

**Pandemic Anxiety:
Surviving Stress, Fear and Grief
During Turbulent Times**

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Pandemic Worries Are Many and Varied

- It is impossible to be unaware of the potential dangers of the virus.
- The results of isolation: anxiety, social isolation, and depression
- Stress of working at home and monitoring school/supervising children
- Stress of working in the community
- The stress of financial difficulty

Invite the Worry

- The model of “inviting not fighting”
- Natural follow up is “What is the worst that could happen?”
- Focus shifts to coping and resourcefulness – facing reality and recognizing skills (or planning how to develop skills)

Health Anxiety – Worry Well and Only Once

- Need to clarify the actual worry. Is there a legitimate health issue, such as whether a cancer may recur? Or waiting on test results?
 - If so, set up the steps that person can do to follow through with appropriate care.
- Is this hypothetical, “If I ever got sick...”?
 - Do not look for reassurance on the internet.
- Decide “When do I need to worry about this?”
- Decide whether you have enough information. If so, you are done worrying well.
- Then, between now and that date, when the anxiety arises, DO NOT rehearse all the reasons not to worry. Simply say “Stop! On this date _____ I will think about it!” and then distract.

Fear of Financial Outcomes

The fears of people facing real financial troubles can feel overwhelming to those who are listening

You do not need to have all the answers

- Help to differentiate projections of disaster from immediate concerns
- In imminent difficulty, help people list their resources and create a plan. (Help find resources if possible).
- If you were furloughed, can you explore new employment rather than waiting to see if the old job comes back?

Stop the Worry Tug of War: Make a Plan

- Separate Caution from Fear and know the difference between possible and probable
- Planning: define the problem and list action steps
- Decide what kind of new information or change in circumstance would warrant reviewing the plan
- Set a date to review the efficacy of the plan
- **Do not re-plan the plan**

Help to Stop Ruminating:
Move Your Body, Move Your Mind

- “Shake it off” really works – it seems to reset the nervous system – from the work of Peter Levine Somatic Experiencing
- Have a daily dance party
- Walk, run, ride a bike
- Have a planned play time with children – outside as much as possible: hide and seek, basketball, tag, etc
- Move your activity to a different room in the house

Living with Purpose to Mitigate the Outcome of Our Turbulent Times

- Susan Kobasa who has researched hardiness for decades, describes the 3’Cs of becoming hardy in the face of adversity. Stress is manageable if people are resilient and find purpose in their lives even when things are not going well:
- Challenge
- Control
- Commitment

Managing the Out-of-Control Stress of Traumatic Times

- Acceptance – This is ‘what is’. Anger, frustration, fear are all emotional responses based on interpretations and assumptions. What are yours?
- Find ways to express emotional responses responsibly and then step back. Note what is catastrophic vs what is inconvenient
- What has not yet happened, and might not ever happen – when should you deal with it?
- What are your resources to cope with the challenges?

What Is in Your Purview?

- News is overwhelming – what is there that is in your sphere of influence?
 - Think globally, act locally
 - Parker Palmer’s remarks about the dis-empowering effects of 24/7 ongoing tragic situations.
- What degree of control is possible?
- How about influence vs. control?
 - Is this a situation where no control is possible – can you let go?

Build Your Resilience – Identify the Challenge and Find Meaningful Action to Take

If you view stressors like isolation or disappointment as overwhelming or even paralyzing you will be less likely to take action!

- If you saw your current situation as a challenge, what steps would you take to deal with it. (Famous example of Christopher Reeves)
- Commitments give meaning to your life/actions and promote an active, problem-solving approach to life in the face of adversity.

What are you committed to? E.g., living fully, staying engaged in life? Supporting a beloved cause? Being helpful to others?

Look for Inspiration – Even on Netflix Stoic Philosophy Meets Positive Psychology

“Where or in whom do I see people facing adversity with persistence, optimism, and other positive character strengths?” Look around for:

- People you know. Who is carrying on in the face of adversity?
- What movies show situations of inspiration?
- What book characters have the hope I want?
- What video game heroes or Marvel Superheroes display positive character traits?

Imagine behaving like those people in the adversity you are facing.

Unremitting Stress of Work/School

- Pandemic has asked the impossible of parents in particular
- Work outside the home and manage children who are not in school.
- Families are doing it all inside the house. Working, educating children and supervising (entertaining) children, housekeeping, cooking
- Facebook can help/hinder parents – watch its impact
- Stay away from negative social media posts from people who foment agitation instead of patience

Reinstate Routines, Set Boundaries on Time and Space

- What activities were part of your everyday life before the pandemic? Deliberately reinstate them in a COVID-19 friendly way – like “Doughnut Friday” or a Wednesday girls’ night out
- Utilize calendars and reminders – electronics can be helpful!!
- Set boundaries on work hours and establish work spaces
- Establish time for kids’ activities and implement these

Diminish Social Media Stress

- The greater the need to be connected, the more important the use of social media becomes
- Facebook is a source of great ideas and great stress
- Identify if social media is helping or is raising anxiety. Social media communicates too fast about things that are untrue and frightening – remember what spreads on Twitter and why
 - If it is NOVEL or SHOCKING it gets retweeted faster and wider
 - Humans hear/read new information 3 times, even if they know the first time is suspect or possibly untrue, will believe it.

Parenting One Right Way

Millennial-age parents – excellent researchers and information-sharing users of social media.

They're more informed than prior generations but believe: ***There is one way to do this right and you must find it or risk ruining your child's chance of becoming a successful adult.*** How exhausting and scary!

Parents might consider if that belief could be false: Do you think that if people make mistakes, it is possible to repair them? Does that apply to you?

Also, can children develop resilience from an imperfect life that will help them face their unique challenges in life?

Anxious Parents and Family Time

- Relax about screen time for self and children, and separate schoolwork from fun time
- Separate passive scrolling from interactive or content creation time on screens.
- Establish family planned interaction time – include outdoor family activities and alone time

The Impact of Loss Can Look Like Depression – But Is It the Stress of Disappointment and Grief?

Don't leap to conclusions and don't immediately urge optimism on someone who is sad about a disappointment

Validate Disappointment as Loss

- Identify the loss, express it, sit with the loss – easier to do with a death than with a disappointment, but...
- Validate reality: not getting what you wanted is a loss
- Validate emotions: you would appropriately feel sad about any loss

Allow people to grieve what they never had as well as grieve the loss of a loved one

Look Back and Look Forward
Create a Ceremony to Replace the One You Lost

- Ceremonies (rituals) help us make transitions in life
- We review our process, accomplishments and effort
- We anticipate the future and are reminded of the hope we have
- Include community as witnesses and participants in supporting us

Grieving Death: Create Your Own Ritual

1. Identify the loss – part of mourning is knowing what is lost. So, take time to reflect on this and even write it down. This is essential. Your loss is not like anyone else's because it is yours. What is it that you will most miss that you previously had?
2. Reflect on the things your loved one cherished in life, like a hobby or a place they visited.
3. Create a symbol of that loss to help you remember. It may well be an action you perform, such as cooking their favorite meal and sharing it with friends.
4. Write about how performing the ritual made you feel.

Turn "Anguish Into Purpose"

- "The best way to bear loss and pain is to turn that anger and anguish into purpose." (Joe Biden in a speech on June 2, 2020)
- This echoes David Kessler, who, in his book *Finding Meaning: The Sixth Stage of Grief* (2019), describes how the process of finding meaning after the loss of someone you love can lead people out of mourning and into living with the memory of the loved one close in mind, but without debilitating daily life.

Start Recovering from Turbulent Times –
An Exhausted Person Has Nothing to Give!


Get A Burnout Buddy who will hold you accountable,
and make any shift gradually:

- Make a self-care checklist and follow it
- Take a break from social media, constant news feeds
- Get support to tolerate the empty feelings when you slow down, rest or otherwise quiet yourself
- Plan fun and put it into your calendar

Embracing Awe

The Mental Health Benefits of Wonder

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 Assistant Director of Mental Health Training Kaiser Permanente, NorCal
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What do you feel when you...

- Gaze up at the Milky Way?
- See a beautiful sunrise or sunset?
- Witness an act of great compassion or courage?
- Watch a child learn to walk?
- See a mind-blowing work of art?
- Attend an incredible performance?

2


Core Habits of Well-Being

❖ Awe	❖ Gratitude
❖ Compassion	❖ Self-Compassion
❖ Cultivating Strengths	❖ Health & Wellness
❖ Meaning	❖ Forgiveness
❖ Connection	❖ Mindfulness
❖ Optimism	❖ Savoring
❖ Fostering Resilience	❖ Self-Care

3

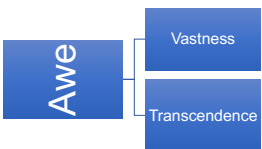
What is Awe?

The feeling we get in the presence of something greater than ourselves, that challenges our understanding of the world.



4

Defining Awe



- **Vastness**
 - Perceptual Vastness
 - Conceptual Vastness
- **Transcendence**
 - Challenges our Assumptions
 - Accommodation of new information

5

I'M SICK OF REPEATING MYSELF.

-HISTORY

A Brief History of Awe

- Origins of the word "awe"
- Awe as a religious state
- A shift to the secular
 - Edmund Burke
 - Immanuel Kant
 - Ralph Waldo Emerson
 - John Muir
- Awe in the field of psychology
 - William James
 - Sigmund Freud
 - Abraham Maslow
 - Viktor Frankl
- Modern understandings of awe

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Who Experiences Awe?

