



**BUILDING
BLOCKS**
OF MENTAL HEALTH

Managing Stress and Anxiety

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What is stress?



Stress is normal!

Physical,
emotional, or
psychological
strain

Stress is our
body trying to
help us.



At the end of this presentation, you will...

Understand the function of stress



Gain knowledge of depression and how to get help



Recognize the symptoms of stress and anxiety



Learn coping skills to help navigate life



Acute Stress



Adult Common Stressors

- Work demands
- Too much on your plate
- Moving homes/ areas
- Change of careers
- Friends/peers
- Financial concerns
- Parenting
- Addiction
- Social media
- Trouble with the law
- Natural disasters/pandemics
- Family problems
- Divorce
- Unsafe home life
- Abuse/violence
- Chronic illness
- Death of a loved one
- Identity
- Social justice
- Activism
- Climate change



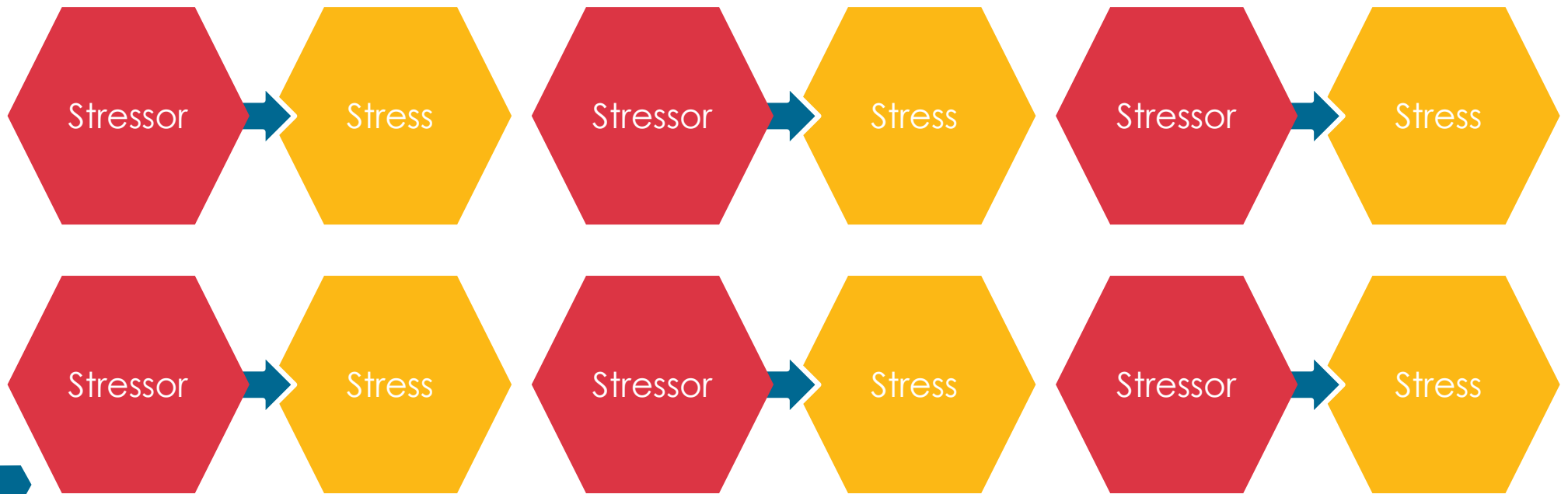
How many apply to your life?

Youth Common Stressors

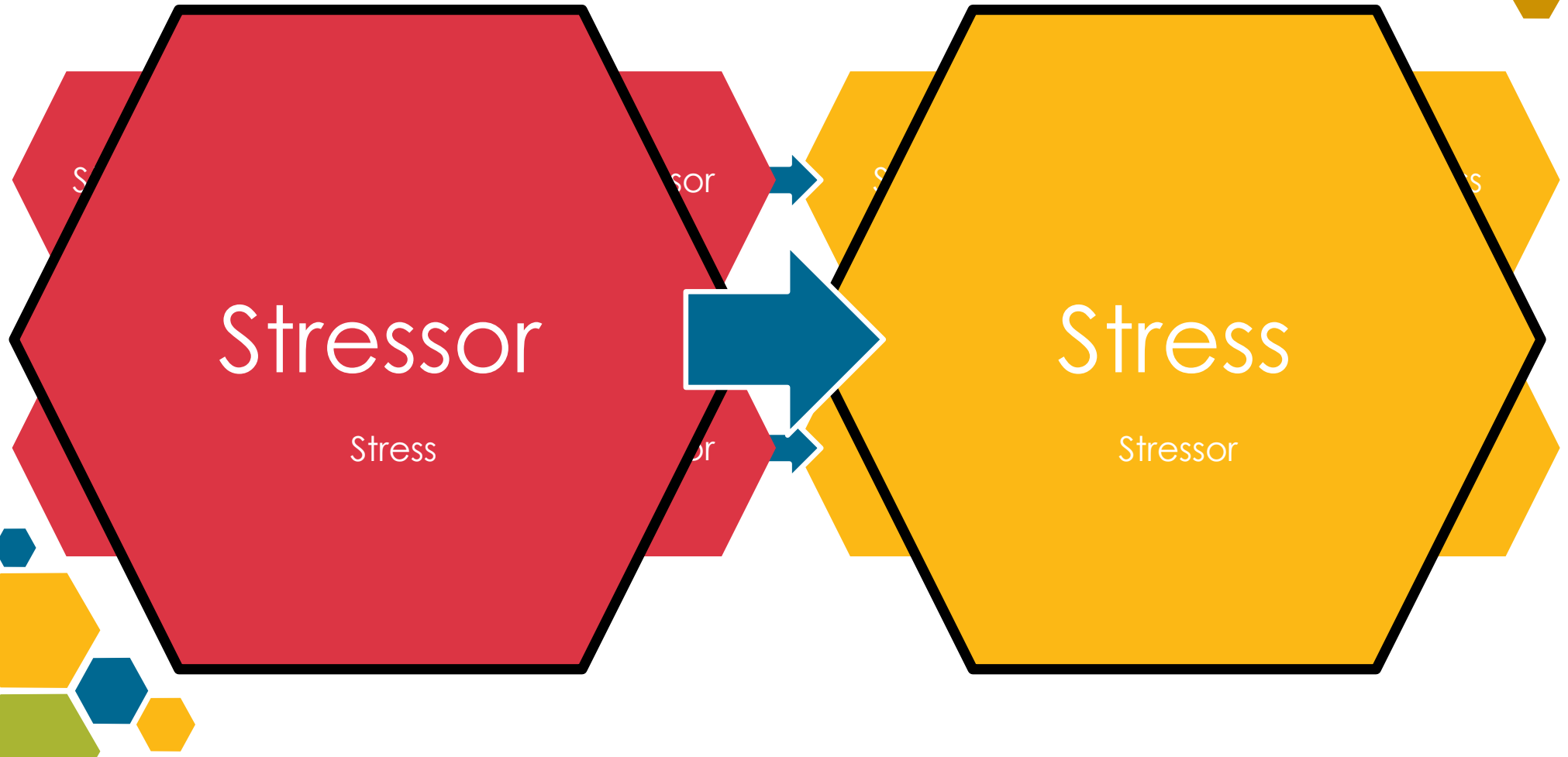
- School demands
- Too much on your plate
- Recent move/
changing schools
- Graduating
- Friends/peers
- Breakups
- Victim of bullying
- Teen dating violence
- Social media
- Trouble with the law
- Natural
disasters/pandemics
- Parents/family problems
- Divorce
- Unsafe home life
- Abuse/neglect
- Chronic illness
- Death of a loved one
- Identity
- Social justice
- Activism
- Climate change



