When a threat can be mitigated	When there is no way to avoid harm
<ul style="list-style-type: none"> <input type="checkbox"/> Posturing <input type="checkbox"/> Verbal outbursts or threats <input type="checkbox"/> Confrontation <input type="checkbox"/> Physical aggression/ Attack <input type="checkbox"/> Insult <input type="checkbox"/> Blame <input type="checkbox"/> Mistreat 	<ul style="list-style-type: none"> <input type="checkbox"/> Physically moving away <input type="checkbox"/> Dissociation <input type="checkbox"/> Hiding <input type="checkbox"/> “Shrinking” in posture or tone of voice <input type="checkbox"/> Avoid/omit <input type="checkbox"/> Sabotage 	<ul style="list-style-type: none"> <input type="checkbox"/> Persevere and mitigate <input type="checkbox"/> See the situation rationally <input type="checkbox"/> Respond calmly 	<ul style="list-style-type: none"> <input type="checkbox"/> Complete helplessness <input type="checkbox"/> Physical freezing <input type="checkbox"/> Stupor <input type="checkbox"/> Catatonia <input type="checkbox"/> Paralyzed by emotion <input type="checkbox"/> Justify and Rationalize (irrationality)

The Effects of Prolonged Stress

- Memory
- Exhaustion
- Insomnia
- Over-eating
- Not wanting to eat/”No time to eat”
- Physiological Effects
- Strain on Heart
- Vascular Disease
- Increased Blood Pressure (Hypertension)
- Ulcers
- Gum Disease
- Reduced Teeth Enamel
- Adrenal Failure
- Reduced Metabolism

Physical or mental stresses may cause physical illness as well as mental or emotional problems. Here are parts of the body most affected by stress.



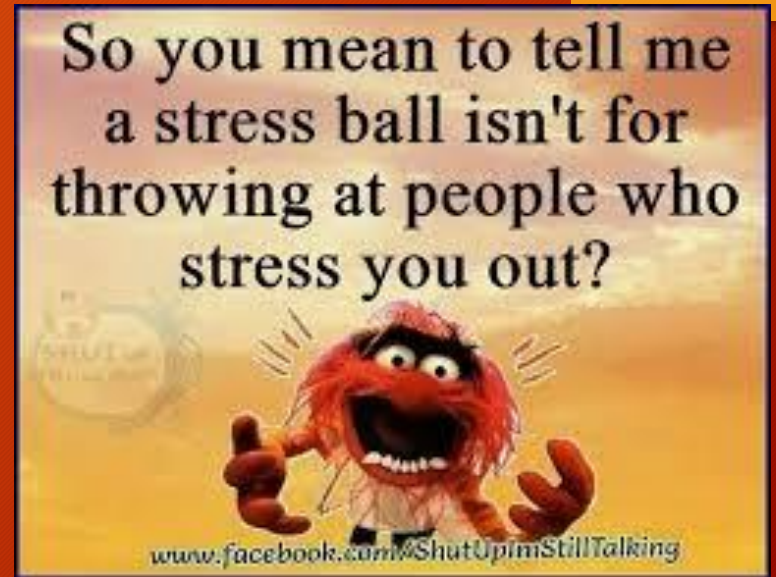
Factors that Help to PREVENT Negative Effects of Stress

- Positive coping skills
- Consistent, positive discipline
- Ability to express feelings appropriately
- Good nutrition/exercise
- Time to relax/do recreational activities
- Predictable and manageable schedule
- Establishment of expected routines



Managing Stress

- Have a predictable schedule
- Adjust sensory input during periods of stress
- Capitalize on your strengths
- Put things in perspective
- Use “grounding” to sensory input
- Use “Coping Skills”
- Recognize the “Circle of Control”



When You're Stressed

- Use rhythmic breathing
- Remember: *It's okay to not feel okay, but you're going to be okay.*
- Allow for time to re-center
- Use Mindfulness and Meditation

Handle every stressful situation
like a dog.
If you can't eat it or play with it,
Just pee on it and walk away.





“Being with All of Your Experiences”

<https://www.youtube.com/watch?v=jaNAwy3Xsfl>

When to Get Help

- If you remain agitated (heart rate/breathing) for more than 2 minutes
- If you are self-injuring/threatening
- If you have thoughts of suicide





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Works Cited Available Upon Request