- Personality factors
 - Extraversion, Openness to New Experiences
- Character Traits
 - Optimism, Gratitude, Creativity, Love of Learning, Appreciation of Beauty
- Spirituality and Religion
 - No differences found overall, though sources of awe may differ
- Social Class
 - Slight link to lower-SES individuals
- Cross-cultural research
 - Universal human emotion, though some differences in the experience

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Why we experience awe

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The “Why” of Awe

- Connection
 - Awe reliably increases feelings of connection with others (Shiota & Keltner, 2007; Bai, 2017)
- Compassion
 - Awe results in greater compassion and altruism (Piff, 2015)
 - Awe linked to generosity and kindness (Rudd, 2012; Prade, 2016)
- Curiosity
 - Experiences of awe make us more curious about the world around us (Smith, 2016)

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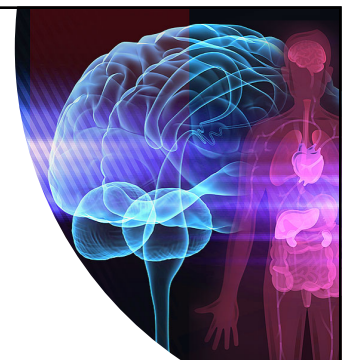
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Psychological Benefits of Awe

- Increased positive emotions (Joye, 2015)
 - Lasting boosts to mood (Stellar, 2017)
- Increased life satisfaction (Rudd, 2012)
- The “small self” effect (Bai, 2017)
- Decreased materialism (Rudd, 2012)
- Orients us to higher, more prosocial values (Jiang, 2018)
- Lower stress, including post-traumatic stress (Anderson, 2018)
- From time poverty to time wealth (Rudd, 2012)
- Increased humility (Stellar, 2018)

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Our Brain and Body on Awe



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Awe and Inflammation (Stellar et al., 2015)

Short-Term/Acute

- Fights disease and infection
- Restores us to homeostasis
- Signals immune system to spring to action
- Heals and repairs damaged tissue
- Localized

Chronic

- Persistent, low-grade
- Widespread (rather than localized)
- Linked to heart disease, stroke, Alzheimers, depression, and much more

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Awe and Inflammation

DPES Subscale	IL-6	IL-6
Awe	-0.33***	-0.33***
Amusement	-0.02	0.16
Compassion	-0.09	0.05
Contentment	-0.20*	0.04
Joy	-0.23*	-0.11
Love	-0.10	-0.07
Pride	-0.21*	-0.009

Note. β values for positive emotions predicting IL-6 and controlling for participant's BMI. In column 1, emotions are separately entered into regressions and in column 2 they are simultaneously entered.
* $p < .05$. *** $p < .01$. **** $p < .001$.

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The impact of awe on our brain & body

- 🔥 Decreased chronic inflammation (Stellar, 2015)
- 🧠 Decreased activation of the default mode network (DMN)
- 🗣️ Decreased activation of the parietal lobe
- ✓ Decreased activation of the subgenual PFC
- 🧠 Unique brain wave "signatures"
- ⚡ Simultaneous PNS and SNS activation

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Verbal and Nonverbal expressions of awe

Vocal bursts: listeners able to identify "awe vocalizations" compared to other emotions (Simon-Thomas et al, 2009)

Similar verbal expressions across both Western and non-western cultures (Cordaro, 2016)

Facial expressions: widening of eyes, jaw slightly dropped, raised eyebrows common across cultures (Shiota, 2003; Campos, 2013; Anderson, 2017)

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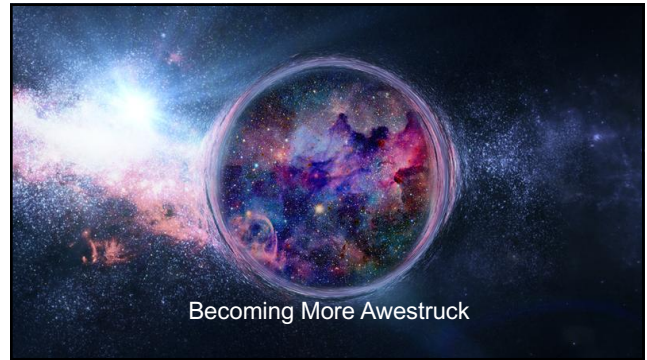
Amusement	Awe	Contentment	Disgust	Joy	Surprise	Pride
<i>Moderate to strong association (> 50%)</i>	AU6-85% Check raiser AU12-95% Lip corner puller	AU125-80% Lips apart AU26/27-80% Jaw drop/mouth stretch	AU6-56% Check raiser AU12-85% Lip corner puller	AU1-58% Inner brow raise AU4-56% Brow lowerer	AU6-79% Check raiser AU12-97% Lip corner puller	AU6-69% Check raiser AU12-84% Lip corner puller
AU125-81% Lips apart AU 26/27-68% Jaw drop/mouth stretch	AU1-78% Inner brow raise AU5-61% Upper lid raiser	AU24-60% Lip pucker	AU125-50% Lips apart	AU125-54% Lips apart	AU24-60% Lips apart	AU24-60% Lips apart
<i>Weak association (25-49%)</i>	AU57-27% Head forward	38% Head nod AU25-26% Lips apart	AU24-38% Lip pucker AU2-37% Outer brow raise	34% Brower AU26/27-31% Jaw drop/mouth stretch	AU55/56-49% Head tilt AU43-26% Eyes closed	49% Shoulders back AU53-38% Head up
AU1-25% Inner brow raise			AU55/56-37% Head tilt 37% Forward lean AU57-33% Head forward			

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The Dark Side of Awe



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Becoming More Awestruck

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Pathways to Awe

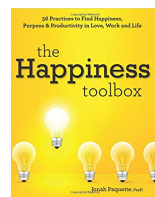
- Awe in this moment
- Awe through courage & inspiration
- Reflecting on awe-inspired memories
- Awe through vastness
- The unlikelihood of existence
- Awe through nature
- Seeing the world through new eyes
- Mind-bending awe
- Awe through Connection

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An Ancient Solution to a Modern Problem

- People have never been more:
- Stressed
 - Socially isolated
 - Short on time
 - Depressed
 - Materialistic
 - Polarized
- Awe helps us to:
- Relieve stress
 - Connect with others
 - Feel "time rich"
 - Improves mood
 - Connect with deeper values
 - Become kinder towards others

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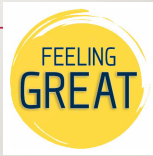


Stay in touch

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 Twitter: @doctorpaquette
 Facebook: www.facebook.com/doctorpaquette
 Instagram: @happinesspsychdoc

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Feeling Great:
You Can CHANGE the Way You FEEL!



By David D. Burns, MD
 Adjunct Clinical Professor of Psychiatry Emeritus,
 Stanford University School of Medicine

Recent Surveys Indicate

- Depression and anxiety have doubled or even tripled since the corona pandemic
 - All ethnic groups
 - United States and worldwide

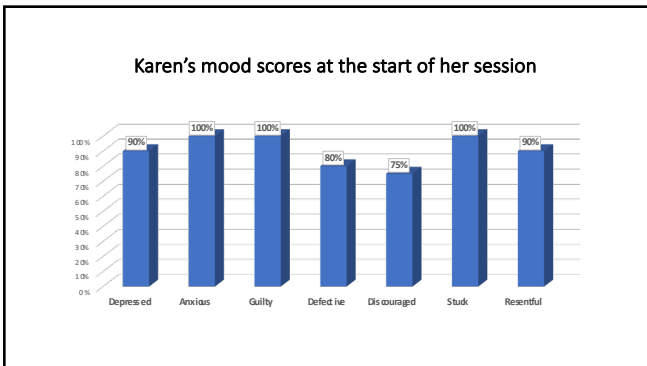
How Many of You Sometimes...

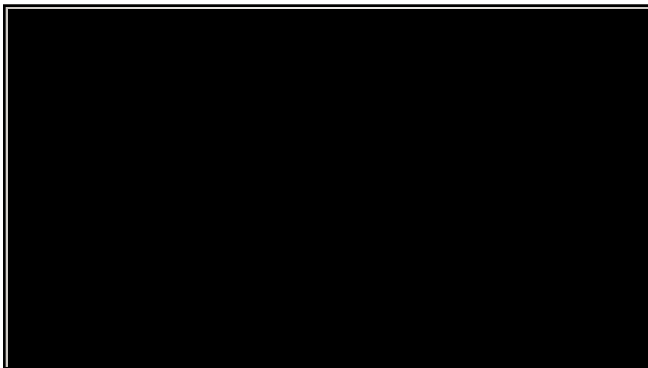
- Struggle with feelings of insecurity, anxiety, and self-doubt?
- Rip yourself to shreds with self-critical thoughts, like "I'm not good enough," or "I should be better than I am"?
- Feel like a failure, in spite of your accomplishments?
- Have a friend, colleague or loved one who's struggled with feelings of anxiety or depression?