Chronic Stress



Chronic Stress





How do you deal
with stress?





Stress relievers

Substance use

Relax

Self-reflection

Isolation

Connect with others

Overeating/undereating

Distraction

Self-harm

Talk about feelings

Anger

Laugh or Cry

Bottling it up

Cyberbullying

Mindfulness

Avoidance

Overthinking

Exercise





Stress relievers

Harmful

Isolation
Avoidance
Anger
Substance use
Cyberbullying

Not so helpful

Bottling it up
Overthinking
Distraction
Overeating/Undereating

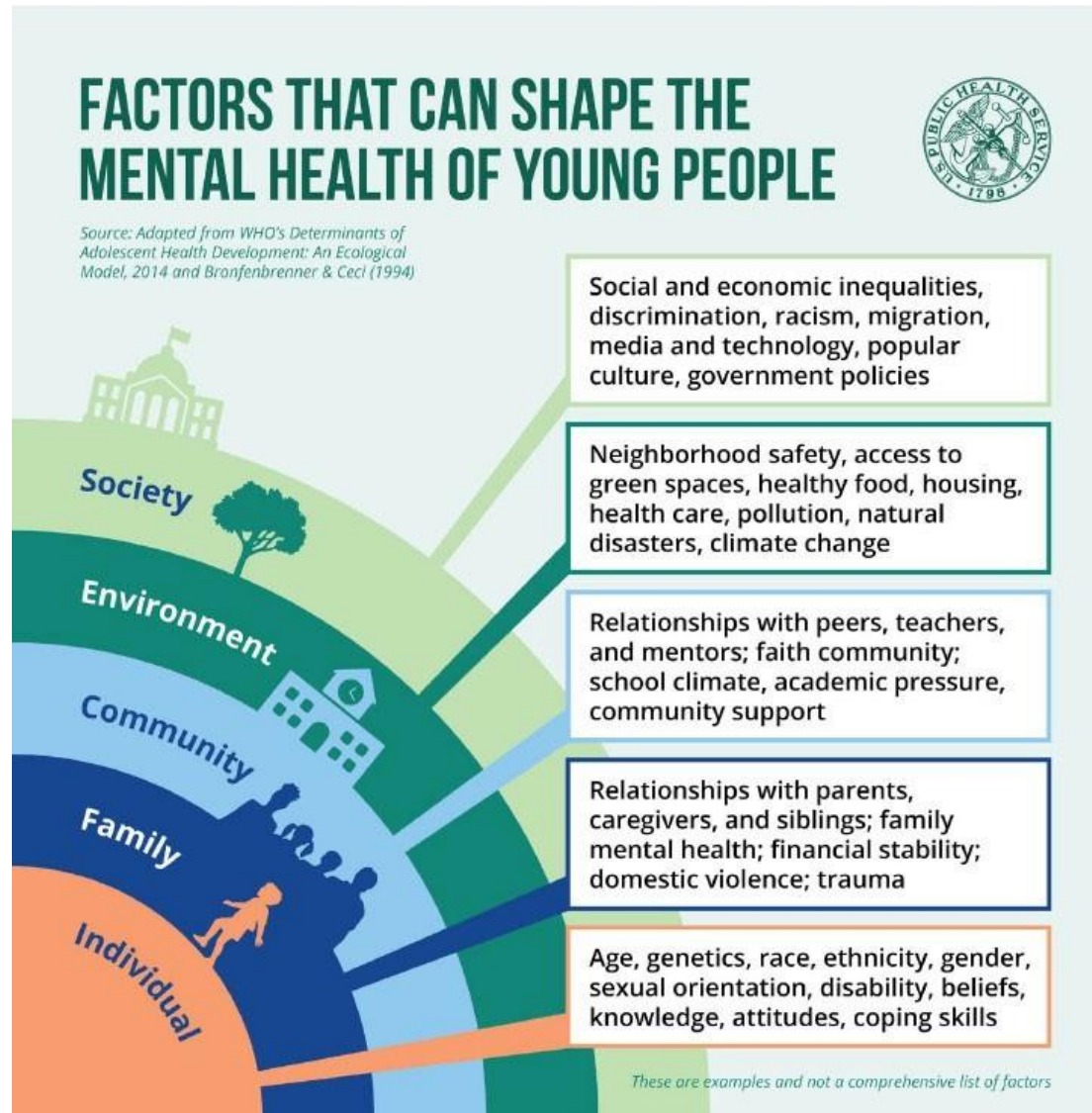
Helpful

Connect
Mindfulness
Relax
Laugh or cry
Self-reflection
Talk about feelings
Exercise








Youth Mental Health Crisis








Youth Risk Behavior Survey

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Experienced persistent feelings of sadness or hopelessness	28	30	30	31	37	42	
Experienced poor mental health†	–	–	–	–	–	29	–
Seriously considered attempting suicide	16	17	18	17	19	22	
Made a suicide plan	13	14	15	14	16	18	
Attempted suicide	8	8	9	7	9	10	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	3	3	2	3	3	






*For the complete wording of YRBS questions, refer to the appendix.
†Variable introduced in 2021.

CDC's Data Summary and Trends Report
2011-2021

-  In wrong direction
-  No change
-  In right direction




https://www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBS_Data-Summary-Trends_Report2023_508.pdf

Youth Risk Behavior Survey

The Percentage of High School Students Who:*	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	Trend
Were threatened or injured with a weapon at school	7	7	6	6	7	7	
Did not go to school because of safety concerns	6	7	6	7	9	9	
Were electronically bullied	16	15	16	15	16	16	
Were bullied at school	20	20	20	19	20	15	
Were ever forced to have sex	8	7	7	7	7	8	
Experienced sexual violence by anyone [†]	–	–	–	10	11	11	

*For the complete wording of YRBS questions, refer to the appendix.
[†]Variable introduced in 2017.

