

Workshop Objectives

- **Virtual Community Agreements**
- **Icebreaker**
- **Defining Stress and Stress Management**
- **Strategies to Reduce Stress**
- **Tips to Manage Stress during COVID-19**
- **Stress Management Ideas**
- **Closing**
- **Resources**

Virtual Community Agreements

- One Mic (please keep on mute to reduce background noise)
- Comments/Questions in the chatroom
- Virtually raise your hand if there is a pressing question/comment
- Sprinkle glitter, not shade
- Please be patient with technical difficulties

ICEBREAKER

*How are you
feeling right
now?*

*What's causing
you stress?*

*What are you
using to manage
that stress?*





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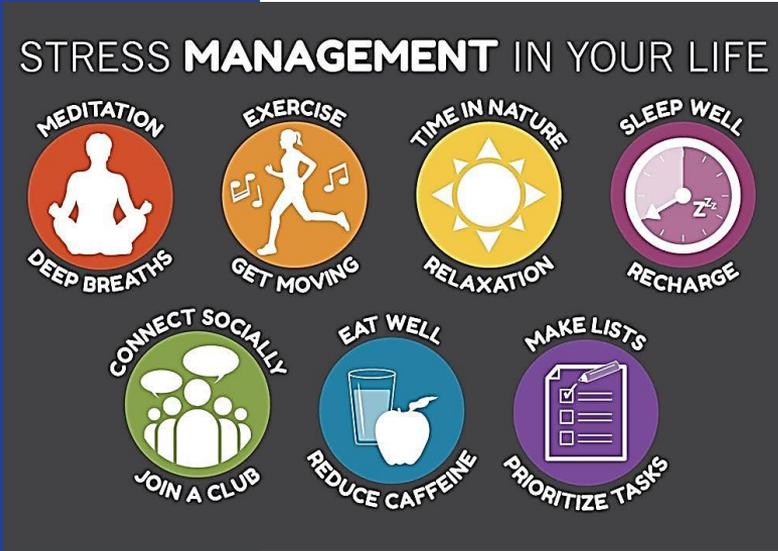
PUTTING YOUR MASK ON

FIRST



SCHOOL
MENTAL
HEALTH

STRESS MANAGEMENT



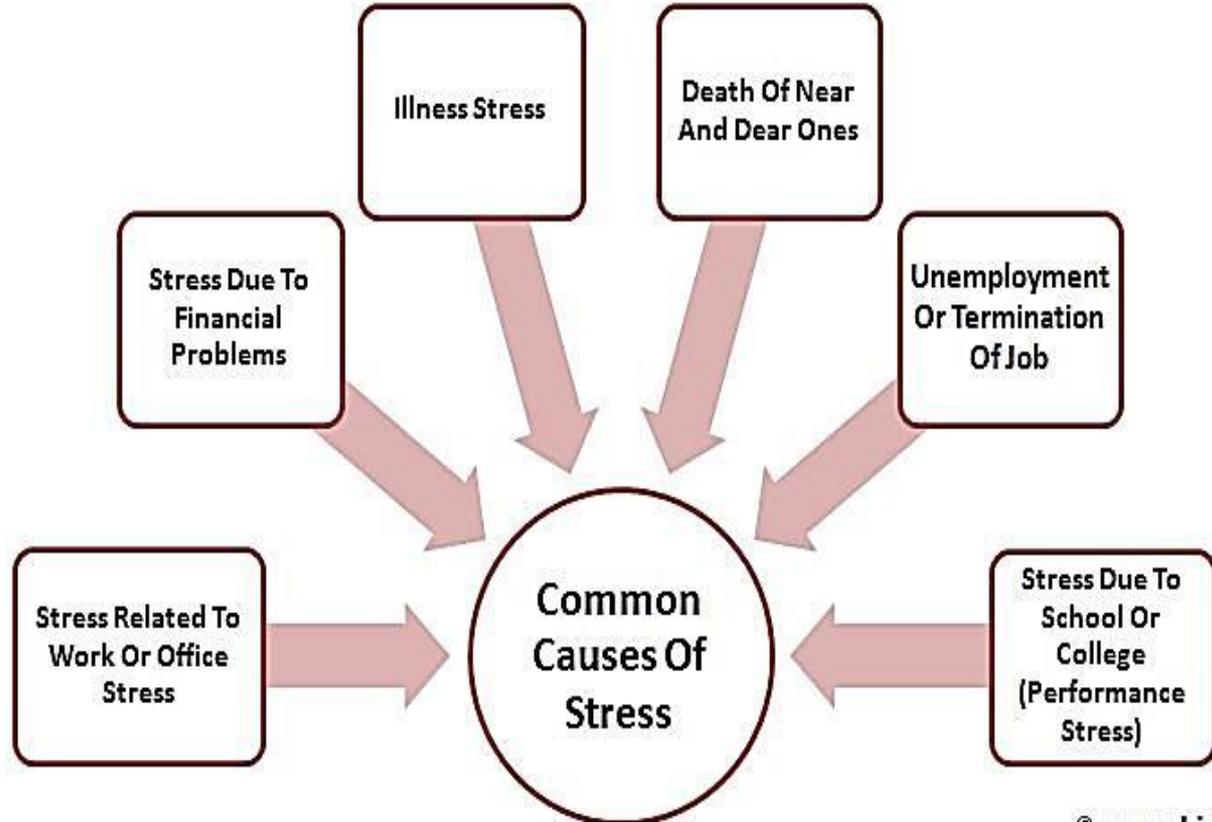
- It allows us to cope with the negative effects of daily stressors that occur
- Stress Management confronts temporary stress and should not be confused with Self-Care
- During this new reality it is important to practice both Stress Management and Self-Care