KAREN'S STORY

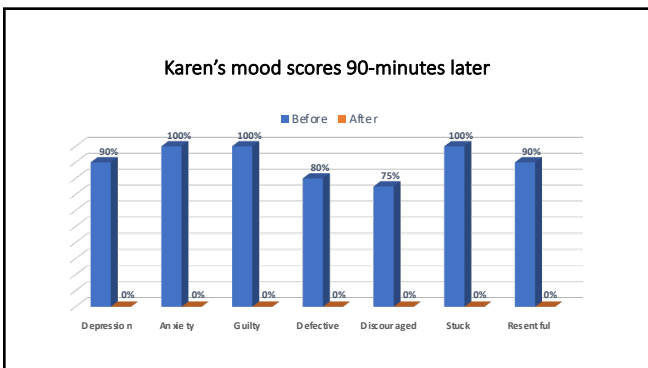
"I'm a failure as a mother!"

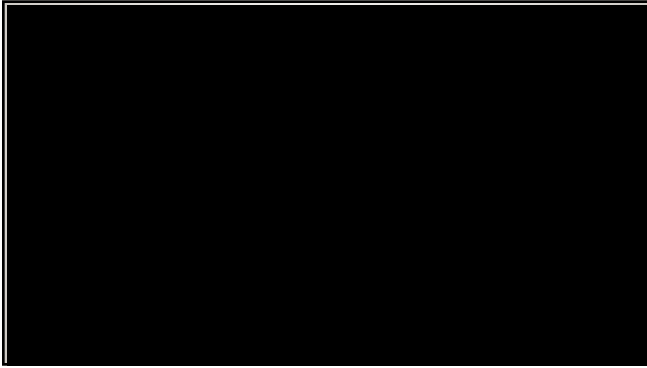




KAREN'S STRUGGLES WERE SEVERE

Let's see how she felt 90 minutes later.






Was it a Miracle?


Two powerful change technologies:

- Cognitive Therapy
 - Developed at U. Penn in the 1970s
- TEAM Therapy
 - Recently developed in my training group at Stanford


What's Cognitive Therapy?




You FEEL the way you THINK



Thoughts (e.g. cognitions), not events, cause ALL of your feelings



The thoughts that cause depression and anxiety are distorted and illogical



Depression and anxiety are the world's oldest con

When you CHANGE way you THINK
you can CHANGE the way you FEEL

The Ten Forms of Twisted Thinking *from Feeling Good: The New Mood Therapy*

- | | |
|--------------------------|------------------------------|
| All-or-Nothing Thinking | Magnification / Minimization |
| Overgeneralization | Labeling |
| Mental Filtering | Emotional Reasoning |
| Discounting the Positive | Should Statements |
| Jumping to Conclusions | Blame |
| • Mind-Reading | • Self-Blame |
| • Fortune Telling | • Other-Blame |

Karen's Negative Thoughts

I never should have let Ashley go out and play.

I'm a bad mom.

It's my fault her childhood was ruined.

I'm going to have to spend the rest of my life making it up to her.

I can never be truly happy when she's still suffering.

The people in the audience will judge me.

"I'm a bad mom."

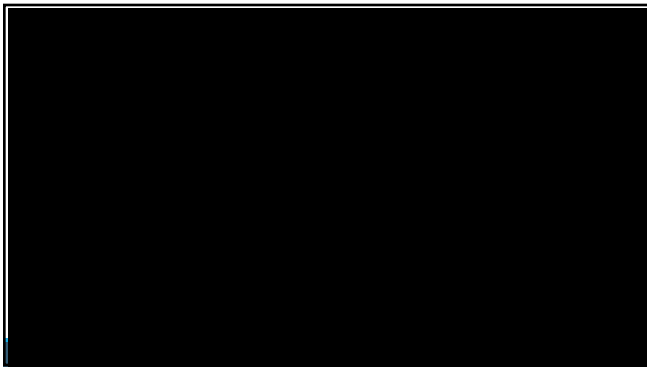
Can You Spot the Distortions?

- | | |
|---|---|
| <input type="checkbox"/> All-or-Nothing Thinking | <input type="checkbox"/> Magnification / Minimization |
| <input type="checkbox"/> Overgeneralization | <input type="checkbox"/> Labeling |
| <input type="checkbox"/> Mental Filtering | <input type="checkbox"/> Emotional Reasoning |
| <input type="checkbox"/> Discounting the Positive | <input type="checkbox"/> Should Statements |
| <input type="checkbox"/> Jumping to Conclusions | <input type="checkbox"/> Blame |
| <input type="checkbox"/> Mind-Reading | <input type="checkbox"/> Self-Blame |
| <input type="checkbox"/> Fortune-Telling | <input type="checkbox"/> Other-Blame |

"I never should have let Ashley go out and play."

Can You Spot the Distortions?

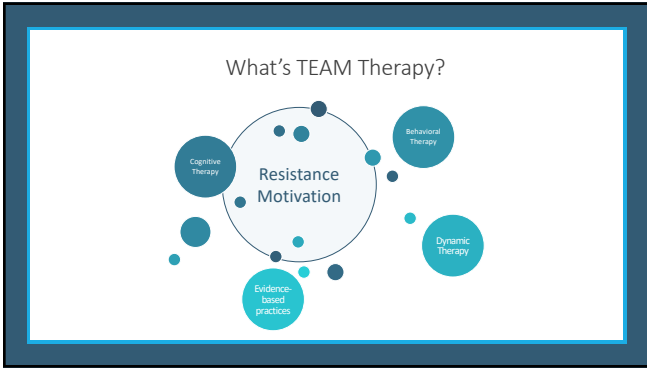
<input type="checkbox"/> All-or-Nothing Thinking	<input type="checkbox"/> Magnification / Minimization
<input type="checkbox"/> Overgeneralization	<input type="checkbox"/> Labeling
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<input type="checkbox"/> Mind-Reading	<input type="checkbox"/> Self-Blame
<input type="checkbox"/> Fortune-Telling	<input type="checkbox"/> Other-Blame









Paradox

"We yearn for change, but cling to the familiar"
- Anthony DeMello




Examples of Resistance


-  Mother with OCD
-  Binge eating
-  Relationship conflict

? 

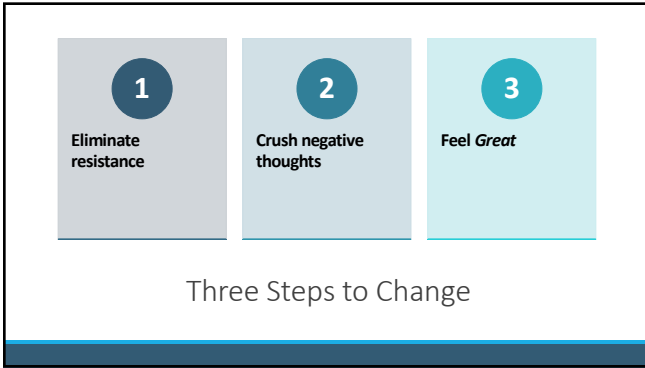
Therapeutic Failure / Stuckness

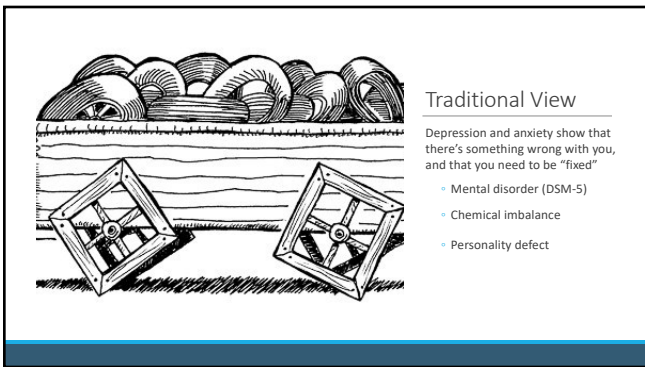


Nearly always results from resistance that hasn't been addressed



TEAM includes powerful new techniques to eliminate resistance / boost motivation
This makes ultra-rapid recovery possible







Two Questions to Ask Yourself

What do my negative thoughts and feelings show about me that's positive and awesome?

What are some *benefits* of my negative thoughts and feelings? Are they actually helping me?



What does Karen's guilt show about her that's beautiful, positive and awesome?



What are some benefits of Karen's guilt?

Example:
Karen's Guilt
and Self-Criticisms



Karen's Guilt and Self-Criticisms

- Are an expression of her intense love for her daughter, Ashley.
- Show that she's accountable, rather than blaming others.
- Result from her high standards, which have motivated her to do every conceivable thing to help her daughter.
- Show that she's humble and compassionate.

Karen's **depression** shows her love for her daughter, Ashley.

Her **anxiety** makes her vigilant, so she'll protect her daughter.


Her feelings of **inadequacy** show that she's humble and honest.

Her **anger** is justified and shows that she's a fighter who won't give up.

Her **hopelessness** is realistic and protects her from disappointment.

Her **fears of being judged** show that she values warm, genuine and positive relationships with colleagues.

Positive Reframing



How Does "Positive Reframing" Help?

- Replaces feelings of shame with feelings of pride, so you start feeling better right away.
- No longer feel defective, broken, or hopeless.
- Paradoxically, the resistance to change disappears.



Do You Sometimes Beat Up On Yourself?

Can you think of ways that your self-criticisms might help you?