CDC's Data Summary and Trends Report
2011-2021

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Adverse Childhood Experiences (ACEs)

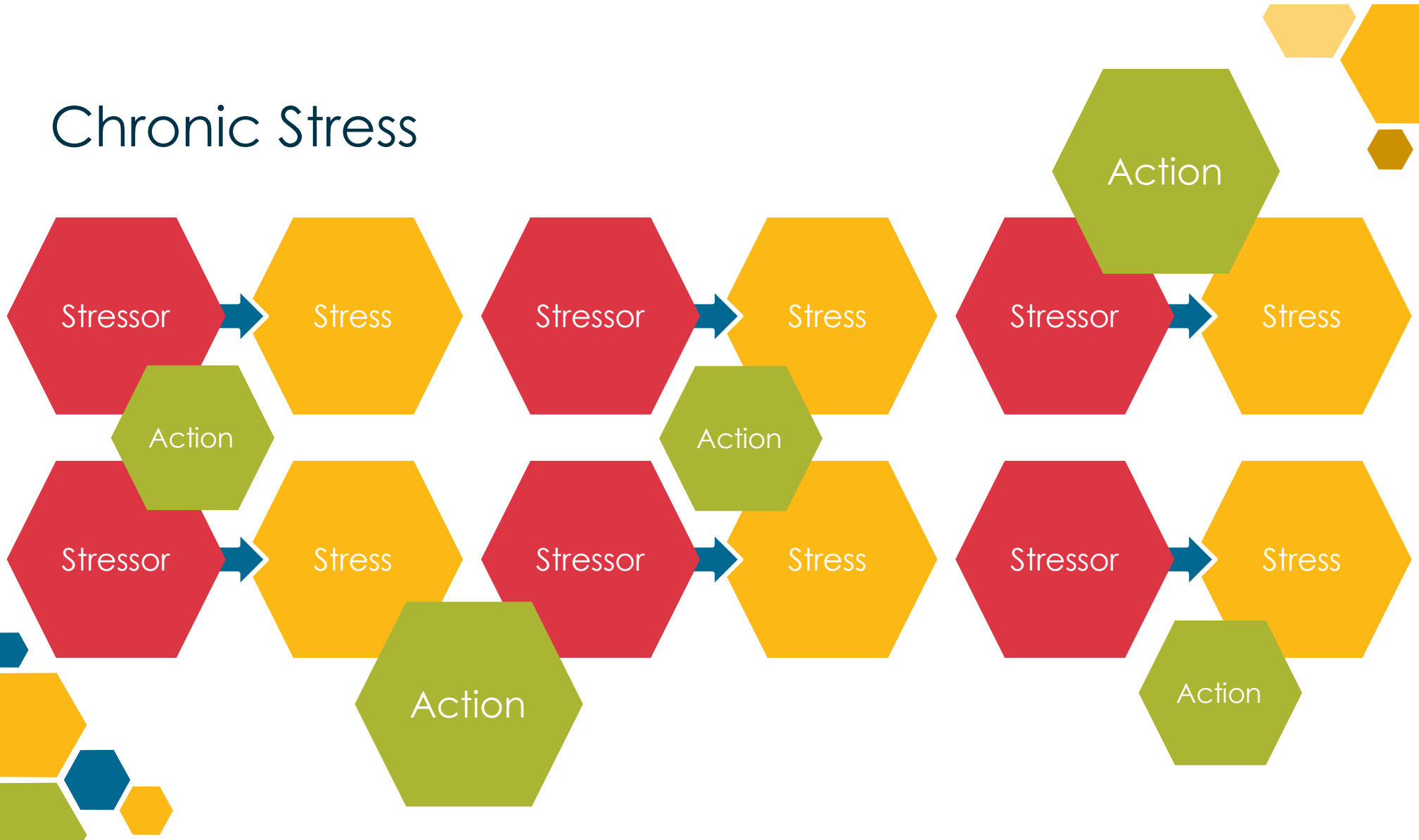
- Traumatic experiences of violence, abuse, or neglect
- Witnessing violence in the home or community
- Family member who attempted or died by suicide
- Undermining of safety, stability, or bonding with parents/caregivers due to substance use, mental illness, or incarceration
- Food insecurity
- Homelessness
- Discrimination

ACEs are linked to chronic health problems, mental illness, and substance use problems in adolescence and adulthood.