STRESS



- Stress is a physical, mental or emotional response to events that cause bodily or mental tension
- Comes from a situation or a thought that makes you feel frustrated, nervous, anxious or angry

Sources of Stress

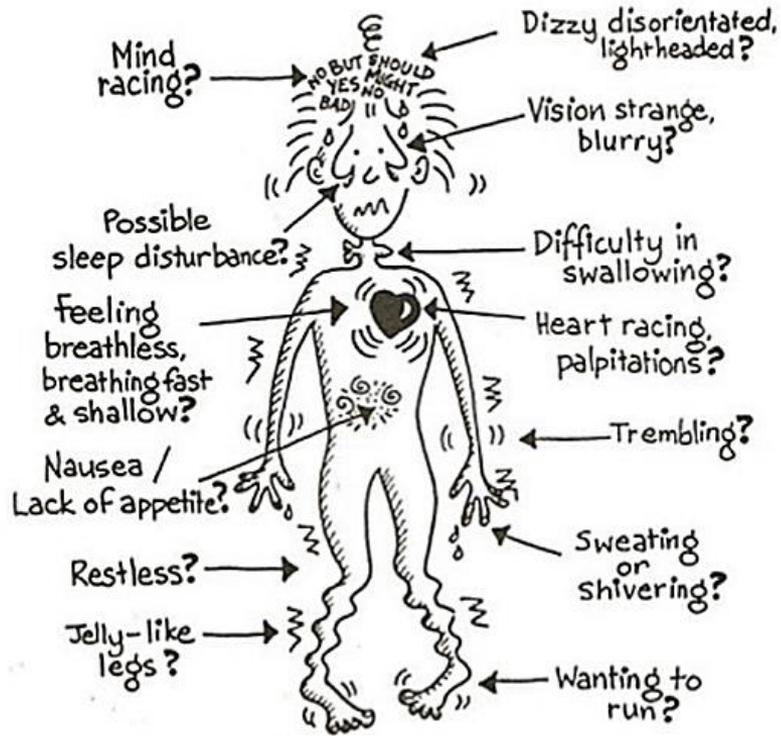


Why yes, I am a bit stressed.



Why do you ask?

DOES THIS LOOK FAMILIAR?



What To Expect

Physical Effects:

Fatigue, exhaustion, headaches

Emotional Effects:

Feelings of sadness, anxiety, anger

Mental Effects:

Confusion, forgetfulness,
difficulty concentrating

Behavioral Effects:

Restlessness, argumentative, irritability

Spiritual Effects:

Guilt, Shame,
Self-blame, Questioning purpose,
Questioning Faith, the whole race or culture
is bad

Deep Breathing Exercise

Quick Calm

1 inhale deeply and
hold for four seconds

2 think *I am warm*

3 exhale and think
I am calm

4 repeat three times
with eyes closed



The Rationale of Taking Care of Ourselves:

- Providing care to others, especially young children is an intense and demanding job
- Caregivers & parents are under pressure to meet the demands of running a household, personal concerns, and responding to the child/children in their care
- Stress is natural and can be inevitable, but stress can take a toll on your health and effectiveness as a parent/caregiver and person
- Stress doesn't just effect you, it also impacts the child/children in your care



Strategies to Reduce Stress

- Focusing on what is **IN** and **OUT** of our control
- Develop or Tap into Coping Strategies
- Create a Coping Strategy toolbox



