

Stress, Anxiety, and Coping

WHAT PROVEN STRATEGIES WILL YOU DISCOVER?

Presented to: Prevention Summit

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Substance Use and Mental Health Prevention

Certain Substance can cause one with an addiction to experience one or more symptoms of mental health problem or Mental health problems can sometimes lead to misuse of substances as a form of self-Medication.

Symptoms:
Paranoia, Aggressiveness, Hallucinations.

Early Use:
Early use can also impact your brain development, making you more prone to mental health disorder as you get older, and your addiction progresses.

Risk factors do increase chances of becoming addicted but its not guaranteed a person will experience addiction.

Talk to a safe adult or doctor, counselor, teacher, etc.

Recommendation: counseling, or other treatment options. It's possible to revober from addiction and lead a health life.



Agenda

WHAT WILL WE LEARN TODAY?

- The **causes** of stress, anxiety, and panic
- The **types** of stress
- Healthy **coping** skills
- How to get **support**



What are stress and anxiety?

...AND ARE THEY THE SAME THING?

- Stress is a response
 - A stress response signals that you are facing a challenge or problem
 - Stress is a normal function of life
- Anxiety is a state of excessive worry
 - We can feel anxious over a long period of time
 - Anxiety can make it hard for us to function well

Let's learn more about what this all means!



Le stress

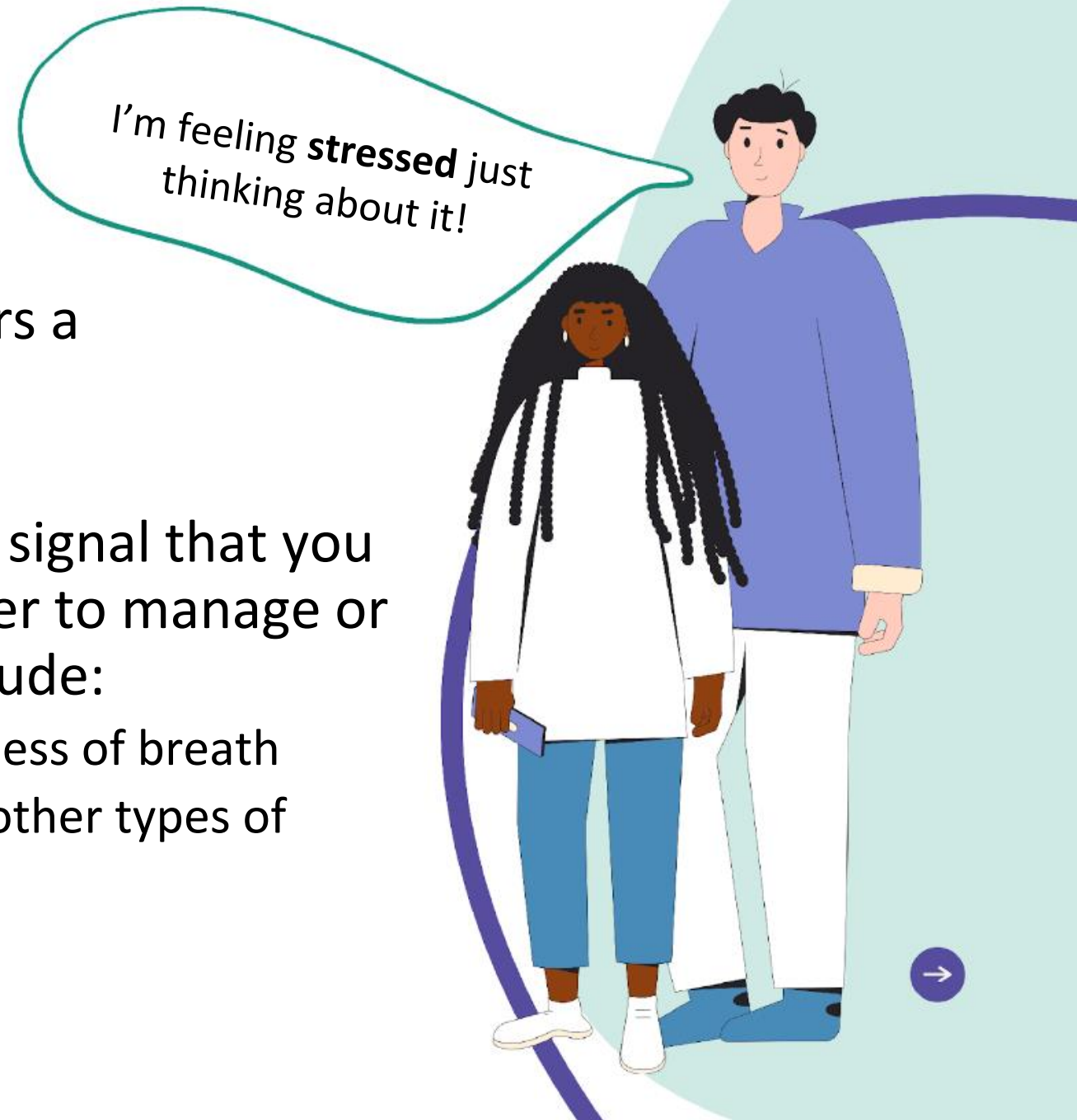
WHAT IS STRESS?