<https://acestoohigh.com/>

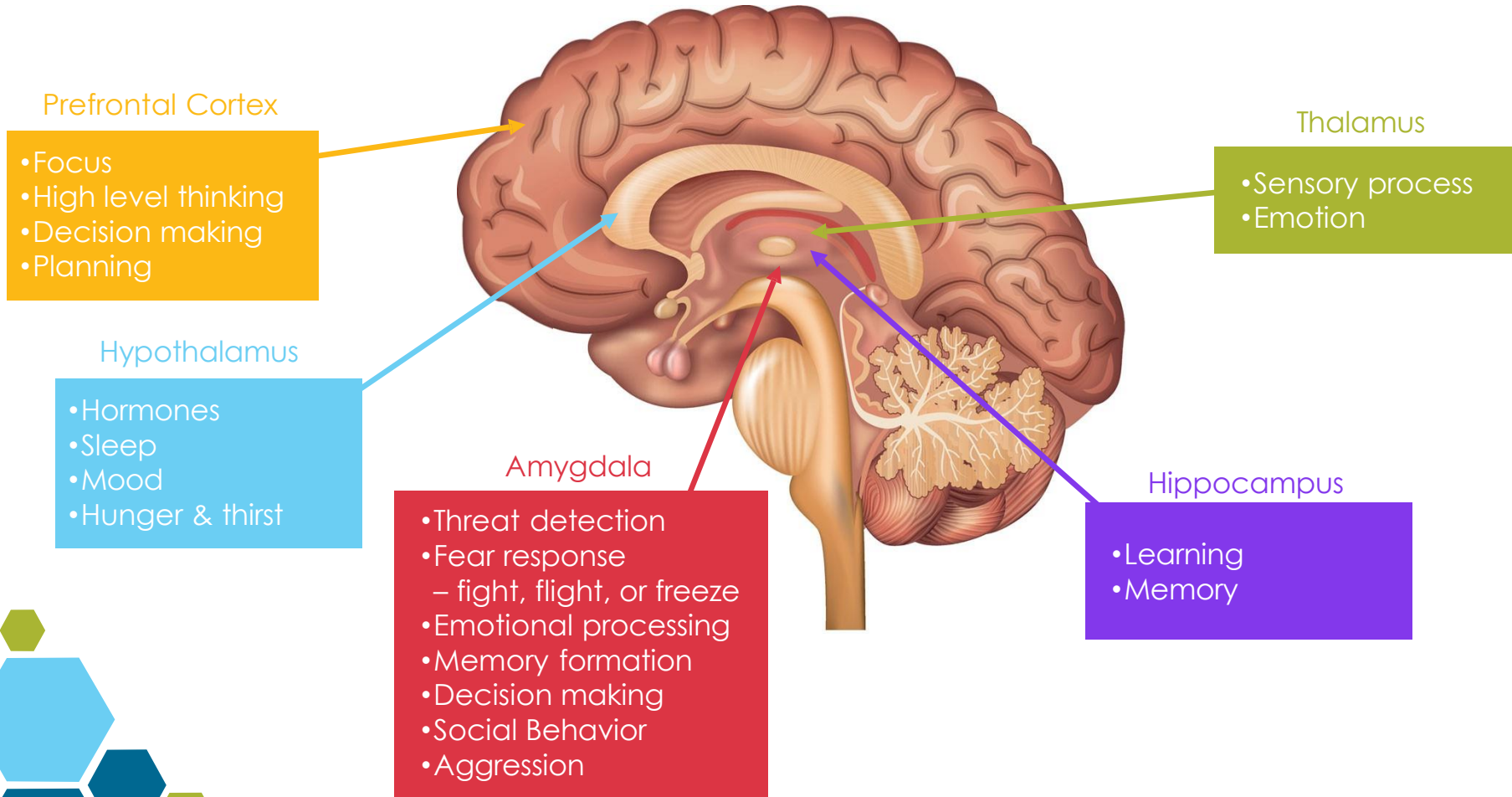


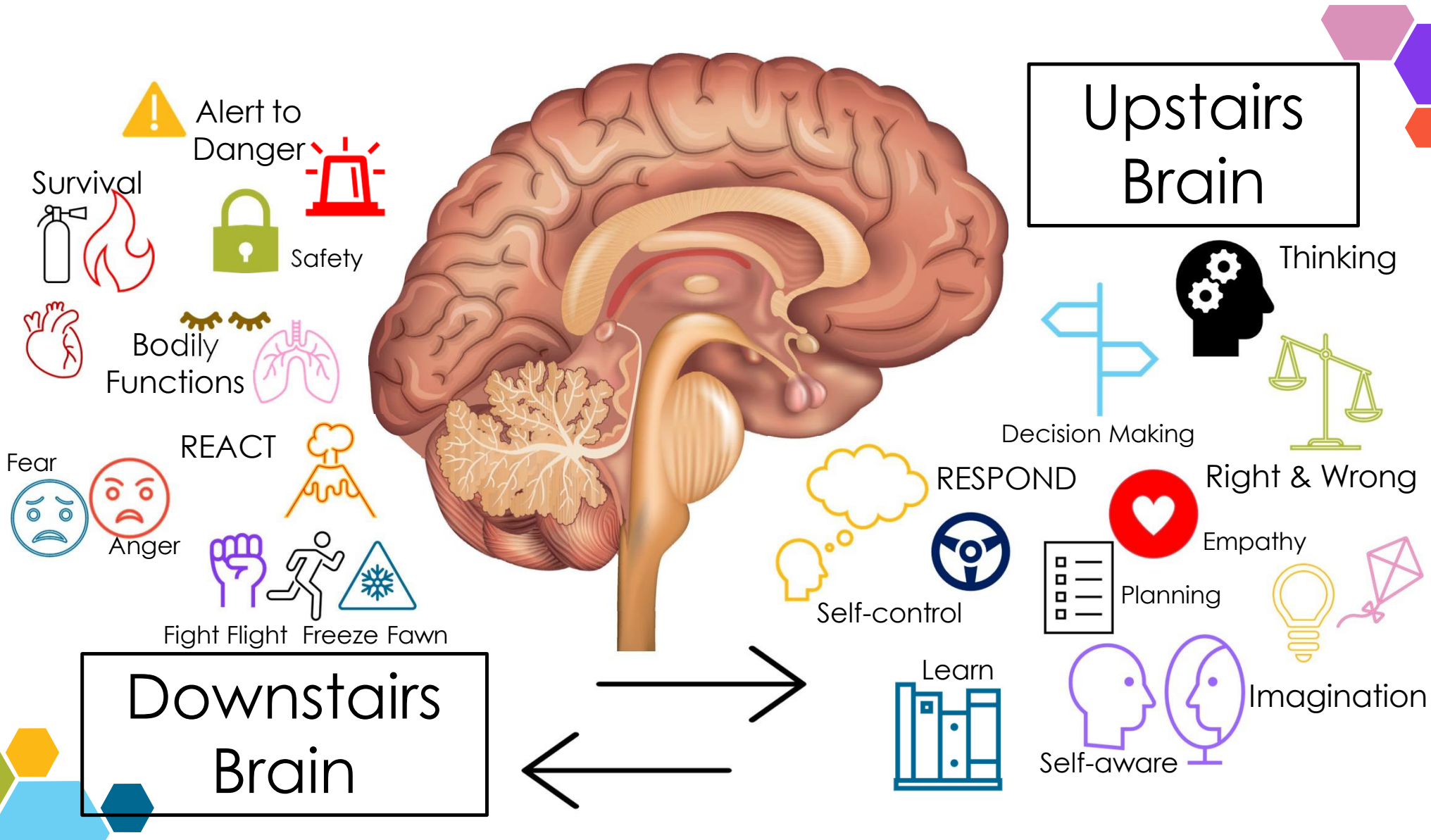
Chronic Stress





The Brain





THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feel Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless



Anxiety



Symptoms of anxiety

- Excessive anxiety and worry
- Difficulty controlling the worry
- Three or more of following:
 - Fatigue
 - Restlessness
 - Irritability
 - Sleeping more or less than usual
 - Difficulty concentrating
 - Muscle tension
- Distress or impairment