The Role of Control in Stress Reduction

COVID-19 CRISIS:
FOCUSING ON WHAT YOU CAN
CONTROL CHANGES EVERYTHING



THINGS
YOU
CAN'T
CONTROL:



THE DURATION
OF THE VIRUS



THE GLOBAL
SPREAD



IMPACT ON THE
LOCAL ECONOMY



CLOSURES OF
BUSINESSES



YOUR WORK/LIVING
SITUATION



THE ATTITUDE
OF THOSE
AROUND YOU



THE HEALTH
OF YOUR
LOVED ONES



TRAVEL
RESTRICTIONS



THE IRRATIONAL
FEARS OF OTHERS

The Role of Control in Stress Reduction



COPING STRATEGIES

Distraction

Absorb your mind in something else

Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.

Pros

Gives your heart & mind a break.
Great for short term relief.
Great to get through a crisis.

Cons

Can't do it for too long. Doesn't resolve any underlying issues. Meds can make it hard to concentrate.

Grounding

Get out of your head & into your body & the world

Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.

Pros

Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).
Reduces physicality of anxiety.

Cons

Sometimes it's better to stay a bit dissociated (that's how your mind protects you).

Emotional Release

Let it out!

Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!

Pros

Great for anger and fear.
Releases the pressure of overwhelming emotion.

Cons

Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)

COPING STRATEGIES



Self Love

Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.

Pros

Become your own best friend, your own support worker.

Great for guilt or shame.

You deserve it!

Cons

Sometimes can feel really hard to do, or feel superficial (but it's not).



Thought challenge

Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts – what advice would you give them?

Pros

Can help to shift long-term, negative thinking habits.

Trying to be more logical can help reduce extreme emotion.

Cons

The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.



Access your higher self

Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause

Pros

Reminds us that everyone has value and that purpose can be found in small as well as large things.

Cons

Don't get stuck trying to save everyone else and forget about you!

Tips to Manage Stress

- ❖ **Do virtual meetups or playdates**

Use whatever technology you have available (Skype, Zoom, FaceTime, etc.) to virtually meet up with those you love.

- ❖ **Make “me” time**

“Me” time is important for everyone in your home to practice. Set aside time every day for your kids to do something for themselves or have quiet time in their rooms, and during this time, treat yourself to something that will help you relax.



Tips to Manage Stress

- ❖ **Cut yourself (and your kids) some slack**

Remind yourself that some days are going to be harder than others, and don't dwell on the things you could have gotten done or should have done differently. Instead, try to focus on the more positive moments throughout your day.

- ❖ **Go outside when possible**

Social distancing doesn't require you to stay in your home 24 hours per day. If the weather is nice, get outside and play!



Tips to Manage Stress

- ❖ **Limit your time on social media and watching the news**

Put a limit on how long you will spend on social media and how much of the news you'll watch each day. Consider doing the same thing for your children.

- ❖ **Check in with yourself and your partner about how you're handling the stress as a parent**

It can be helpful to take a step back and evaluate how you're handling the stress of COVID-19 and social distancing.



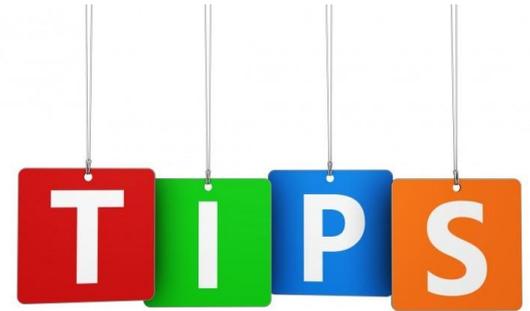
Tips to Manage Stress

- ❖ **Keep your routine (as much as possible)**

This will give your kids a sense of consistency, and it will help you too.

- ❖ **Plan activities to pass the time**

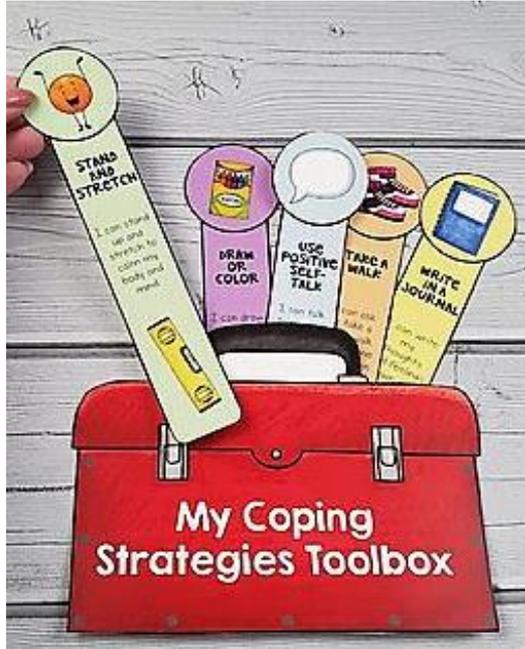
Doing puzzles, taking classes online, or playing outside are all great ways to spend time during isolation. It might feel a bit odd at first, but it will help keep vital connections with others and help keep your mind busy.



