



# Stress & Anxiety

What is it and how  
can I help?

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**Outreach & Engagement Program**

Western Youth Services

# Elementary School Memories

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- What was Elementary School like for you?
- What did you like most about it?
- What did you like least about it?



# Workshop Goals: Goal 1

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- Audience will learn what stress is:
  - stressors
  - physical warning signs
  - behavioral, cognitive and emotional signs of stress



# Workshop Goals: Goal 2

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- Audience will learn what anxiety is:
  - Possible triggers (risk indicators)
  - Physical warning signs
  - Behavioral , cognitive and emotional signs of anxiety
  - When to worry about anxiety disorders

# Workshop Goals: Goal 3

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- Audience will learn different healthy coping skills and how to implement them
- Audience will learn different strategies on how they can help their youth cope with stress and anxiety



**HELLO**  
my name is

**Stress**

# What is Stress?

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- Stress is a feeling that's created when we react to particular life events and/or situations.
- Stress is the body's way of rising to a challenge and preparing to meet a tough situation
- Stress is natural!...**It is a reaction to a stressor**

# Stressors



- Stressors are what causes the stress
- Different types of stress:
  - Positive
  - Tolerable
  - Toxic





# Possible Stressors

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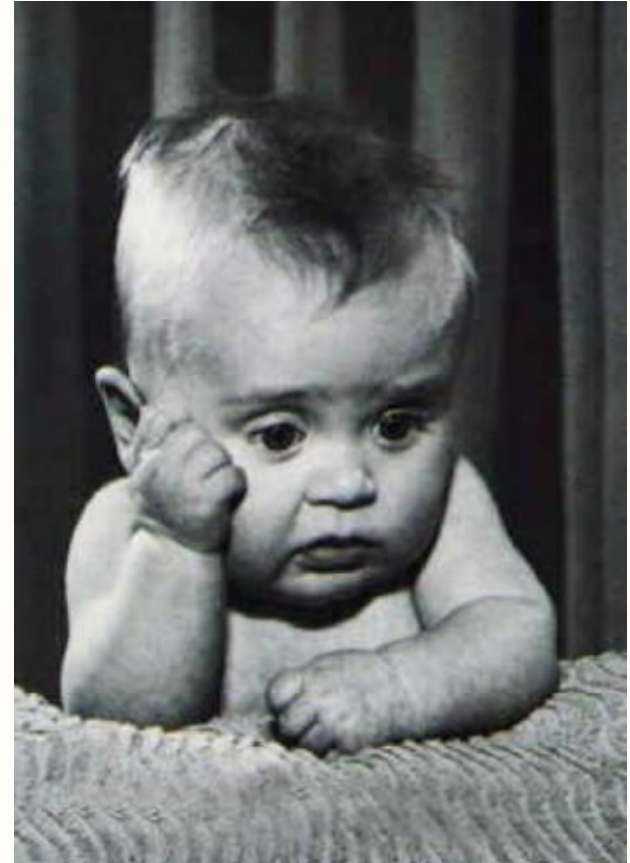
- Family disruption (separation)
- Parents mental health
- Neglect of a Childs needs
- Overscheduled , hectic routines
- Parties , pets and new siblings
- Not feeling good enough at sports
- Feeling overweight or bigger than others your age
- Fighting with parents over rules
- Homework not done on time
- Getting into trouble at school
- Feeling left out of a group
- Having nothing to do
- Feeling pressured to get good grades
- Feeling sick
- Social Pressures



# When to worry...

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- Chronic stress impairs
  - Working memory
  - Social skills
  - Habit changes
  - Decision making
  - Major behavior changes