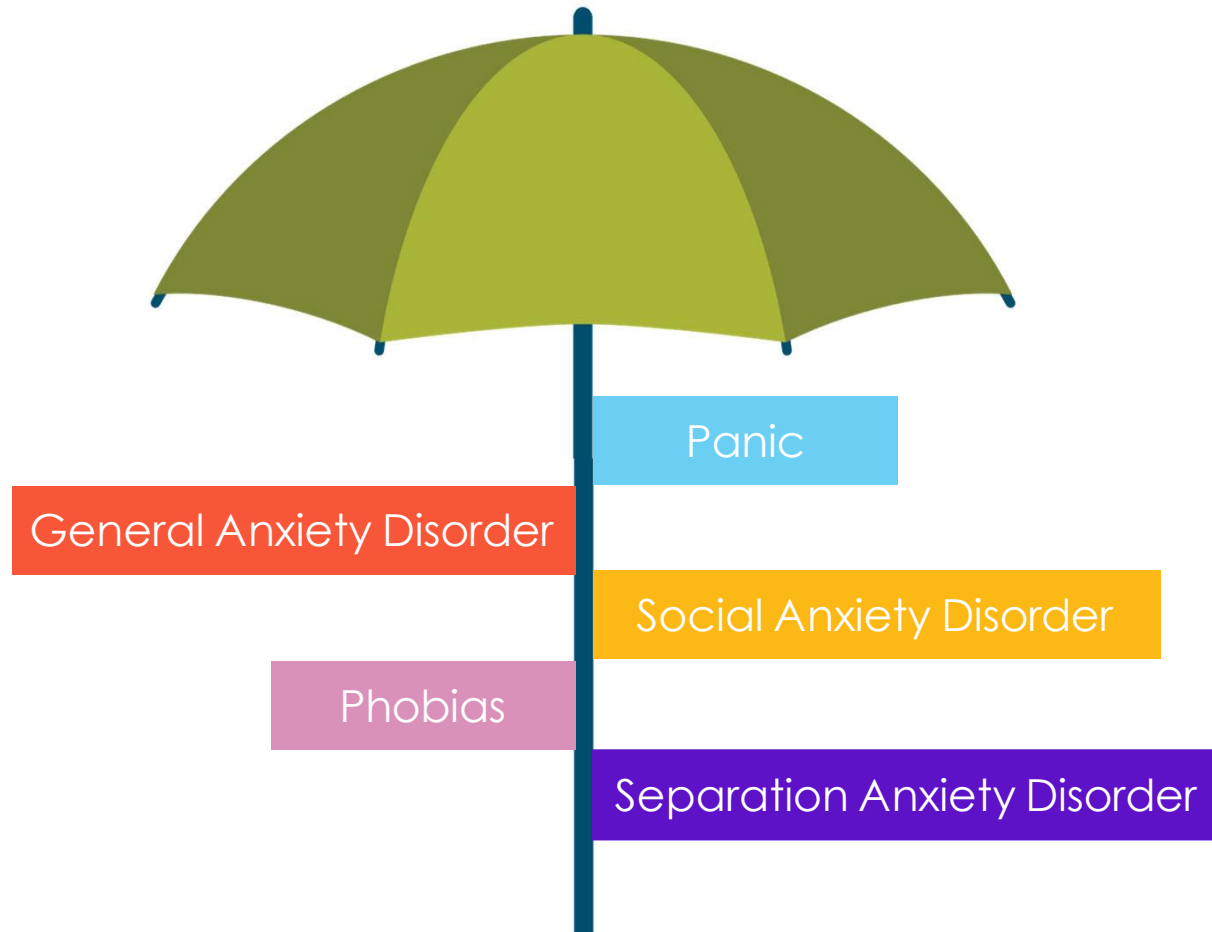
Other signs of anxiety in children

- Behavioral changes
 - moodiness, aggression, temper tantrums, clinginess or frequent crying spells
- Stomachaches or headaches
- Constant worry or negative thoughts
- Fears
- Sleep problems
- Struggling with or refusing to go to school
- Withdrawing from family or friends





Examples of anxiety disorders



Treating anxiety

Talk to
someone



Find a doctor or
mental health
provider



Practice
healthy coping
skills



Get
support



Take care of
yourself





Protective Factors

- Reliable support and discipline from caregivers
- Consistency in rules at home and school
- Emotional self-regulation practice
- Healthy coping skills
- Problem-solving ability
- Sense of self-sufficiency
- Optimism and Gratitude
- Positive self-regard
- Ability to ask for help



