

“YOU CAN OVERCOME ANXIETY AND HANDLE STRESS”



**Presented by
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Agenda



- **WHO AM I??**
- **REALITY CHECK**
- **WHAT IS ANXIETY?- Katherine Gordy Levine**
- **STRESS CALCULATOR - I know I am really stressed when I ... Physical, Emotional and Cognitive**
- **WAYS TO RELIEVE STRESS**
- **COPING EXERCISES**
- **THE FUTURE IS UP TO YOU!**

Facts about Fear and Anxiety

Anxiety disorders are the most commonly diagnosed mental health problem.

Fears are the beginning of anxieties.

Fear is an early survival mechanism.

Fears can spread from something specific to become anything that resembles the feared object.

Fears and anxieties serve a useful purpose.

Continued

Anxiety is not useful when it keeps us from trying new things or it stresses us out.

Anxiety differs as you grow

Anxiety destroys your self-confidence.

When anxiety attacks it can totally erase your memory, at least temporarily.

Fortunately with a bit of coaching most fears and anxiety can be tamed.



Steps Needed to Tame the Anxiety Monster

- **Step One – Focus on what matters**
- **Step Two – Look at your reactions.**
- **Step Three – Learn to self-soothe**
- **Step Four – Rehearse success**
- **Step Five – Develop a Game Plan**

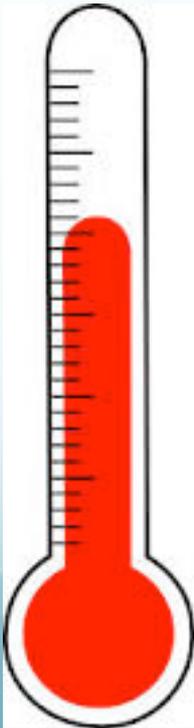
Step One – Focus on What Matters

- Good marks are important but other things matter too.
- Caring matters.
- Be proud you tried.
- Keep trying.
- Trying is learning.
- Mistakes teach.



Step Two – Develop a personal reaction scale.

- Everyone's reactions are their own.
- They keep you in touch with your emotions.
- You can use the scale to measure your positive and negative feelings.
- You can also create an anxiety scale to measure the extent of your anxiety.



What are you feeling?



Physical Signs

- **Headache**
- **Shortness of breath**
- **Light-headedness**
- **Cold or sweaty palms**
- **Heart Racing**
- **Rapid Breathing**
- **Nausea**
- **Jittery Feeling**
- **Tense Muscles**

What are you feeling?



Emotional Signs

- **Fear**
- **Disappointment**
- **Anger**
- **Uncontrollable laughing or crying**
- **Negative self-talk**
- **Depression**
- **Helplessness**
- **Hyper-negativity**

What are you feeling?



Cognitive Signs

- **Difficulty concentrating**
- **Racing thoughts**
- **Avoidance**
- **Forgetfulness**
- **Easily Frustrated**
- **Mental Fixation**
- **Easily Distracted**

Step Three- Teach yourself self-soothing strategies

- Exercise One – Calming Breath
- Exercise Two – Centering
- Exercise Three – Calming Self-talk
- Exercise Four -- Creating a Safe Place



Step Four – Teach Yourself to Rehearse Success

- I remind myself “I know everything I need to know.”
- Imagine success by relaxing and writing a script
- While waiting for a test, relax, breathe calmly and think of a safe place.



Step Five – Develop a Game Plan

- **Make a list of what scares you. “When I think about anxiety and failing, I _____”**
- **Write one strategy for each item on the list. The strategies should be different for each item.**
- **Create your own five-step plan for when anxiety is visiting.**

TIPS TO TAKE A BREAK FROM CONSTANT COMMUNICATION

Manage your stress in a healthy way.

- 1 Get some sleep.
- 2 Focus on your strengths
- 3 Do things that make you happy.
- 4 Engage in physical activity.
- 5 Talk to someone.

WAYS TO RELIEVE STRESS

- AEROBICS
- STRETCHING
- YOGA
- DEEP BREATHING - GUIDED IMAGERY
- GET OUTSIDE

[Stress Relief Activities for Kids – Children's Health
www.childrens.com/health-wellness/stress-relief...](http://www.childrens.com/health-wellness/stress-relief...)

COPING STRATEGIES

<https://anxietyreliefforkids.com/coping-strategies-for-kids-with-anxiety>

BREATHING EXERCISES

5-4-3-2-1 EXERCISE

GO TO YOUR HAPPY PLACE

Relaxation Exercises



Quick Moment to Reflect



Where are your funny bones?



**‘If you can dream it, you can
do it’**

Walt Disney

Time for Questions and Comments

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