# Clips- Go Zen



**HELLO**

my name is

*Anxiety*

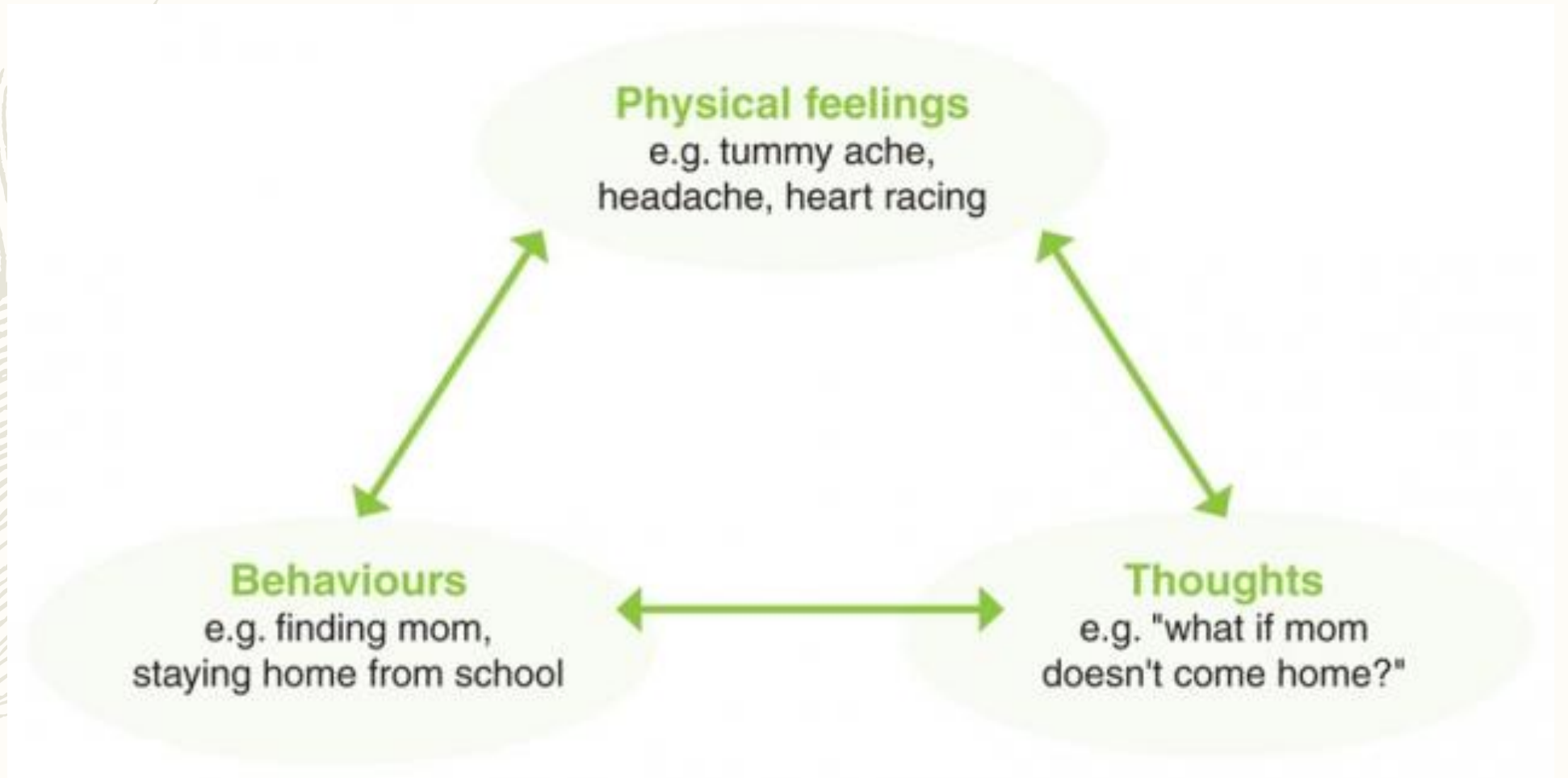
# What is Anxiety?

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- a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome
- We experience anxiety when we PERCEIVE or THINK that we are in danger.
- becomes a problem when the “perceived danger” is not actually dangerous (giving a talk, seeing a dog)
- Can be a reaction to stress

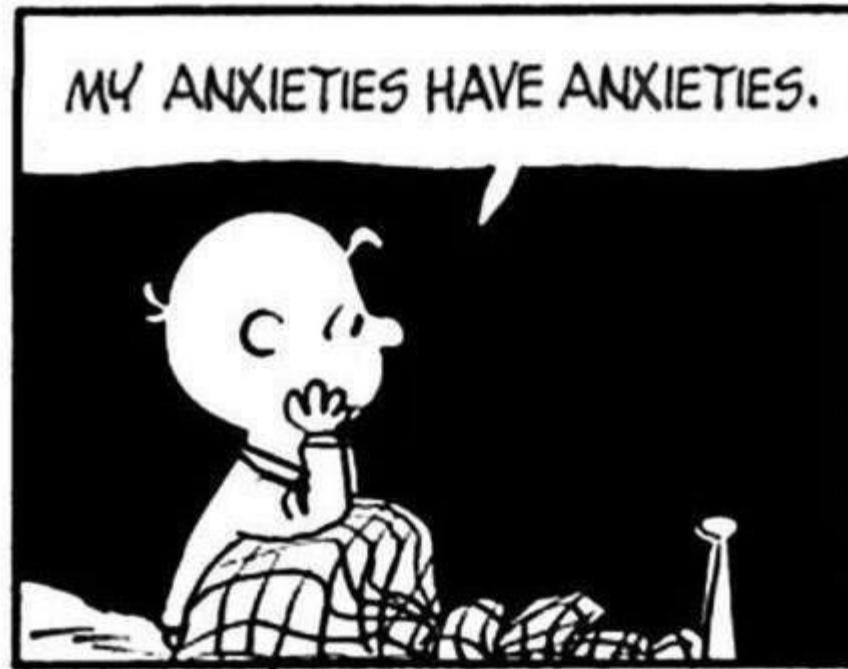


# What is Anxiety? ...continued



# When to worry about Anxiety

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- Level of anxiety is significantly affecting home or school life
- If the child has experienced significant trauma (i.e. house fire, domestic violence, abuse, neglect)
- When the youth constantly feels it is in danger when there is no real danger





