

What is Stress?

Why Mental Health?

Make Your Own Plan

Intro

CONTACT DETAILS

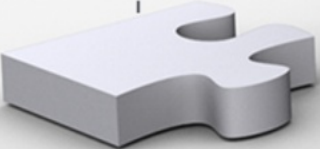
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**-School Counselor**

**-Teacher**

**-Mental Health Professional**

**-Trauma Informed Speaker**



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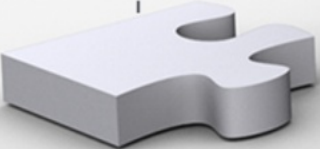
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# Why Stress Management?

Are you feeling more anxious or depressed the past two years?

Are you thinking about changing careers, making major life changes like moving or changing relationships?



# You may be suffering from Pandemic Flux Snyndrome

## Gaggle Insight: 2020–21 School Year

During the 2020–21 school year, Gaggle's data revealed:



**131% increase in student safety incidents**



**87% increase in Suicide & Self-Harm**  
(from 148 to 276 incidents per 10,000 students)



**104% increase in Violence Toward Others**  
(from 88 to 179 incidents per 10,000 students)



**151% increase in Nudity & Sexual Content**  
(from 46 to 116 incidents per 10,000 students)



**134% increase in Drugs & Alcohol**  
(from 21 to 50 incidents per 10,000 students)



**55% increase in Harassment**  
(from 32 to 50 incidents per 10,000 students)

**What's been stressing you out this  
year?**

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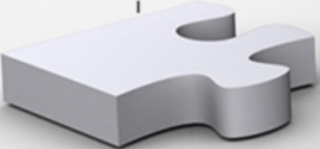
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# What is Stress?

Stress is stored in the body (its not stored in the mind)

Stress is unreleased fight or flight energy

The modern world doesn't allow a release of this energy

The amount of stress isn't what matters, its how purposefully we release it

# Stress

Stress is stuck in the body until it gets released

It builds up over time (causes all kinds of health issues)

It's not about controlling the stressors, it's about completing the stress cycle

Stress is not bad for you. Being stuck is bad. You'll never reach wellness, it's something you have to continually do.

**Mirror Neurons: When you're stressed the people around you are too.**



# Window of Tolerance

## Hyperaroused State

- Fight/flight response
- Emotional reactivity
- Sweaty palms, increased heart rate
- Difficulty concentrating
- Panic, rage
- Hyper-vigilance

## Optimal Level of Functioning

- Present, Calm and Safe
- Can think and respond clearly
- Engaged and alert

## Hypoaroused State

- Freeze response
- Lethargic, low energy
- Numb, Lack of emotions
- Little to no physical movement
- Zoning out, dissociation
- Shut down