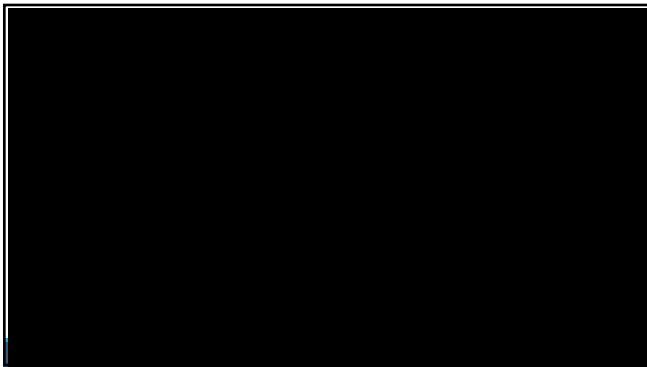
Can you think of what your self-critical thoughts show about you that's positive and awesome?

Crushing Negative Thoughts

The moment you realize that your negative thoughts aren't really true, you will *immediately* start to feel better.

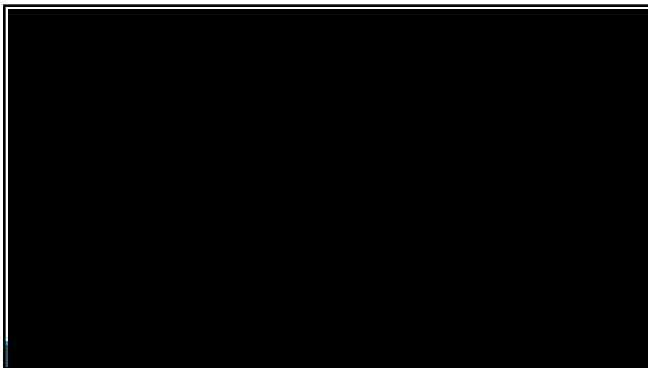
Example: "I never should have let Ashley go out and play."

Warning:
What you're about to see may appear aggressive. This technique is called "Externalization of Voices"



Externalization of Voices (cont'd)

Example:
"I'm going to have to spend the rest of my life trying to make it up to her."



Externalization
of Voices
(cont'd)

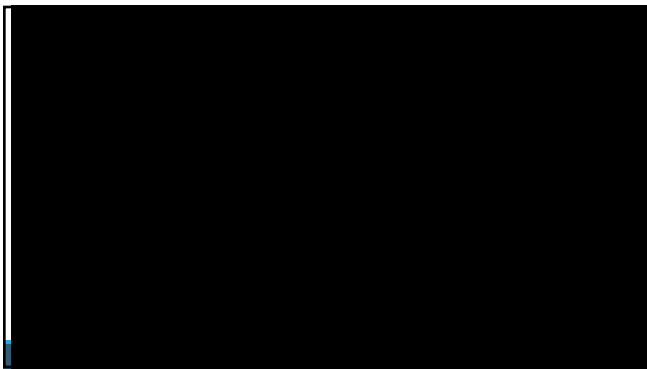
Example:
"The people in the audience will judge me."


A rectangular box with a light gray background and a black border. It contains two columns of text separated by a vertical line. The left column contains the text "Externalization of Voices (cont'd)" and the right column contains the text "Example: 'The people in the audience will judge me.'"



“The Truth Shall Set You Free.”

Is it really *true* that people are judging her?
How do *you* feel about her?





Now You Know
How TEAM Therapy Works

It *feels* like a miracle . . .
But results from practical, helpful tools you
can learn to use in your daily life

Were the Changes Real? Will They Last?

"The changes I experienced were *monumental* . . . I was *blown away*, and still am!"

- Karen, February 23, 2020
(4 years after her session)

1

Eliminate resistance

2

Crush negative thoughts

3

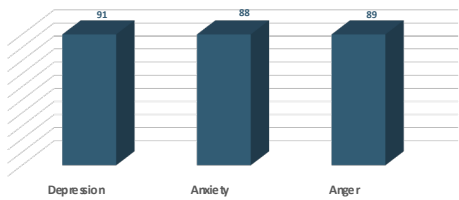
Feel Great

Remember the Three Steps

How Often Does Rapid Recovery Happen?

40 CONSECUTIVE TRAUMA PATIENTS TREATED BY DAVID IN A SINGLE, TWO-HOUR TEAM THERAPY SESSION

Percent Reductions in Depression, Anxiety and Anger in 40 Trauma Patients in One Session

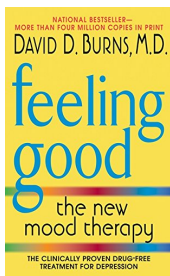




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THANK YOU!
DAVID@FEELINGGOOD.COM

Dr. Caroline Buzanko

Gen Stressed: Helping Kids & Teens Manage Anxiety

Dr. Caroline Buzanko, R. Psychologist
www.drcarolinebuzanko.com
info@koruppsychology.ca

1

Learning Objectives

- Understand the unique stress kids and teens face
- Differentiate normal from problematic worries
- Understand the nature of anxiety, how it shows up, and how it hijacks learning
- Explain the key pathways to anxiety and what maintains it
- Discuss the shortcomings of traditional approaches
- Create experiential learning opportunities
- Understand and individualize the Anxiety Compass

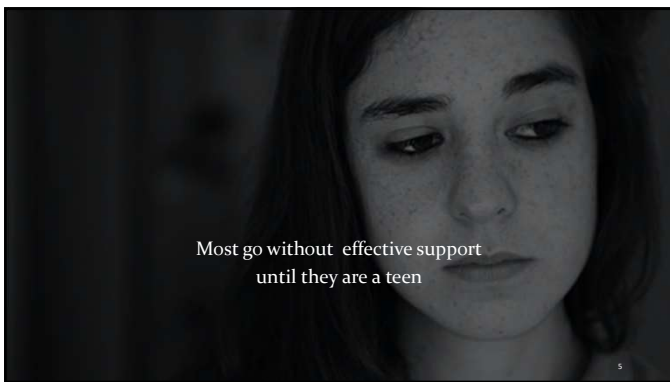
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Anxiety is the most common mental health problem in kids K-12

3



4



5



6




7

Effortlessly Perfect

-  Overachieve academically
-  High expectations in all areas of life
-  Expectations to be happy



8



Pressure and expectations

9

Self-esteem

False messages to avoid rejection

- So happy!
- So beautiful!

“Likes” worsens self-esteem

- Others won't like the “real” them.



10



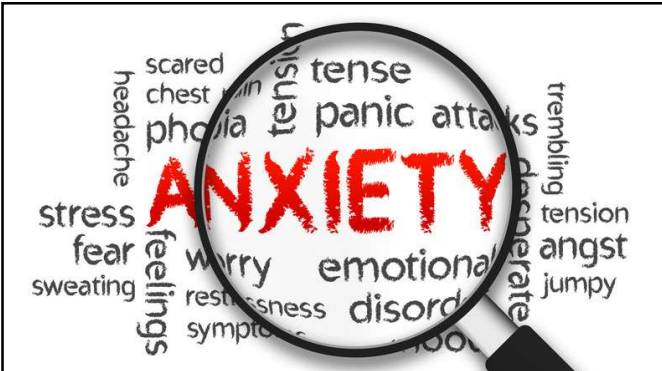
Family Connection

Most important relationship for bonding and overall development

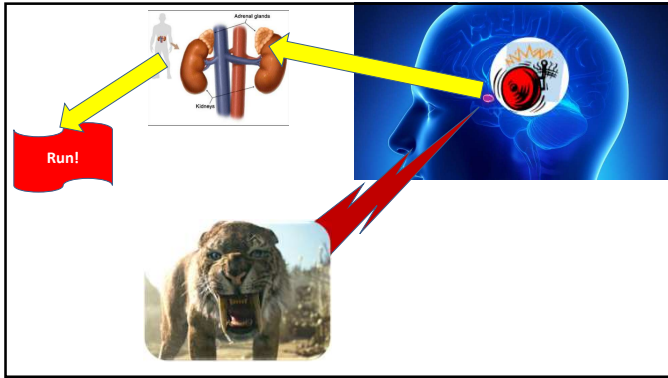
- Discovering:
- Self
- Values
- Personality
- World

Technoference

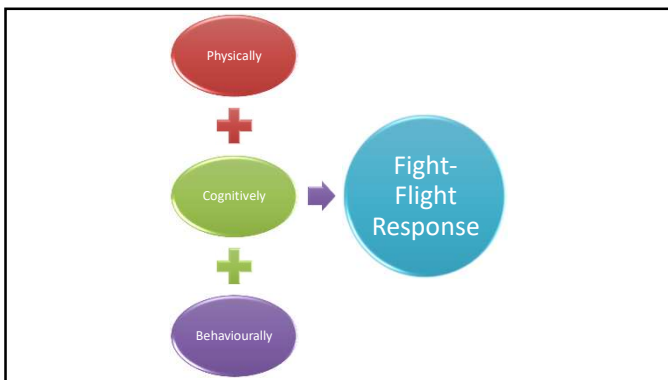
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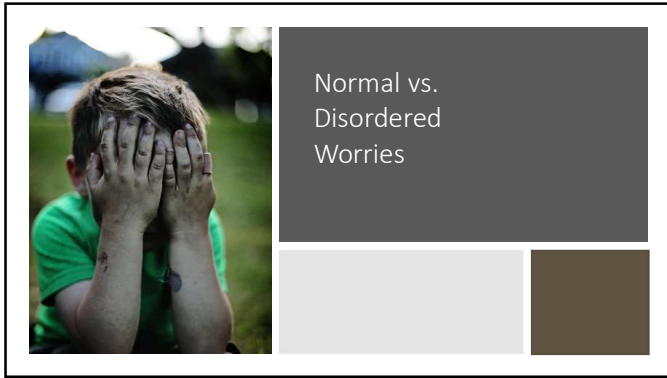
—

Worries are Part of Being Human

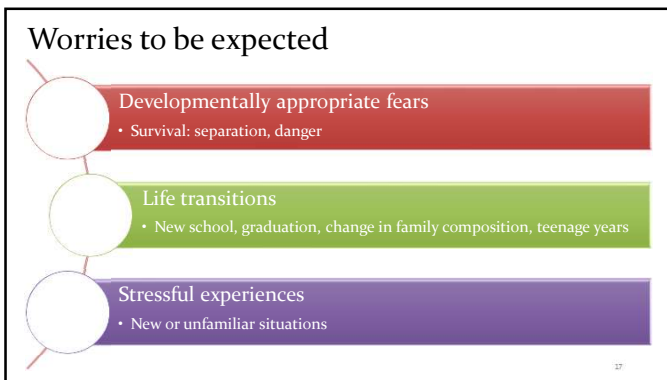
- Normal, protective feeling
- Necessary for survival
- Helps us perform our best
- Helps motivate us

A silhouette of a person standing with their arms raised in a 'V' shape, set against a bright sunset or sunrise sky with clouds. The person is positioned in the lower center of the image.