BUILDING A COPING TOOLBOX

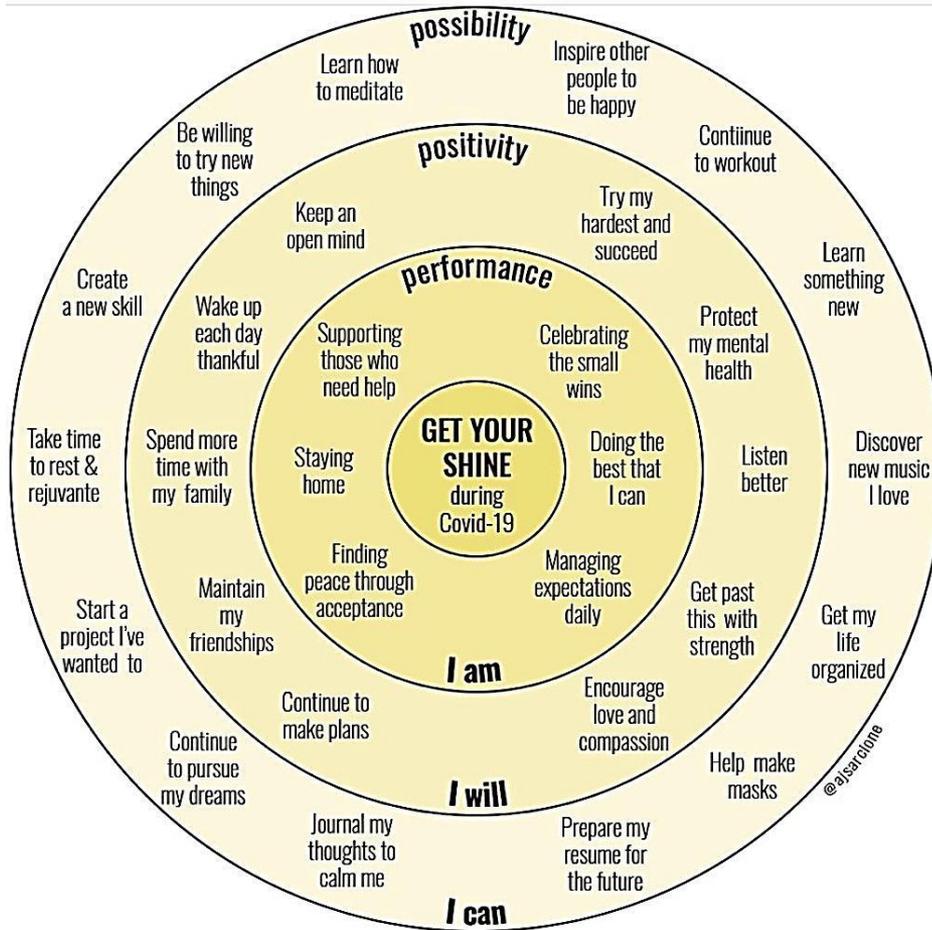






Stress Management Ideas





CLOSING: Self-Affirmation

Apps for Mindfulness and Stress Management

- Insight Timer
- Calm 
- Headspace 
- Smiling Mind 



INSIGHT
Peace in our Timer

HEADSPACE
TREAT YOUR HEAD RIGHT



QUESTIONS ?

FALL IN LOVE
WITH TAKING
CARE OF YOURSELF.
MIND-BODY-SPIRIT.

RESOURCES

HRA:

<https://access.nyc.gov>

NYC WELL:

<https://nycwell.cityofnewyork.us/en/>

FIND A THERAPIST BASED ON YOUR NEEDS:

www.psychologytoday.com

MANAGING STRESS DURING COVID OUTBREAK

<https://uichildrens.org/health-library/managing-stress-during-coronavirus-covid-19-outbreak>

IMPORTANCE ON SELF-CARE DURING COVID-19:

<https://childmind.org/article/self-care-in-the-time-of-coronavirus/>

Contact Information

- Cyre' Bridgewater, MSW: cbridgewater@health.nyc.gov
or cbridgewater2@schools.nyc.gov



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