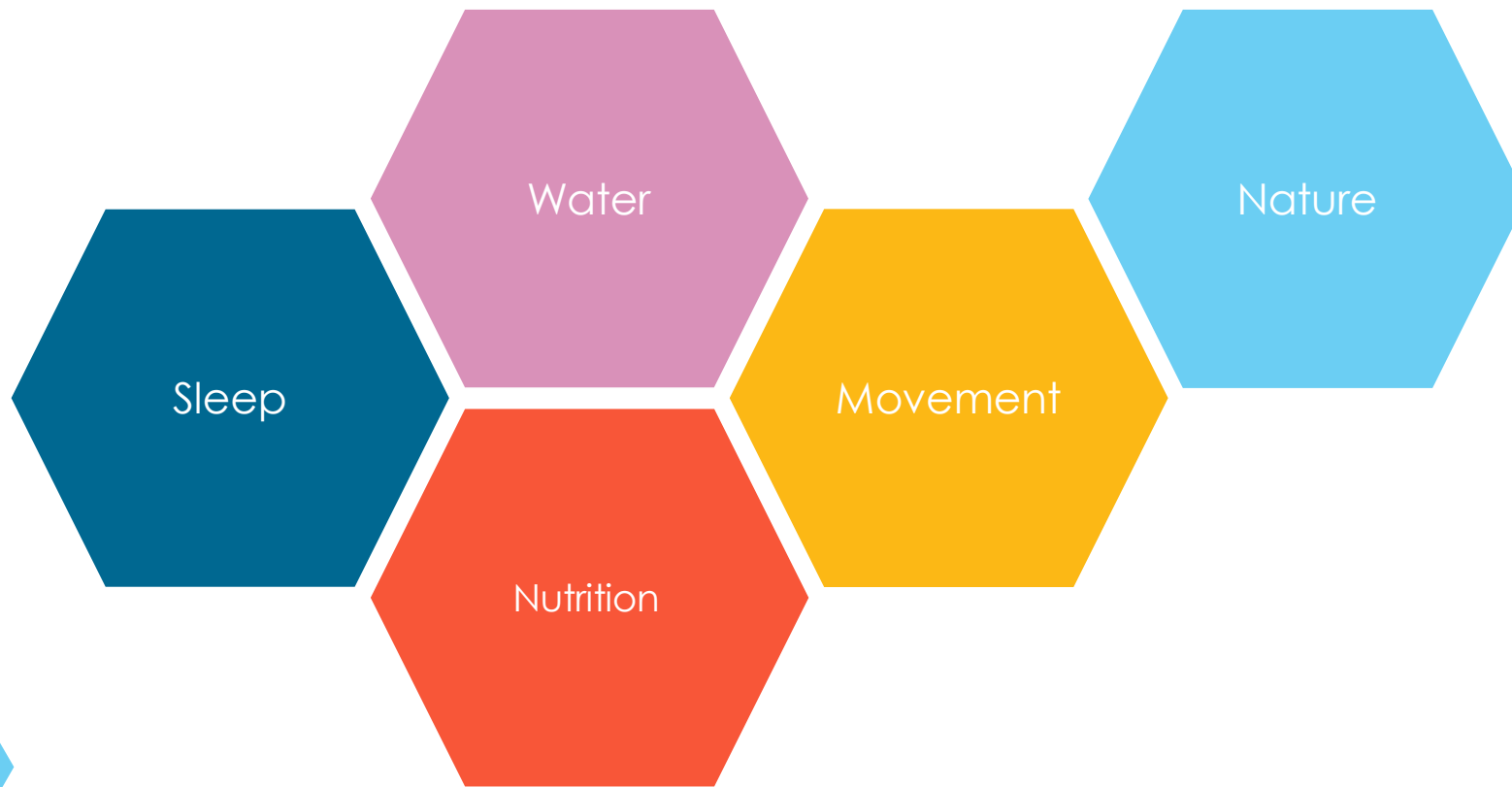


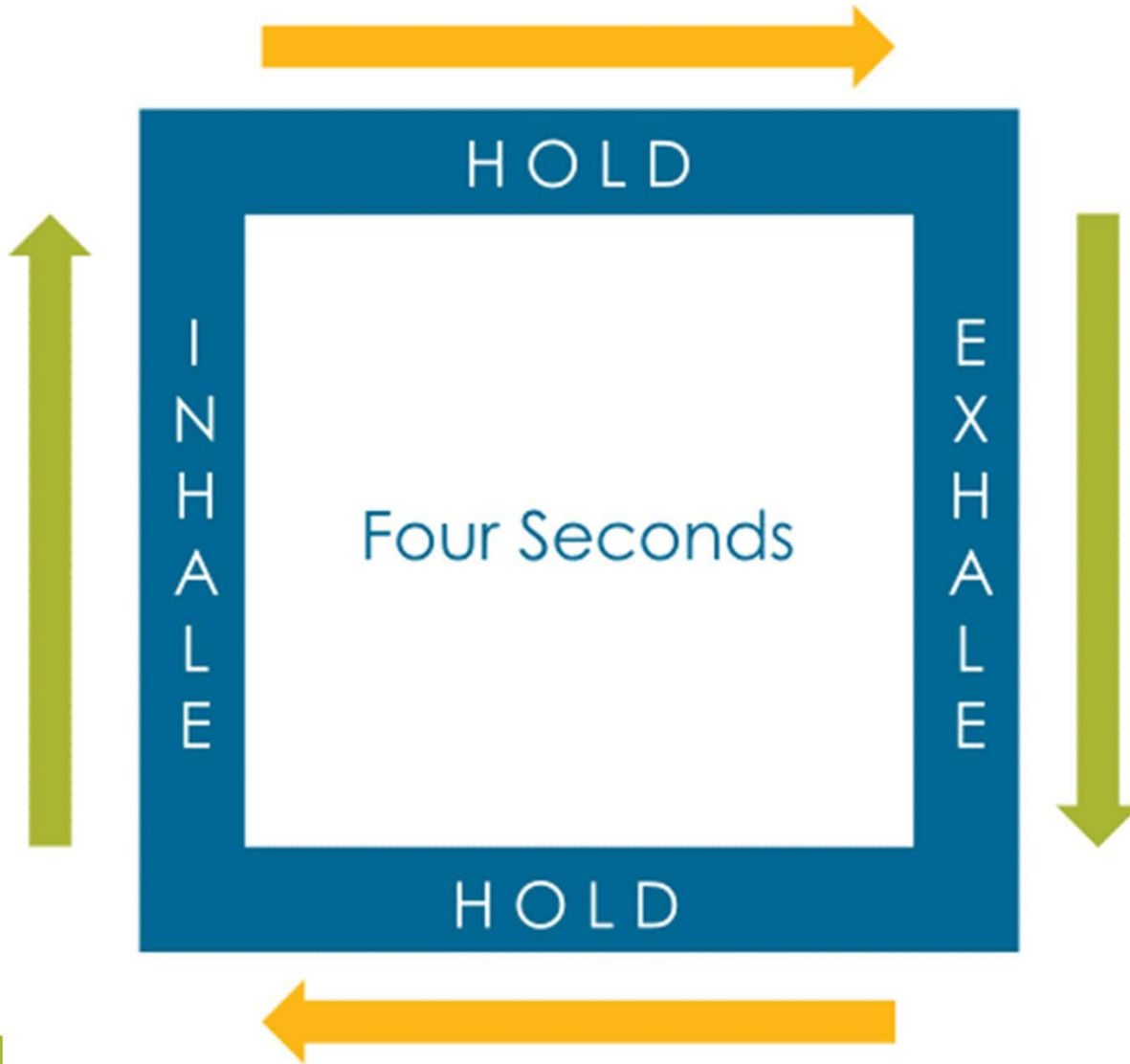
Coping Skills



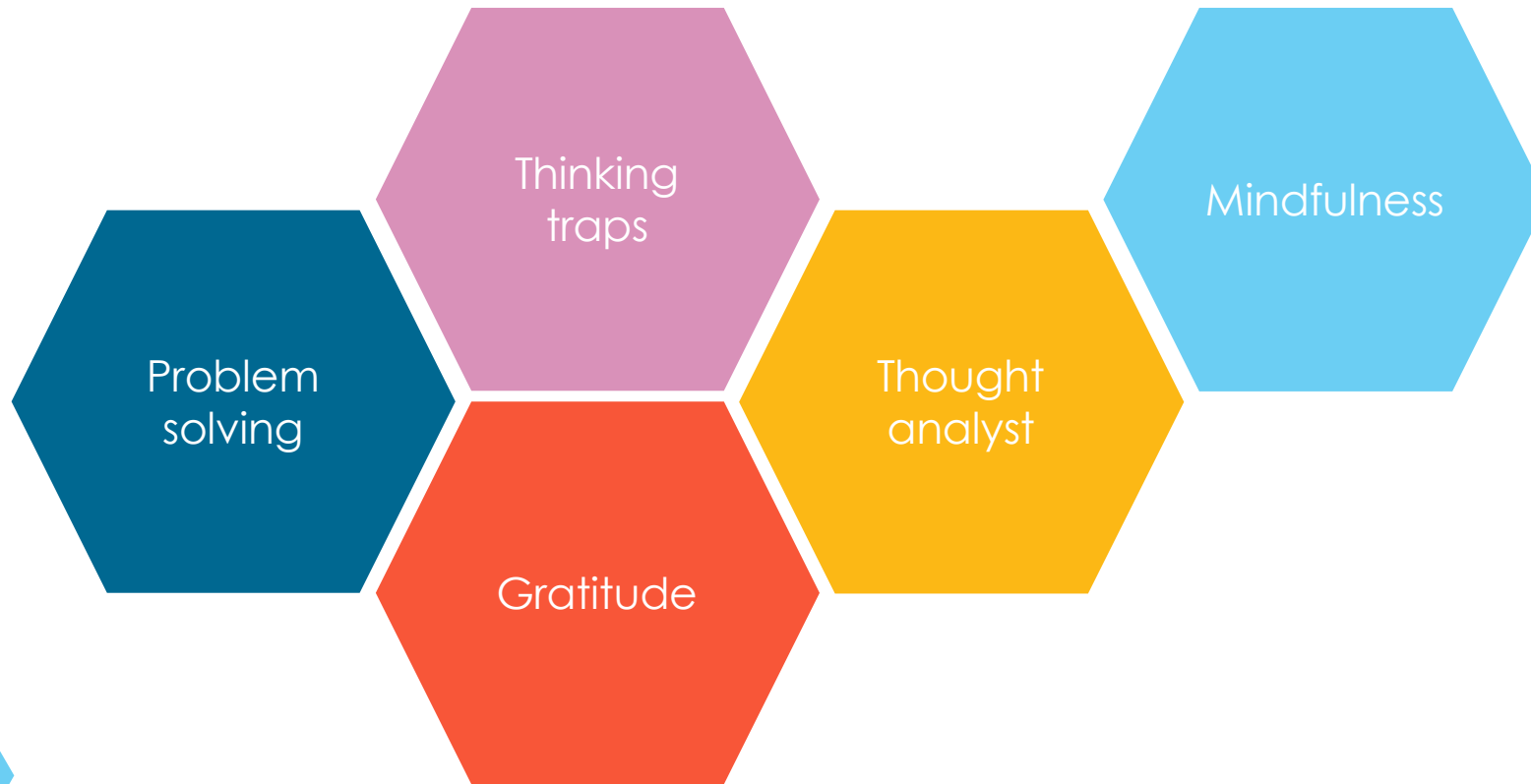
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Body





Thinking



Thinking Traps

Mind Reading

All or nothing

Catastrophizing

Automatic Negative Thoughts

Imaginary Audience

Blaming and Shaming Yourself





Be a Thought Detective

Identify the thought | Ask questions | Evaluate

- Could this thought be wrong?
 - Is there evidence to support this?
 - Are there other explanations or viewpoints?
- If it is true what is the worst and best that could happen?
 - How would I cope with that outcome?
 - Which is most realistic or probable?
- What would I tell a friend in this situation?

