



COPING WITH ANXIETY

For Students and Parents

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Anxiety/Stress

Having constant worry or anxiety?

This presentation teaches you how to understand and control worry or anxiety. And because stress, pressure and challenges are part of everyday life, these are coping and relief skills you can use continually.



Here are just some of things you can be dealing with when experiencing anxiety or constant worry :



Resistant thoughts: worrisome, negative, or looping thoughts.



Results: asking constant "What if" questions to coming back to those resistant thoughts.



Types of Anxiety: constant worry, stress, test anxiety, and other life changing developments.

3 Steps to Combat Anxiety and Build Your Resilience to Stress



Build

Build resilience by using exercise or meditation.



Recognize

Recognize when it's happening and engage in a positive activity to clear your mind.



Bring

Bring mindfulness and discover how to go from asking constant "What if" questions to "What is" going on in present moment.

Build resilience by using exercise or meditation.



EXERCISE RELEASES ENDORPHINS INTO
YOUR BODY AND THEY CAN HELP LOWER
STRESS AND HELP YOU TO FEEL MORE
POSITIVE.



LIKE GOING FOR A SHORT WALK



OR MEDITATION, STAYING STILL OR SILENT
FOR 30 SECONDS, CAN HELP RECOGNIZE
WHAT'S HAPPENING AND ENGAGE IN
POSITIVE DOINGS TO CLEAR YOUR MIND.



Recognize when it's happening
and engage in a positive activity
to clear the mind.

LEARN TO CATCH, CHECK, COLLECT,
CHALLENGE, AND CHANGE WORRISOME,
NEGATIVE, OR CIRCLING THOUGHTS.

Bring Mindfulness

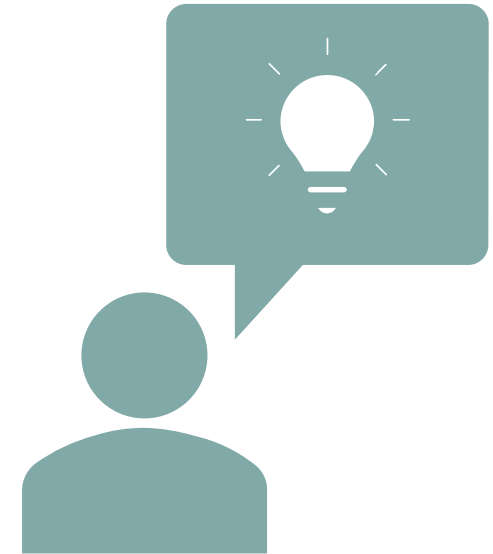
Discover how to go from asking constant "What if" questions coming back to negative resistant thoughts to "What is" going on in present moment.

Practice mindfulness during routine activities:

Slowing down to really notice what you're doing, taking a moment to collect your thoughts.

Practice-Focused Breathing, taking small breathes when feeling overwhelmed.

Journal writing your thoughts about daily experiences can help understand why you feel the way you do.



Here is a 30
second,
ambient
calming nature
music, to help
with mindfulness
meditation.

[HTTPS://YOUTU.BE/F1SA2M-2VVY](https://youtu.be/F1SA2M-2VVY)

Set a positive goal each day to stop and
expand your **meditation** practice.

Anxiety Relief

Learning these 3 simple skills can help aid general anxiety, stress, test anxiety, and other stress related developments.



Remember you're not alone

Anxiety is a challenging thing to face, you're not alone.

It's important to remember that there are a lot of things that can help in coping with anxiety.

These 3 tips might help you, and touching base with a school counselor or mental health counselor, will mean getting on top of the anxiety faster than you might have thought possible.