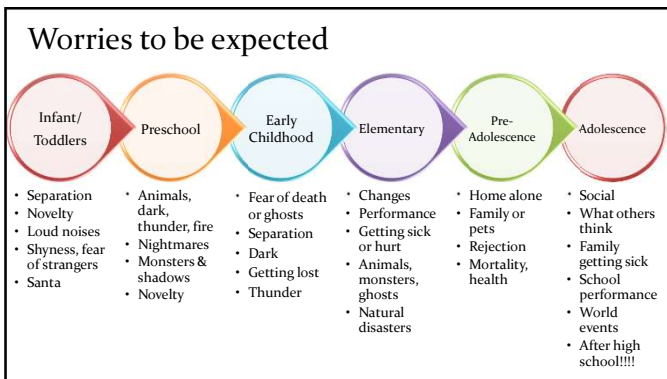
15



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17



18

Expect to worry!

- Temporary
- Do not interfere with functioning
- Students still successful in achieving goals

19

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BEGINNING MIDDLE END

20

20

THE BRAIN CANNOT TELL THE DIFFERENCE BETWEEN WHAT IT ACTUALLY SEES AND WHAT IT IMAGINES

21

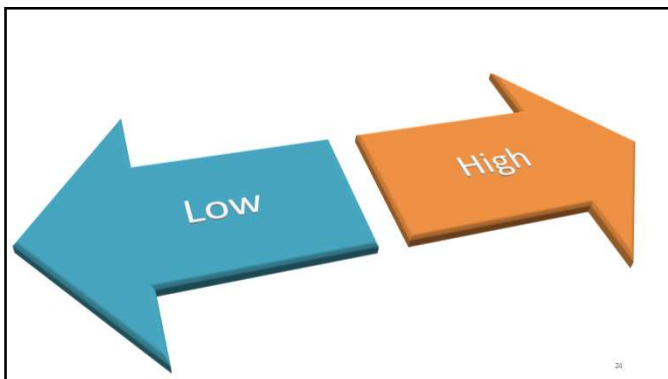
21



22



23



24

Excessive anxiety	Disruption
<ul style="list-style-type: none"> • Stomach or head aches • Lots of reassurance seeking • Avoiding school/crying Monday mornings • Lashing out • Sleep disturbances 	<ul style="list-style-type: none"> • Poor school performance • Socially isolated • Not making friends • Avoid trying new things • School refusal • No carefree and playful childhood!

25

Anxiety Disorder

- 
 Significant interference (home, school, social); anxiety starts to make decisions
- 
 Significant distress that is more frequent and more extreme than that of peers

26

SILVER LINING

Can be preventative. Most treatable disorder

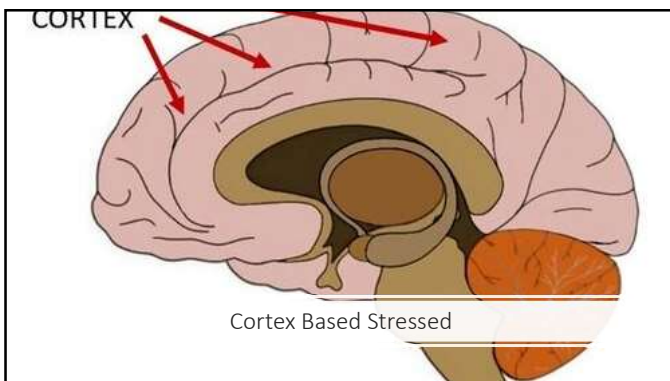
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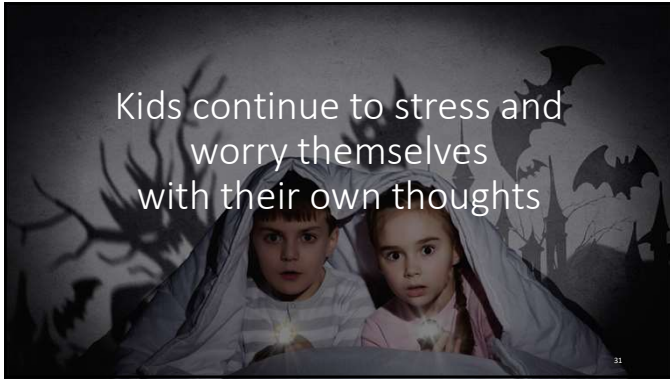
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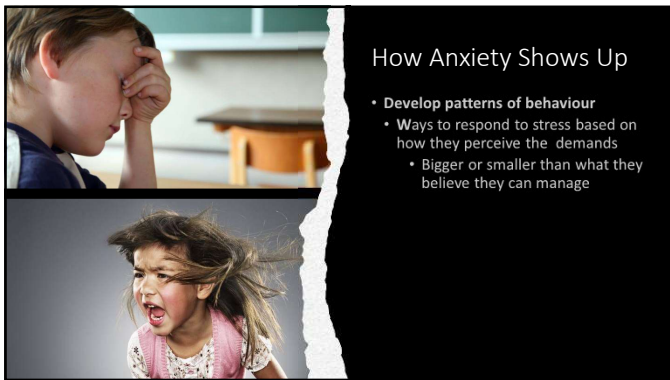


30



Kids continue to stress and worry themselves with their own thoughts

31



How Anxiety Shows Up

- Develop patterns of behaviour
- Ways to respond to stress based on how they perceive the demands
- Bigger or smaller than what they believe they can manage

32



How Anxiety Manifests: **Affect**

- Emotion
- Physical symptoms
 - Greater sensitivity to symptoms
 - Frequent doctor visits
 - Poor school attendance

33

How Anxiety Manifests:
Thoughts


- Unrealistic, extreme
 - What if's...
 - Everyone is going to laugh
 - The world is dangerous
 - Catastrophic thinking



34

How Anxiety Manifests:
Behaviour

- Opposition and defiance
- Irritability, tantrum, explosiveness, moodiness, crying
- Avoidance, escape, procrastination
- Attention seeking
- Difficulty transitioning
- Perfectionism
- School refusal
- Phobia
- Substance use
- Fidgety, nervous habits (e.g., nail biting)
- Distraction
- Rigidity
- Give up easily



35



ODD?

36

How Anxiety Manifests: Impairs Daily Functioning

- Sleep!!!
- Academics
- Social interactions
- Happiness and outlook
- Family relationships



37

How Anxiety Manifests: Limits Learning

Worry takes up a lot of cognitive space...

- Poor attention and concentration
- Unable to follow instructions
- Unable to transition between task

...therefore, superficial learning is happening...

- Forget things previously learned
- Cannot remember new concepts
- Cannot generalize knowledge
- Swiss cheese knowledge

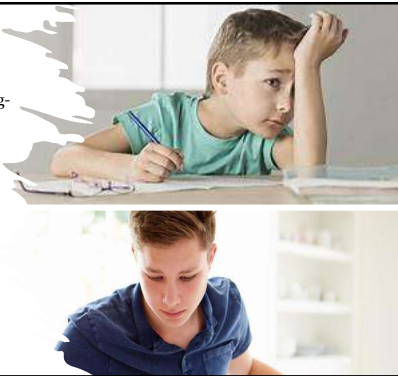


38


Limits Learning

...and does not consolidate in long-term memory

- Trouble retrieving information
- Poor exam performance despite studying
 - Test anxiety can develop



39



Limits Learning

- Slow, limited productivity
 - May perform as well as others but a lot more effort to do so
- Perfectionism
 - Missed assignments
 - Procrastination
 - Work slowly
 - Delay transitions
- Rituals with checking
 - Rereading
 - Organizing materials
 - Rewriting