What should I do next?





Problem Solving

The adult and youth **together**:

1. Identify the problem.
2. Brainstorm options for a solution (identify 3-4).
3. Predict the outcome for each option.
4. The **youth** selects the option that seems most effective
5. The youth reports back to the adult the outcome.
6. If necessary, repeat steps 2-5 with no shame.
7. Celebrate the solution and the growth the youth has made.



Mindfulness

Definition:

A mental state achieved by focusing on the present moment, while acknowledging and accepting feelings, thoughts, and bodily sensations.



Mindfulness Activity

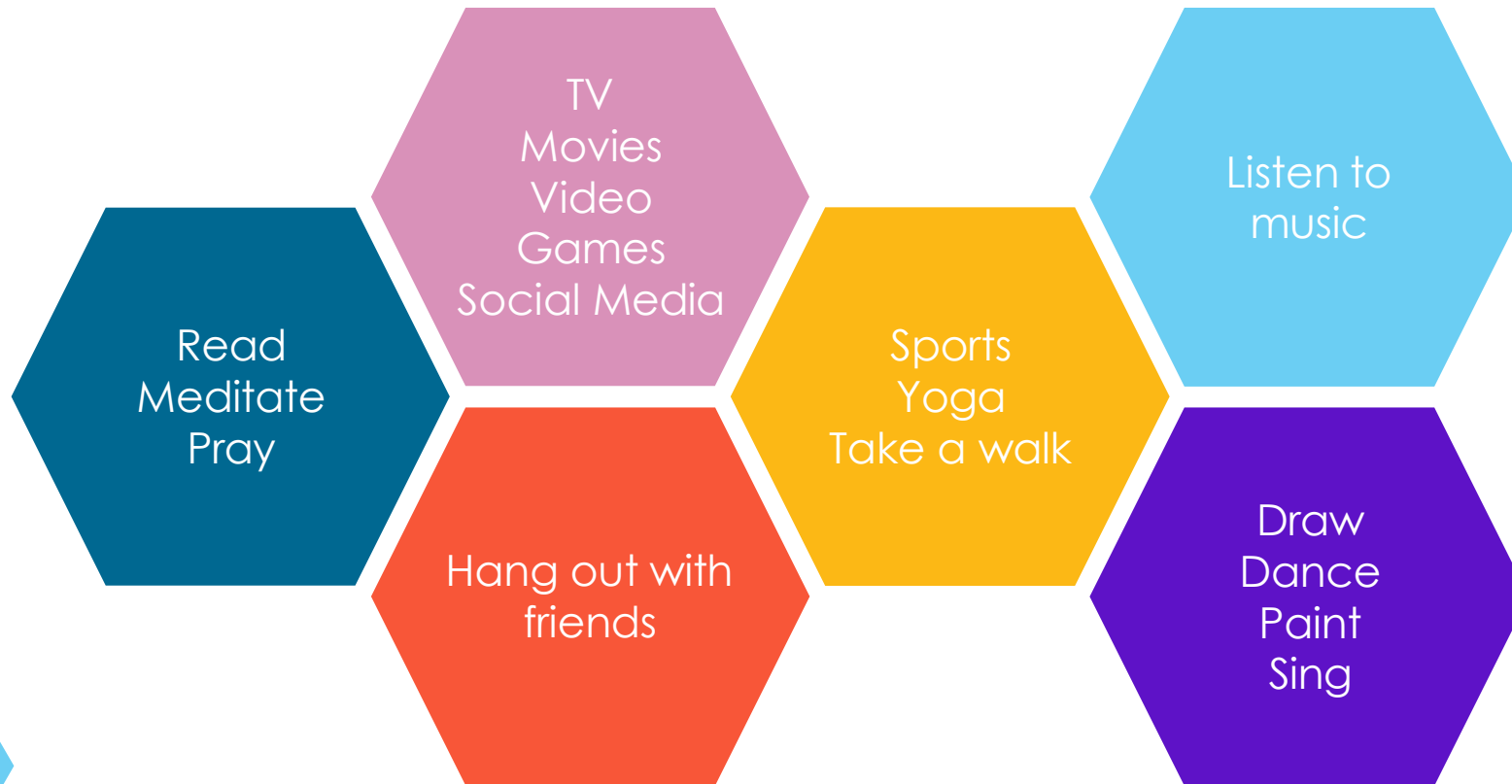
- 5 things you see
- 4 things you hear
- 3 things you feel
- 2 things you smell
- 1 thing you taste