Defining Stress

WHAT DOES THIS EVEN MEAN?

- A **Stressor** is an event that triggers a stress response in your body
 - Internal or external
- A **Stress Response** is your body's signal that you need to adapt and change in order to manage or deal with the stressor. These include:
 - Racing heart, sweaty palms, shortness of breath
 - ... Have you ever experienced any other types of **stress response**?



Types of Stress

WHAT IS POSITIVE STRESS?

- Positive Stress:
 - Is temporary and only lasts for a little while
 - Helps us learn how to adapt and grow
- What situations cause positive stress?
 - Both positive and negative situations, like:
 - Taking a test
 - Losing your keys
 - Going on a date
 - Most people experience positive stress several times a day

Source: <https://teenmentalhealth.org/wp-content/uploads/2017/09/Stress-Two-pager.pdf>



Types of Stress

WHAT IS TOLERABLE STRESS?

- Tolerable Stress:
 - Is temporary and usually only lasts for a short time
 - Can be managed with support from others
 - Is unlikely to have lasting consequences
- What situations cause tolerable stress?
 - Situations with lasting or serious impacts, like:
 - Divorce
 - The death of a loved one
 - People experience this type of stress less often than positive stress

Source: <https://teenmentalhealth.org/wp-content/uploads/2017/09/Stress-Two-pager.pdf>



Types of Stress

WHAT IS TOXIC STRESS?

- Toxic Stress:
 - Is prolonged and extreme
 - Can have lasting negative effects
- What situations cause toxic stress?
 - Extreme situations with lasting or serious impacts, like:
 - Abuse
 - Neglect
 - Violence



Defining Anxiety

WHAT DOES THIS EVEN MEAN?

- **Anxiety** features excessive worry that occurs over a long period of time.
- People with anxiety are unable to control their worries.
- This worry causes serious emotional distress and creates problems:
 - At school
 - At work
 - In relationships



Common Symptoms

ANXIETY EDITION

- Restlessness, feeling on edge
 - Difficulty concentrating
 - Irritability
 - Trembling or twitching
 - Hot flashes
-
- Nausea
 - Lightheadedness
 - Frequent urination
 - Difficulty relaxing
 - Startling easily



Defining Panic

WHAT DOES THIS EVEN MEAN?

- **Panic** is a specific type of anxiety
 - Sudden episode of intense fear
- Panic triggers severe physical reactions when there is no real danger or apparent cause.



Common Symptoms

PANIC EDITION

- Sense of impending danger
- Fear of loss of control or death
- Rapid, pounding heart
- Trembling or shaking
- Shortness of breath or tightness in your chest or throat
- Hot flashes

- Nausea
- Stomachache or abdominal cramps
- Headache
- Dizziness, lightheadedness, or faintness
- Numbness or tingling
- Feeling of detachment from reality

But what does
panic feel like?



Anxiety vs. Panic

HOW ARE THEY DIFFERENT?