40

How Anxiety Manifests: Limits Executive Functions

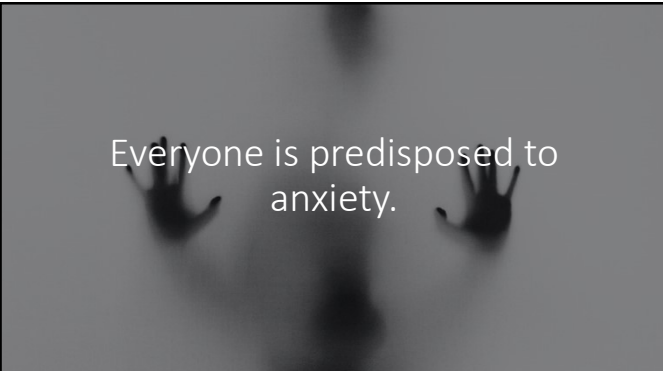
- Attention
- Impulsivity
- Organization
- Planning
- Prioritizing
- Initiation
- Working memory
- Decision making
- Self-monitoring

**Inconsistent performance

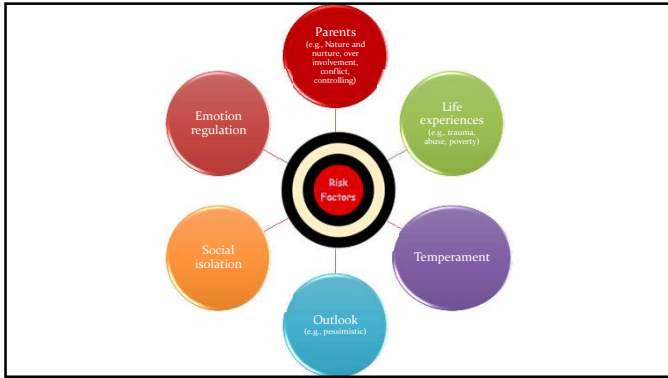


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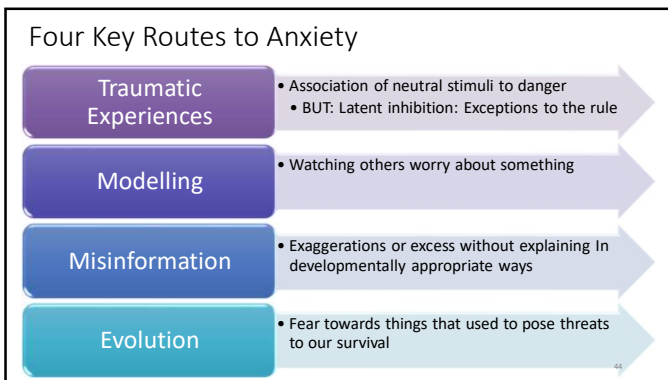
Everyone is predisposed to anxiety.



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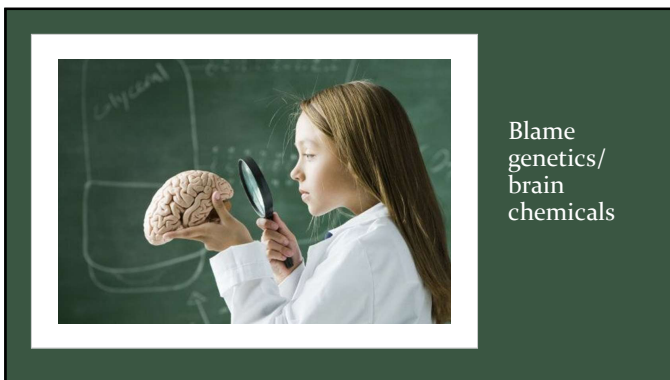
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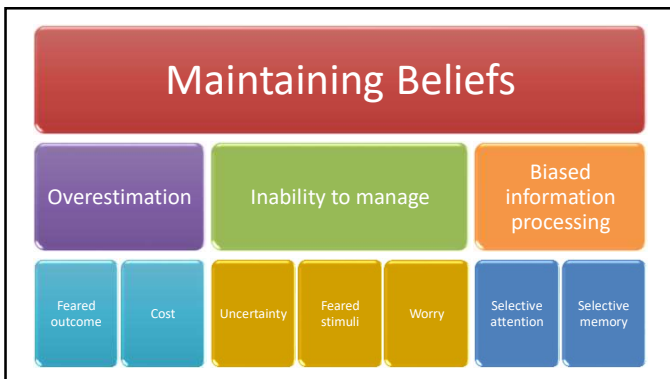
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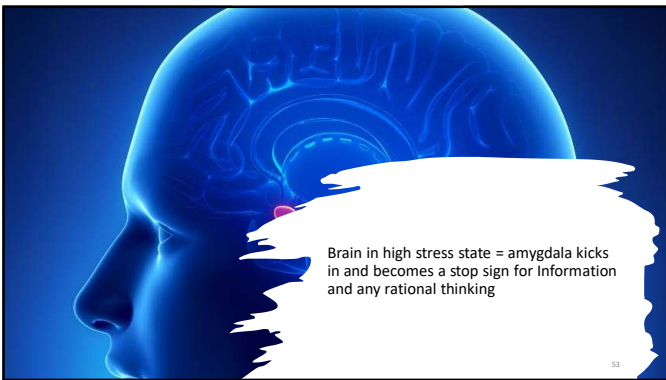
51



There is nothing to worry about!

52

52



Brain in high stress state = amygdala kicks in and becomes a stop sign for Information and any rational thinking

53

53




Enabling

Accommodations

54

Accommodations worsens anxiety long-term

- Allow them to be excused; slow-re-entry
- Distract them or stop thoughts
- Adjusting routines
- Fixed schedules and transition warning
- Alternate place for lunch




55



YOU CAN'T HANDLE IT


56

Safety Behaviours!



- Avoidance
- Excessive checking
- Seeking reassurance
- Rituals
- Safety aids

57




A glowing brain in shades of blue and green is shown next to the profile of a child's face, looking towards the brain.

Avoid traps

- Adults jumping in harms kids:
 - Changes brain development & ingrains anxiety
 - Makes kids vulnerable: no opportunities to experience manageable amounts of stress
 - Confidence and resilience stunted

58



A yellow semi-circle on the left contains a white exclamation mark. The right side is dark grey with the word "Shortcomings" in white text.

Shortcomings

59

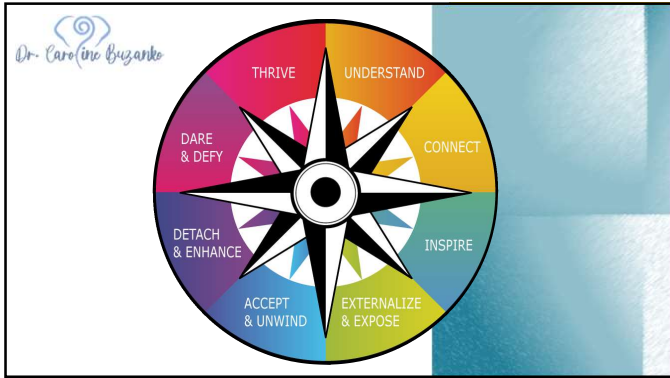


A large circle with a blue-to-purple gradient contains the text "Traps of traditional approaches". To the right is a list of items. There are small symbols (+, o, .) around the circle.

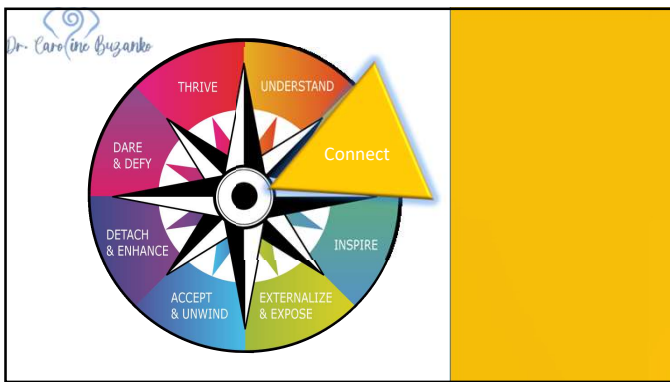
Traps of traditional approaches

- Thought stopping
- Reframing thoughts
- Positive affirmations
- Habituation
- Fear hierarchies