Personal



Action





What to do

Reminders, resources, and recap





How you can help

- Prioritize your own mental health!
- Build in stress management
- Recognize signs and symptoms
- Help kids regulate first
- Recognize when help is needed to manage anxiety
- Give yourself grace



First steps

Talk to someone

Self-Care:

- Move your body
- Get enough sleep
- Eat nutritious food



Next Steps

Professional help

- Regular Doctor
- Psychologist, therapist or counselor
- Psychiatrist

How to find professional help

- HereforTexas.com or call 972-525-8181
- Insurance Provider
- Ask around



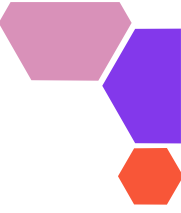
HereForTexas.com

972-525-8181

Monday – Friday

10 a.m. – 6 p.m.



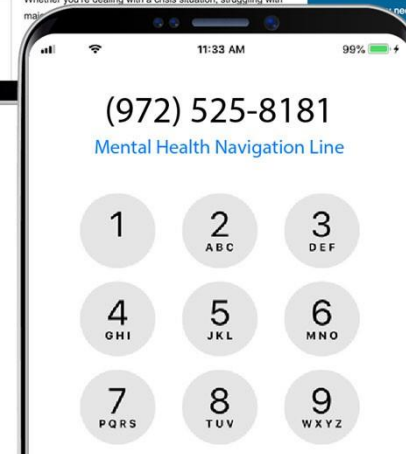
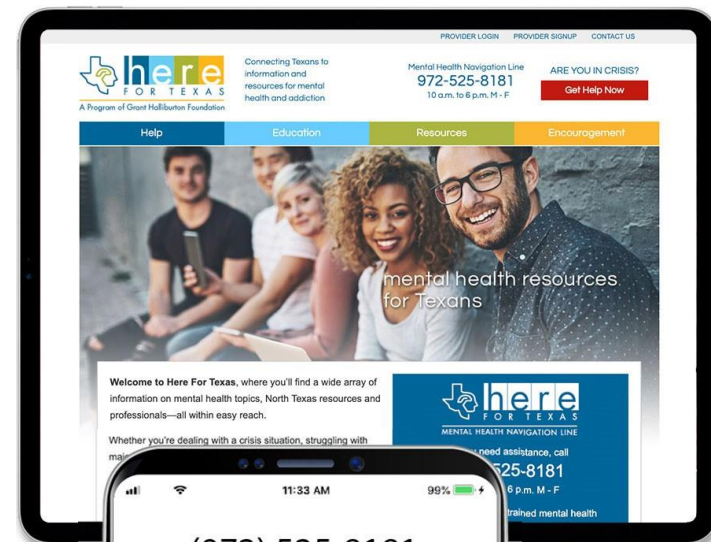


www.HereForTexas.com

A searchable database
of North Texas Mental Health Providers

972-525-8181

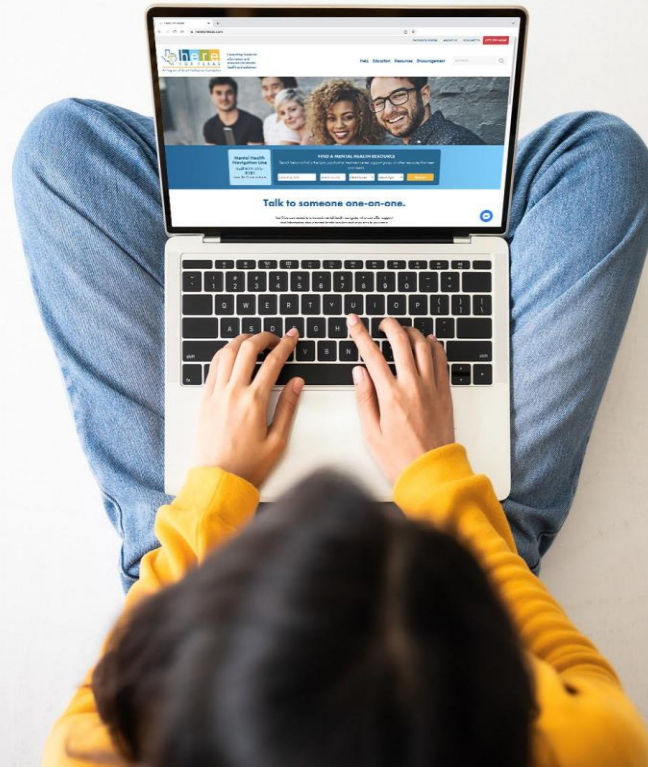
Mental Health Navigation Line

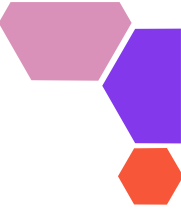


Website and Database

HEREFORTEXAS.COM/ESPANOL
HEREFORTEXAS.COM

A searchable online database of mental health resources connecting Texans to information and resources for mental health and substance use.





Tailored Resources



- Location
- Language spoken
- Ability to pay
- Transportation needs
- Type of therapy
- Provider preferences

Encouragement

FREE PEER SUPPORT GROUPS



For women on the journey with a teen or young adult with a mental health condition to share experiences, resources, and information



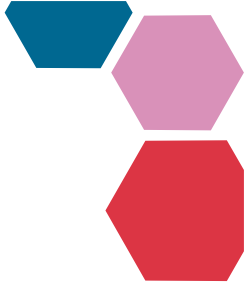
For More Information Contact:

Crystal Gonzalez M.S.W.

Community Support Resources Manager

crystal@granthalliburton.org

o. 972-744-9790 x1117 m. 214-554-8025



Recap

- Stress is normal
- Chronic stress can build up, so we need to be intentional about using positive stress relievers
- We can identify when we cross into Anxiety Disorders
- We can use coping skills – take care of our body, be mindful, notice our thoughts, and make time to relax and do things we enjoy!
- We can find help and hope for peace of mind.





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Questions?

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