# **Evidence Based ways to Complete Stress Cycle**

**Everyone copes. How can we choose to cope in healthy ways?**

# Evidence Based ways to Complete Stress Cycle

## 1. Physical Activity

Sunlight

Fresh air

Does not need to be  
challenging





# Sleep is the ultimate performance enhancer

caffeine

anxiety

mental health



# Normalize Rest

**IF YOU WORK HARD  
ENOUGH, YOU CAN  
REPLACE DEPRESSION  
WITH EXHAUSTION.**

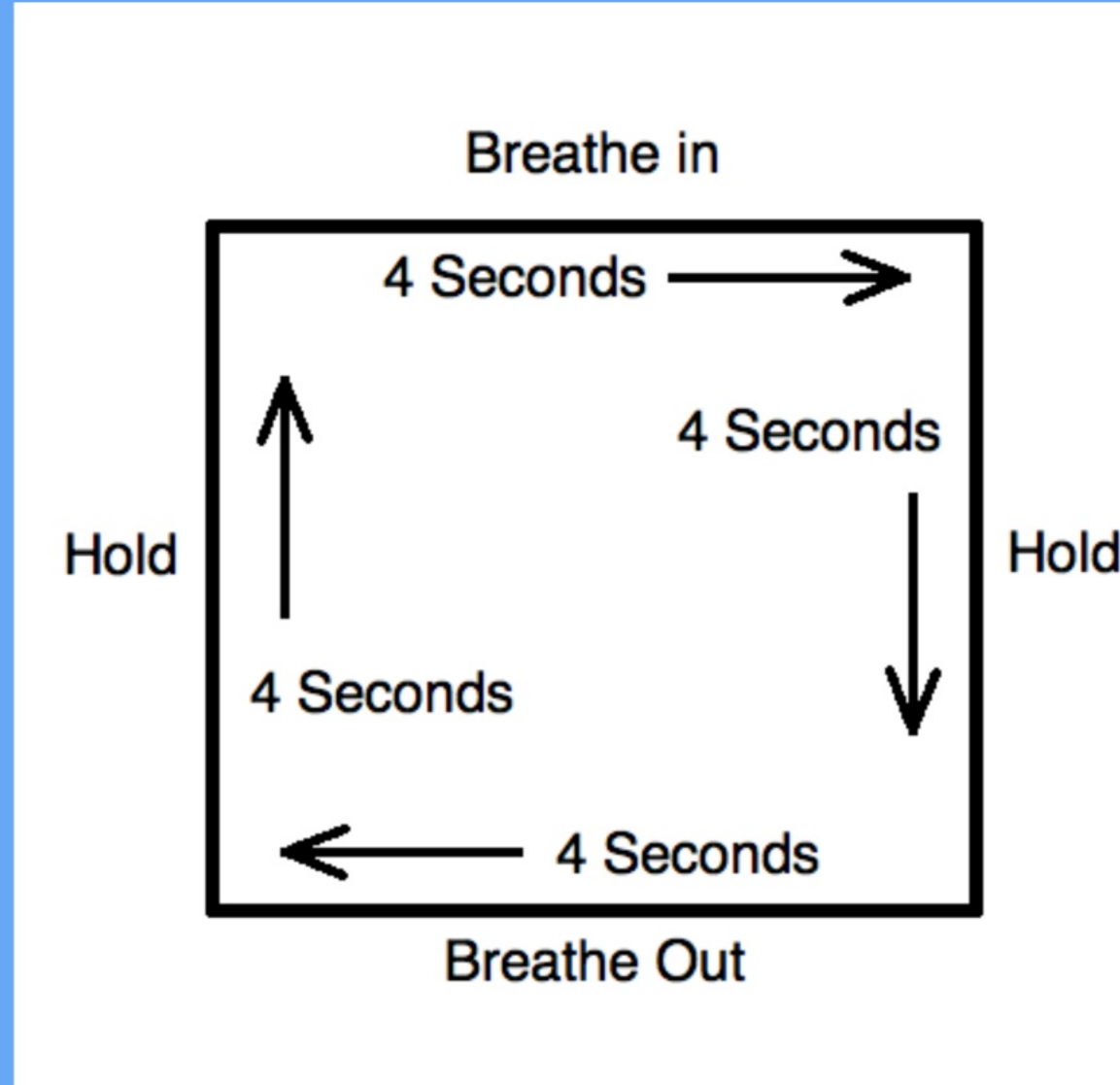
Almost everything  
will work again if you  
unplug it for a few  
minutes.  
Including you.

*-Anne Lamott*



# Evidence Based ways to Complete Stress Cycle

## 2. Breathing







FUNDAMENTAL  
FACTS of LIFE  
WE NEED EACH OTHER  
WE NEED TO



FUNDAMENTAL  
FACTS of LIFE  
WE NEED EACH OTHER  
WE NEED TO



# Evidence Based ways to Complete Stress Cycle

## 3. Positive Social Interaction

- We need community care not self care
- Staff socials/check ins
- Join a new club/sport/activity

**NETFLIX  
IS A JOKE**

**“ HOW ABOUT WE  
DO IT LIKE A  
REGULAR NORMAL  
BUSINESS? ”**





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# Evidence Based ways to Complete Stress Cycle

4. Laughter

300x vs 17x



**There's so much more  
room for activities!**



# Evidence Based ways to Complete Stress Cycle

## 5. Hugs



# Evidence Based ways

## 6. Emotional Expression

- no bad emotions
- empathic listener
- normalize therapy

TODAY I'M FEELING...



HAPPY



CAREFREE



RELAXED



EXCITED



FOCUSED



STRESSED



ANGRY



BEES!!!



MEH



**You don't need to fix anyone's problems. Just don't let them be alone with them.**

# Evidence Based ways to Complete Stress Cycle

## 7. Creative Self Expression

Acting, fashion, design art, writing, cooking, music, wood working , cars dance, songwriting, knitting and so much more!