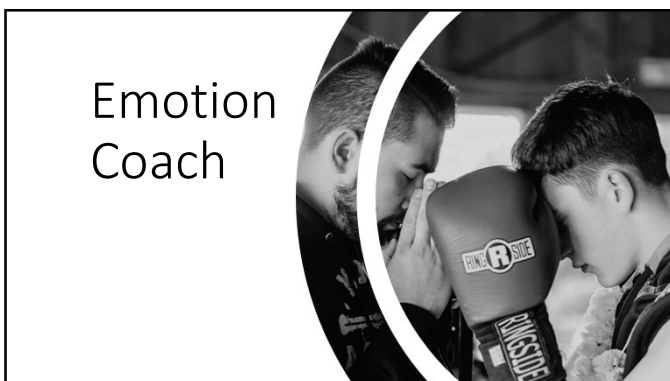
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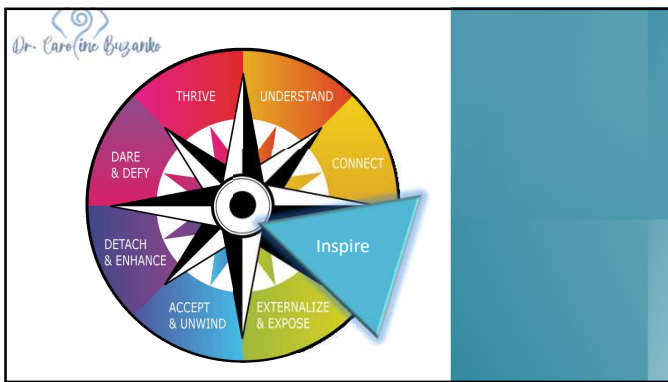
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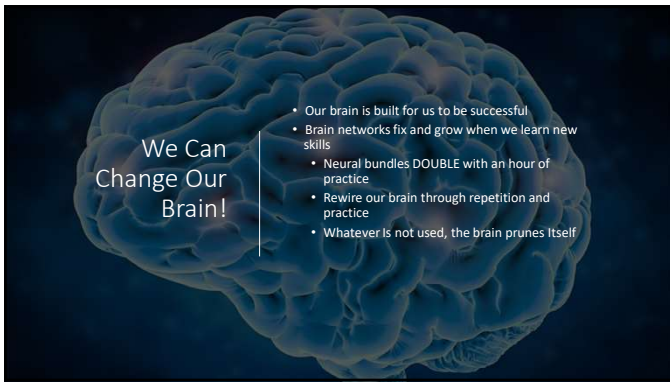
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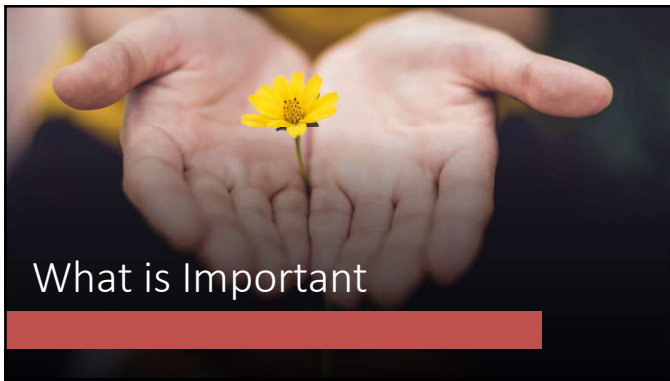
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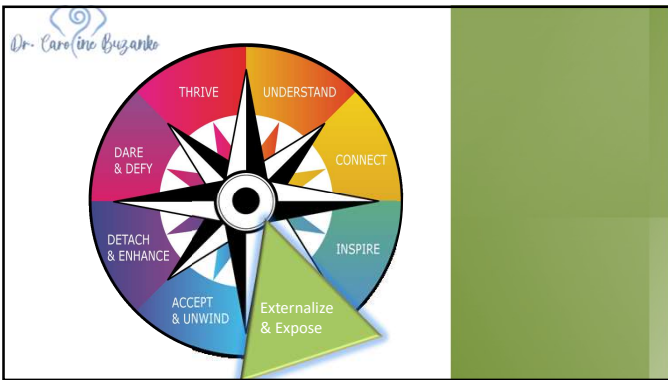
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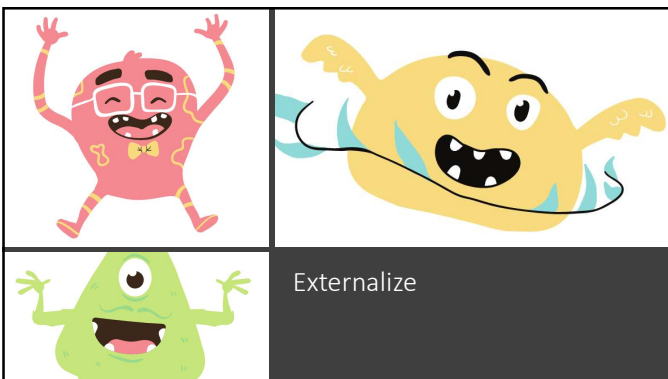
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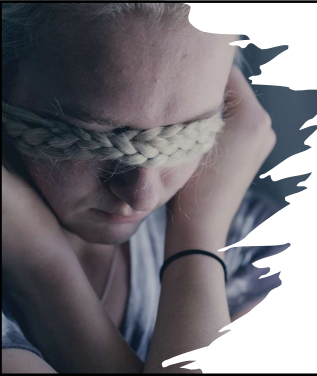
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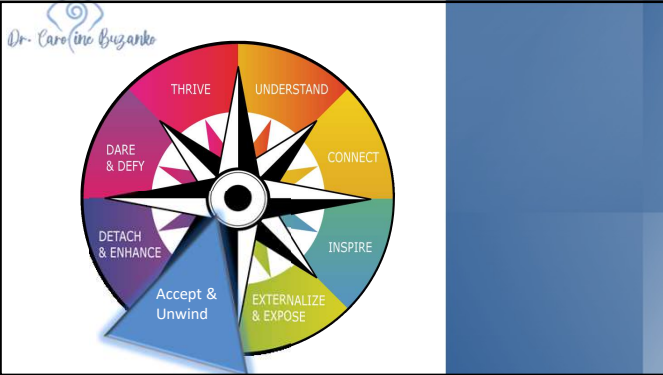
72



Expose it

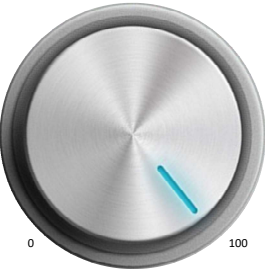
- Remind how anxiety works
 - There's Bob, this is what he likes to tell me.
 - Wow, it is really working hard to make me think the worst today!
 - Yeah, I knew this story would show up. It really doesn't want me to go to my sleepover.
 - This gremlin really knows how to try to stress people out.

73




74

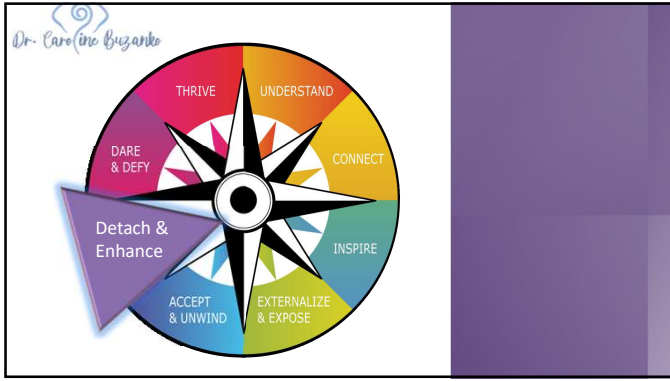
Anxiety Dial



Acceptance Dial



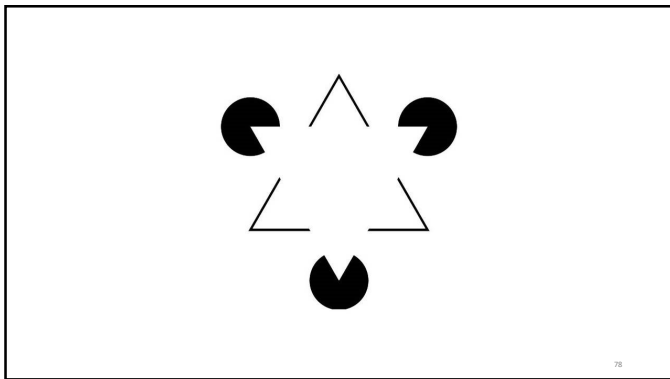
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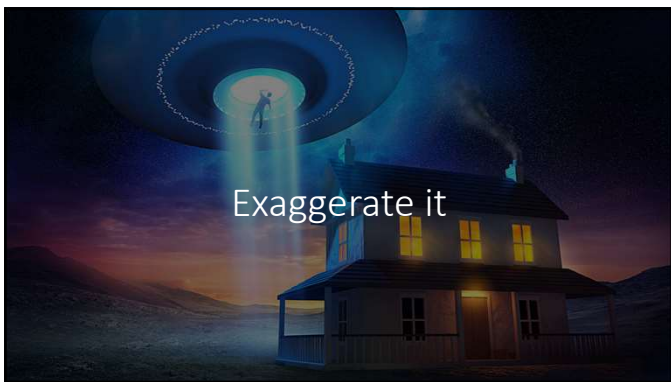
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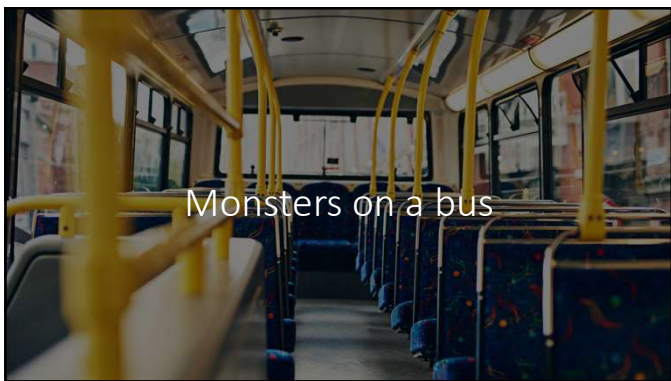
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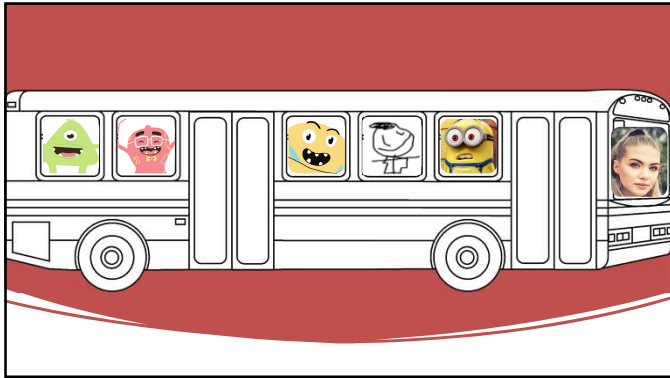
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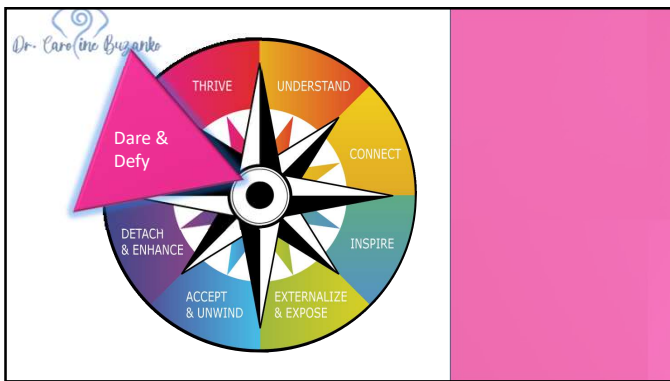
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83