# Physical Stress & Anxiety Warning Signs

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- Headaches
- Stomachaches
- Sleep disturbances
- Low back pain
- Fatigue
- Tiredness
- Cold hands and feet
- Neck & shoulder pain
- Dizziness
- Menstrual disturbances
- Nausea
- Loss of appetite or overeating
- Heart palpitations
- Restlessness
- Asthma attacks
- Frequent colds and flu



# Behavioral, Cognitive & Emotional Signs of Stress & Anxiety

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- Memory problems
- Inability to concentrate
- Poor judgment
- Seeing only the negative
- Anxious or racing thoughts
- Constant worrying
- Easily upset
- Boredom apathy
- Moodiness
- Irritability or short temper
- Agitation, inability to relax
- General unhappiness
- Feeling powerless
- Lack of sense of humor
- Loneliness



# Negative Coping

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- Examples of negative coping skills:

- Drugs
- alcohol
- Self-Harm
- Ignoring or storing hurt feelings
- Excessive working
- Denial

- Negative coping skills

- can hinder progress in dealing more positively
- Offer temporary relief

**Hello**

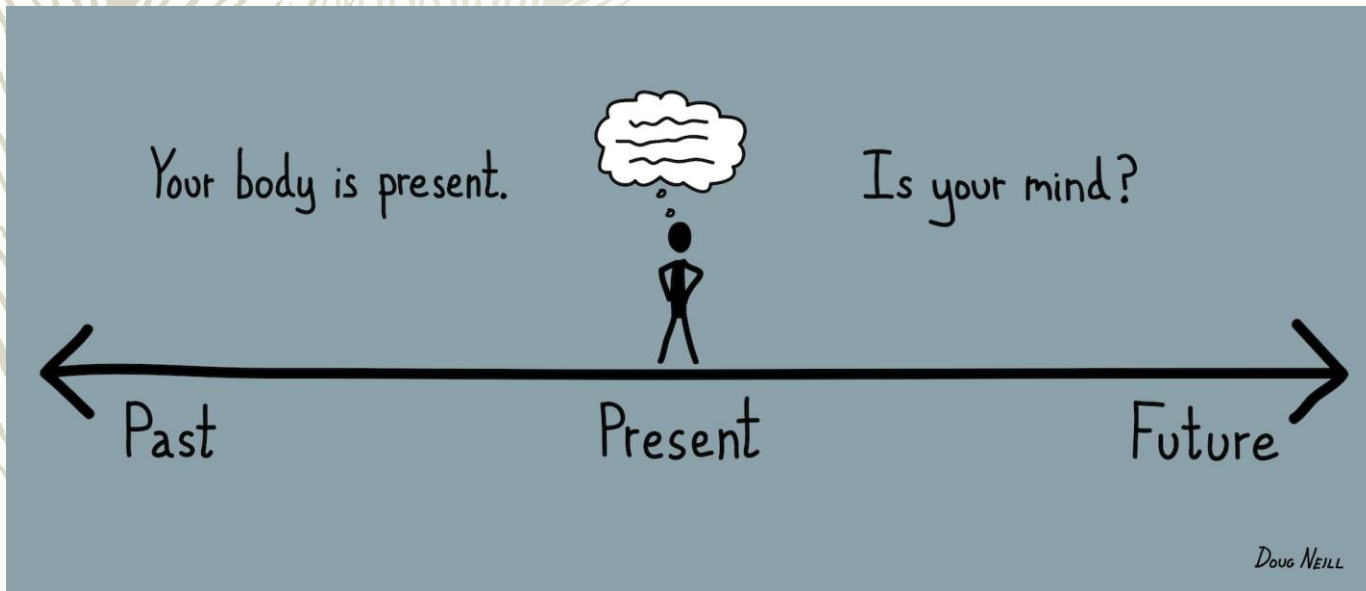
my name is

**Healthy Coping**

# Healthy Coping Skills

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- Mindfulness
- Calm.com
- Exercise (sports, hiking, yoga)
- Sleep & Take a nap



# More coping skills...

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- Positive Self –Talk
- Talk about it with friends
- Listen to music
- Learn a new skill





# How you can help

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- Adults can model and teach healthy coping skills
- Adults can help by creating nonthreatening environments and help youth normalize their stress response
- Listen carefully to teens and watch for overloading
- Support involvement in exercise, sports , and other pro-social activities
- Teach that mistakes are okay

# How you can help... (continued)

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- Have clear rules and consequences
- teach how to handle difficult situations
- tell stories of effective coping
- Schedule more family time







# Resources for more information:

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- **Stress in America Survey:**

- <http://www.apa.org/news/press/releases/stress/>

- Survey done by the American Psychology Association that shows how stress affects everyone in America

- This site as well has additional information on how to know if your child is under stress

- **Nemours Foundation:** <http://m.kidshealth.org/>

- Website created by children healthcare providers that is helpful for the parents, kids, teens and educators

# Outreach & Engagement

**WYS** WESTERN YOUTH SERVICES

## Free Services for All ages

- Case Management
- Support Groups
- Workshops
- Referral & Linkage

**Services are available for  
all who live in Orange  
County**

## – Collaborative

- Mission Hospital
- Jewish Family Federation Services
- Orange County Asian Pacific  
Islander Community Alliance