E. Daryl Duff

**BREAK TIME**

You Tube [michaeljrcomedy](https://www.youtube.com/michaeljrcomedy)  
[gatewaypeople.com](http://gatewaypeople.com)



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# Evidence Based ways to Complete Stress Cycle

## 8. Purpose

-What's your why?

-Faith

-Values

-Gratitude

**When stress goes up, our coping skills need to match it.**

**If not, our mental health will decline.**

**What are ways we can complete the stress cycle during the day?**



THINKING HUMANITY

*“Everyone you meet is fighting a battle  
you know nothing about.  
Be kind. Always.”*

---

ROBIN WILLIAMS



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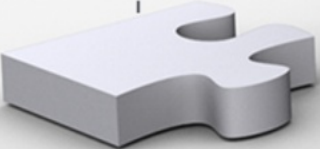
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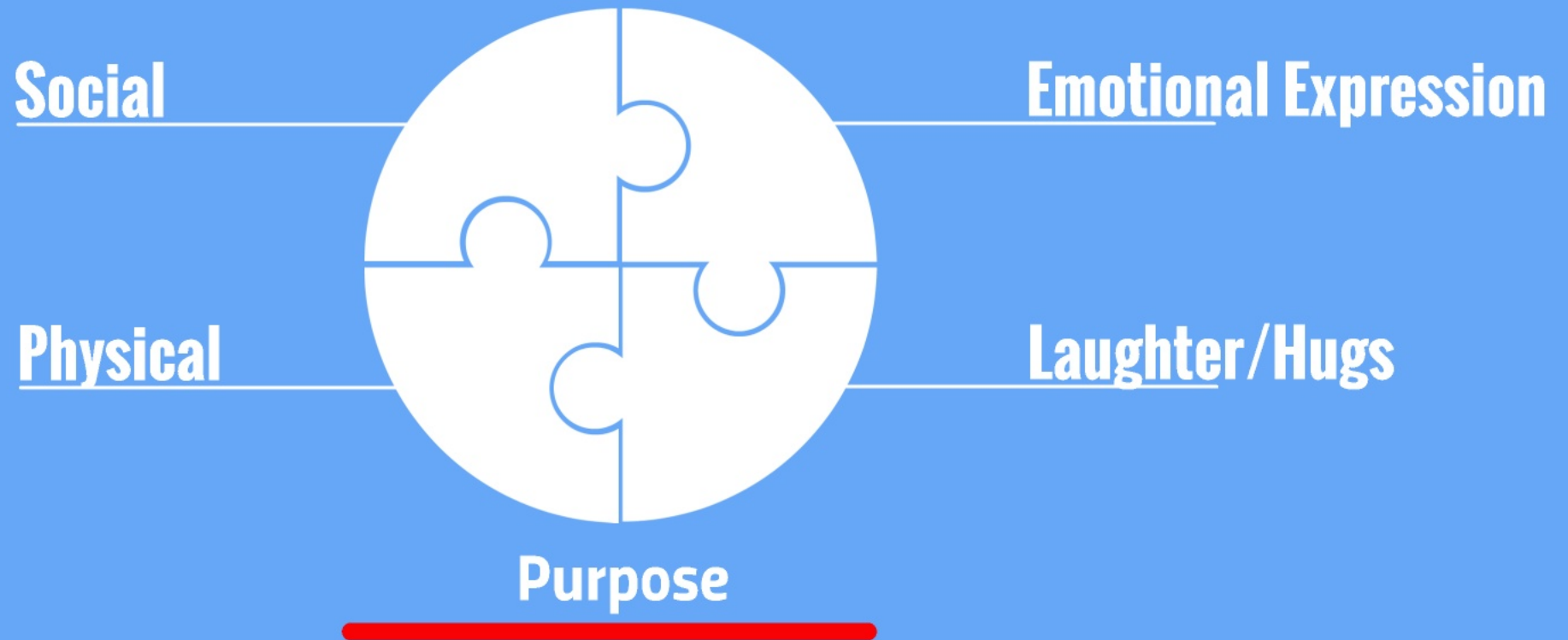
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# Make Your Life Fit Together

What is your strategy?



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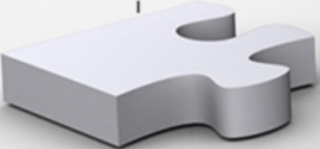
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# Stay Connected



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