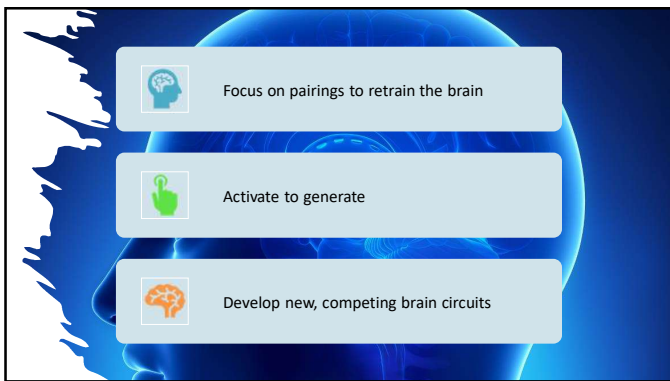
84



85



86



87

Getting unstuck

The diagram features a cluster of colorful dots on the left, with the text 'Face Fear' in the center. To the right are two large, overlapping chevrons pointing right, colored red and green. Further right is a blue circle containing the text 'Without the worst thing happening'.

Without safety behaviours

Or, if it does, they can handle it

88

GOAL: Build Worry Tolerance

- NOT resist, control, or eliminate anxiety
- Anxiety is still there but I am going to do the opposite anyway

A photograph of a young child with curly hair, wearing a white long-sleeved shirt with 'GRLPW' printed on it, making a peace sign with their right hand. The photo is set within a white, scalloped-edged circular frame.

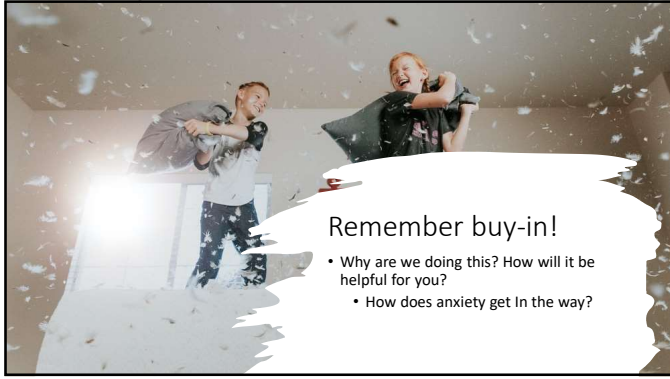
89

Anxiety Dial

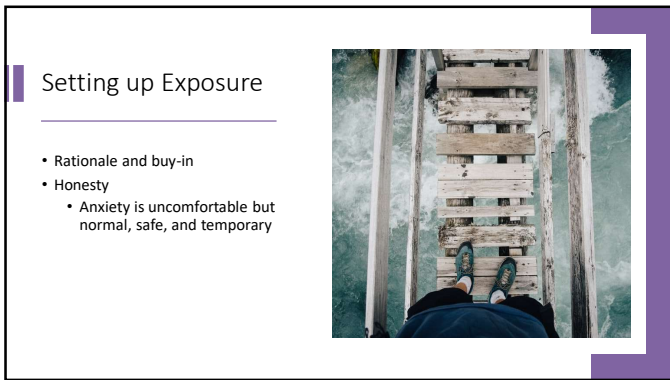
Willingness Dial

Two circular dials are shown side-by-side. Both have a scale from 0 to 100. The 'Anxiety Dial' has a blue needle pointing to approximately 25. The 'Willingness Dial' has a blue needle pointing to approximately 80.

90



91




92



93


Setting up Exposure

- Remind: How anxiety works
 - Thoughts affect our body and behaviours and gets us stuck
 - No safety behaviours – response prevention!
 - Get unstuck and learn how to handle anxiety with exposure
- Collaborate: no specific order



94

Rate it



- 0 • Easy Peasy
- 50 • Hard. May or may not be able to handle it.
- 100 • Impossible! Catastrophic!

95


Exposure

Collaborate – need to focus on things they WANT to and then figure out how

What should we start with?

Predict:

- What will worry say?
- How will your body feel?
- What will your parents do if you get sucked back in?
- What can you say if your parents get sucked in?
- What will happen if you move on when worry shows up?



96

Rate it

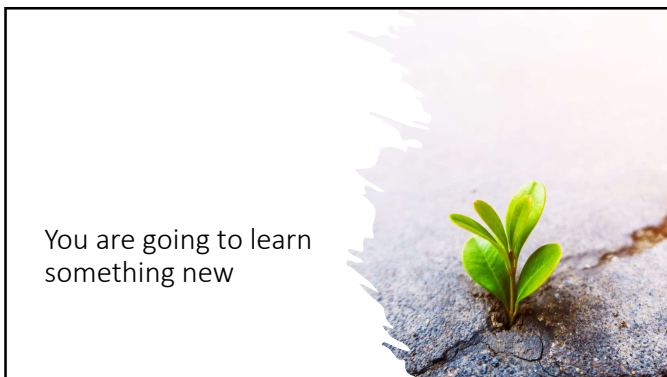
Antecedents (Triggers to anxiety)	Awfulness
Seeing a picture of a snake	50
Thinking about a snake	30
Someone talking about a snake	30
Seeing a snake in its cage	70
Seeing someone holding a snake	80
Seeing a snake on TV	60
Snake slithering on the ground in front of me	100
Knowing someone was going to bring a snake for show & tell	100

97

Rate it

Antecedents (Triggers to anxiety)	Predicted Awfulness	Actual Awfulness
Seeing a picture of a snake – staring at it for 5 min.	50	
Standing in front of the cage for 2 min.	70	
Seeing someone holding a snake for 2 min.	80	
Watching a snake on TV for 10 min.	60	
Snake slithering on the ground in front of me	100	
Watching it for all of show & tell	100	


98



99


Smash Patterns

- Change it up!
- Length of time
- Distance
- Time of day
- Places
- People



100

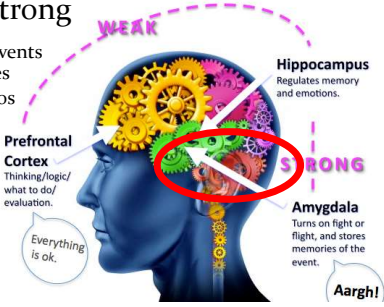
Dr. Caroline Buzanko



101

Worry can be strong

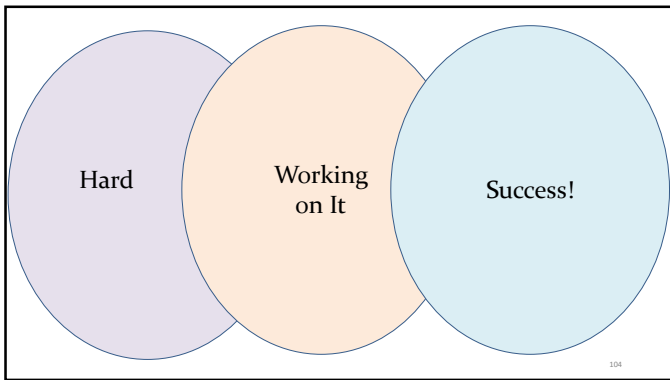
- Negative, worrisome events create strong memories
- Look through photos
 - Happy times
 - Learning
 - Successes



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103



104

Strategy:

Boom!
You did it!

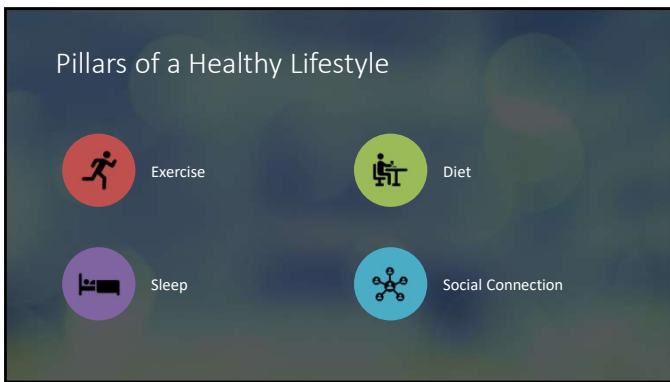
105



General Tips

- Family fun and connection
- Family meals
- Avoid overscheduling
- Downtime
- Play and positive experiences
- Calm mornings
- Green time

106



Pillars of a Healthy Lifestyle

- Exercise
- Diet
- Sleep
- Social Connection

107



108



109