ANXIETY

- Symptoms are mild or moderate
- Usually lasts a long time
- Gradual onset

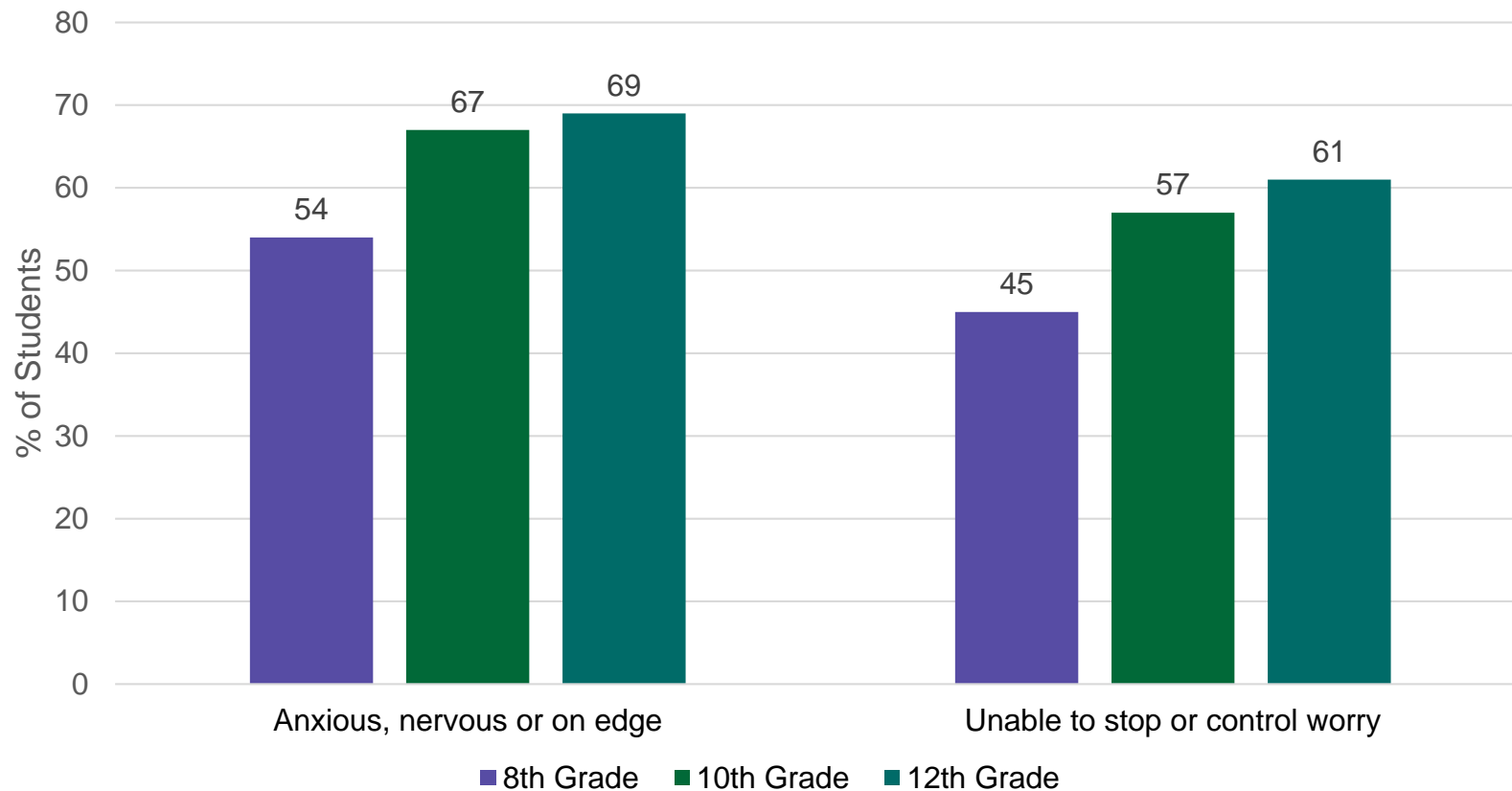
PANIC

- Symptoms are intense or severe
- Usually lasts a short time
- Sudden onset



Stress & Anxiety Among Teens

WA HEALTHY YOUTH SURVEY 2018 RESULTS



Causes of Stress

TEEN EDITION

- Home
- School
- Friends
- Bullying
- The future
- ... What causes **you** stress?



Coping Skills

3 THINGS YOU CAN DO

- Center on your thoughts and feelings
 - Focus on what you are thinking about your stress response experience
- Define the problem
 - Determine what the problem is and develop solutions for solving it
- Use proven techniques
 - Focus on the intensity of the stress and use stress reduction techniques

You can manage your **stress** and **outcomes** with coping skills!



Coping Strategies

HEALTHY VS. UNHEALTHY

- **Healthy coping strategies**
 - Help us feel better
 - Protect us against negative or unwanted outcomes that could make stress worse
- **Unhealthy coping strategies**
 - May help us feel better
 - Lead to negative or unwanted outcomes and usually increase levels of stress in the long run.



Coping Skills

PROVEN TIPS FOR TEENS

- Build healthy relationships
- Get enough sleep
- Eat a healthy, balanced diet
- Be active and exercise regularly
- Have fun and laugh regularly
- Find ways to relax
- Avoid use of drugs and alcohol
- Feel your feelings
- Give back, find ways to help others




Coping Skills: *Let's Practice!*

THERE'S NO TIME.

SITUATION

You're too busy to eat lunch.

What
should
you do?

An illustration of a woman with long black braids wearing a white lab coat and blue pants, and a man in a blue sweater and white pants. They are standing in front of a light green circular background. Two speech bubbles are attached to them. The woman's bubble is purple and contains text about an unhealthy coping strategy. The man's bubble is green and contains text about a healthy coping strategy. A small purple circle with a white arrow is in the bottom right corner.

An unhealthy coping strategy is to eat a candy bar for **quick energy**.

A healthy coping strategy is to **schedule time** to make and eat lunch.



Coping Skills: *Let's Practice!*

I PROCRASTINATED.

SITUATION

You have a test tomorrow and haven't studied.

What
should
you do?




Coping Skills: *Let's Practice!*

I'M ON EDGE.

SITUATION

You feel nervous before a social engagement.

What
should
you do?



An unhealthy coping strategy is to **drink alcohol** to take the edge off and "relax."

A healthy coping strategy is to **call/text a friend** to build confidence.



Coping Skills: *Let's Practice!*

THAT HURT.

SITUATION

One of your friends said something really hurtful.

What
should
you do?



Coping Skills: *Let's Practice!*

IT'S ALL TOO MUCH.

SITUATION

You have too much going on and feel tired or overworked.

What
should
you do?



Coping Skills: *Let's Practice!*

IT'S COMPLICATED.

SITUATION

You are dealing with a complicated family situation.

What
should
you do?



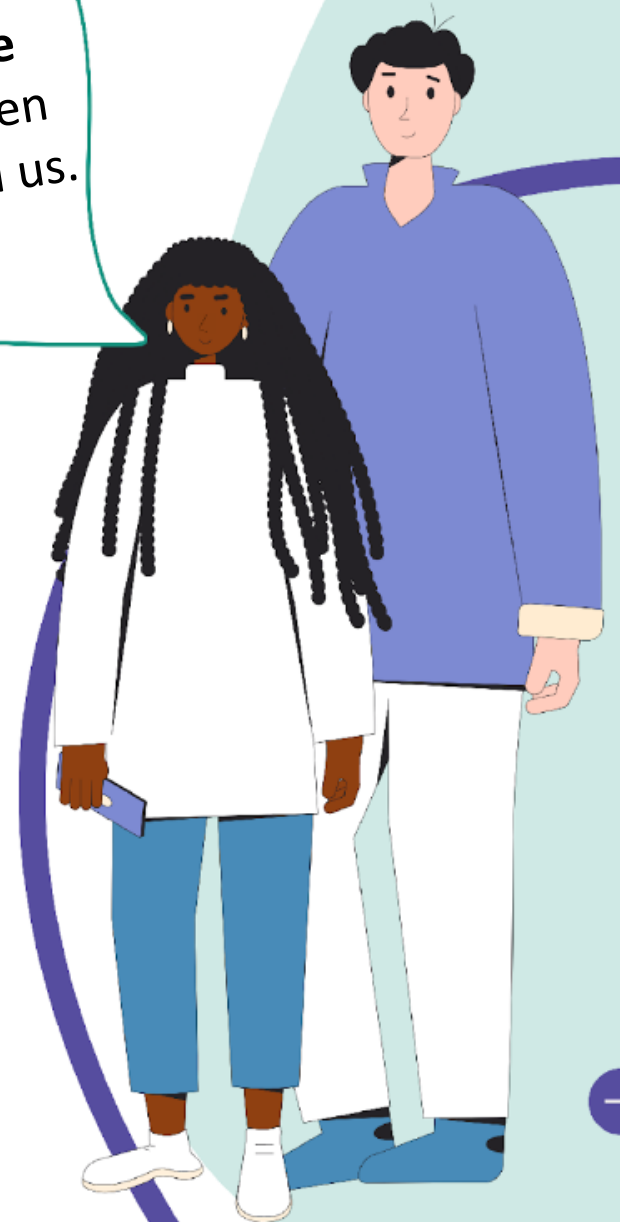
Coping Skills

PROFESSIONAL HELP

Haven't found the strategies that work best for you? The professionals are here to help!

- True North is a licensed behavioral health provider
 - We support students and families in Grays Harbor, Lewis, Mason, Pacific, and Thurston
 - We offer prevention, intervention, and other behavioral health supports
- Give us a call at [360-464-6867](tel:360-464-6867) to set up an evaluation

Give us a call
— we're
here when
you need us.



Coping Skills

2 MINUTES OF MINDFULNESS



*Thank
you for
joining
us!*

Questions?



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