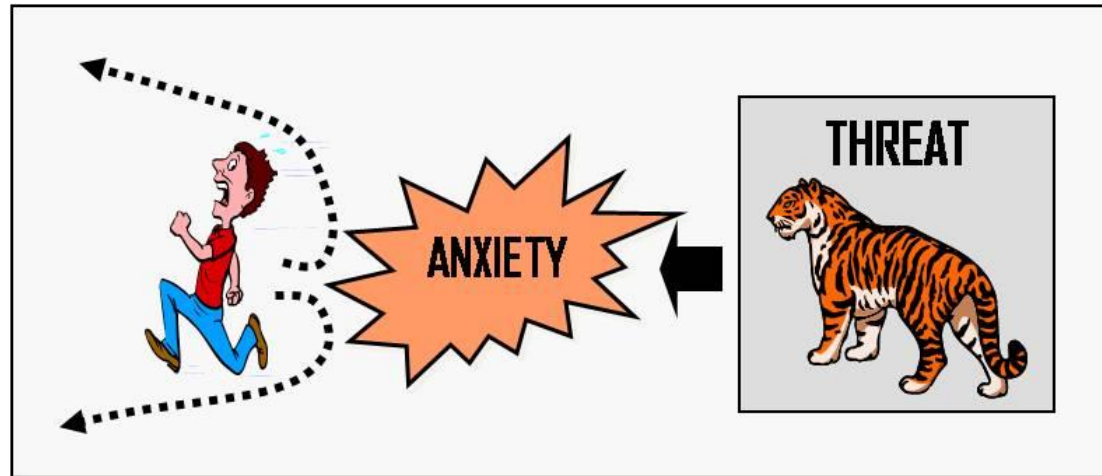




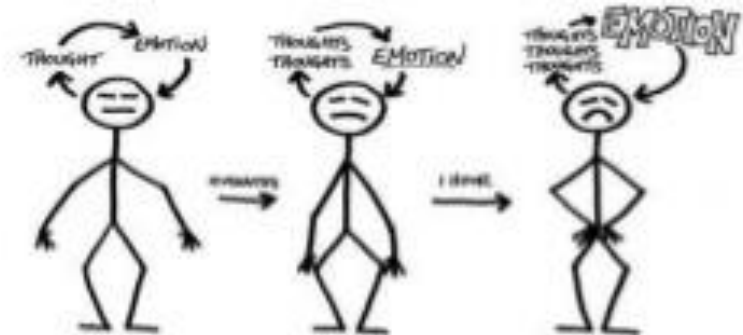
# Types of Anxiety

Objective  
Anxiety



Subjective  
Anxiety

- opinions
- emotions
- personal feelings



*'I am ...' - 'I am anxious, I am a mess' ☹️*

# Difference Between Stress and Anxiety



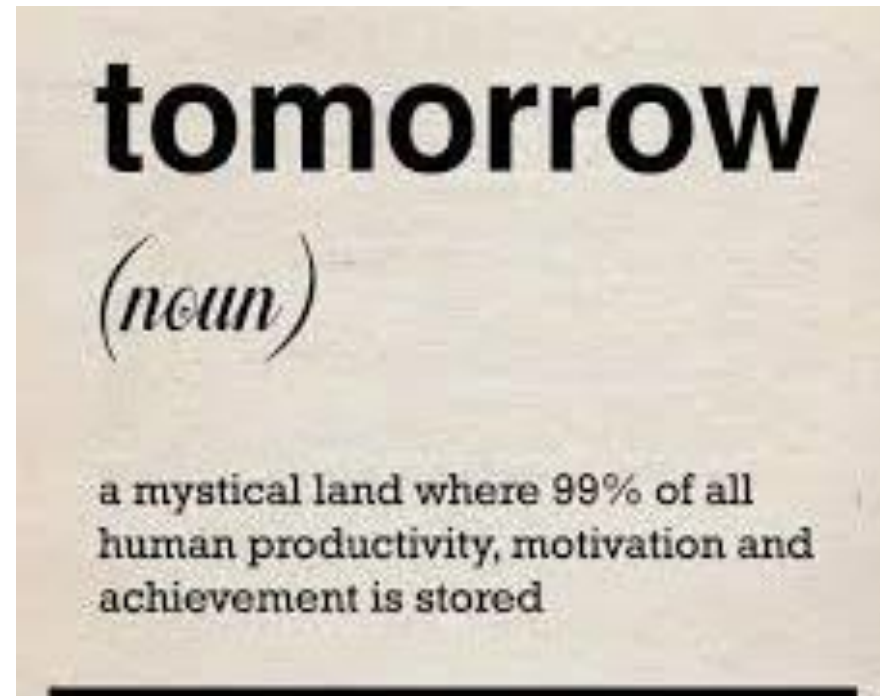
Stress is an external pressure on an individual

Anxiety is the subjective emotional response to the stressor



So How Do They Deal With All This?

Look in the Dictionary for a word called....



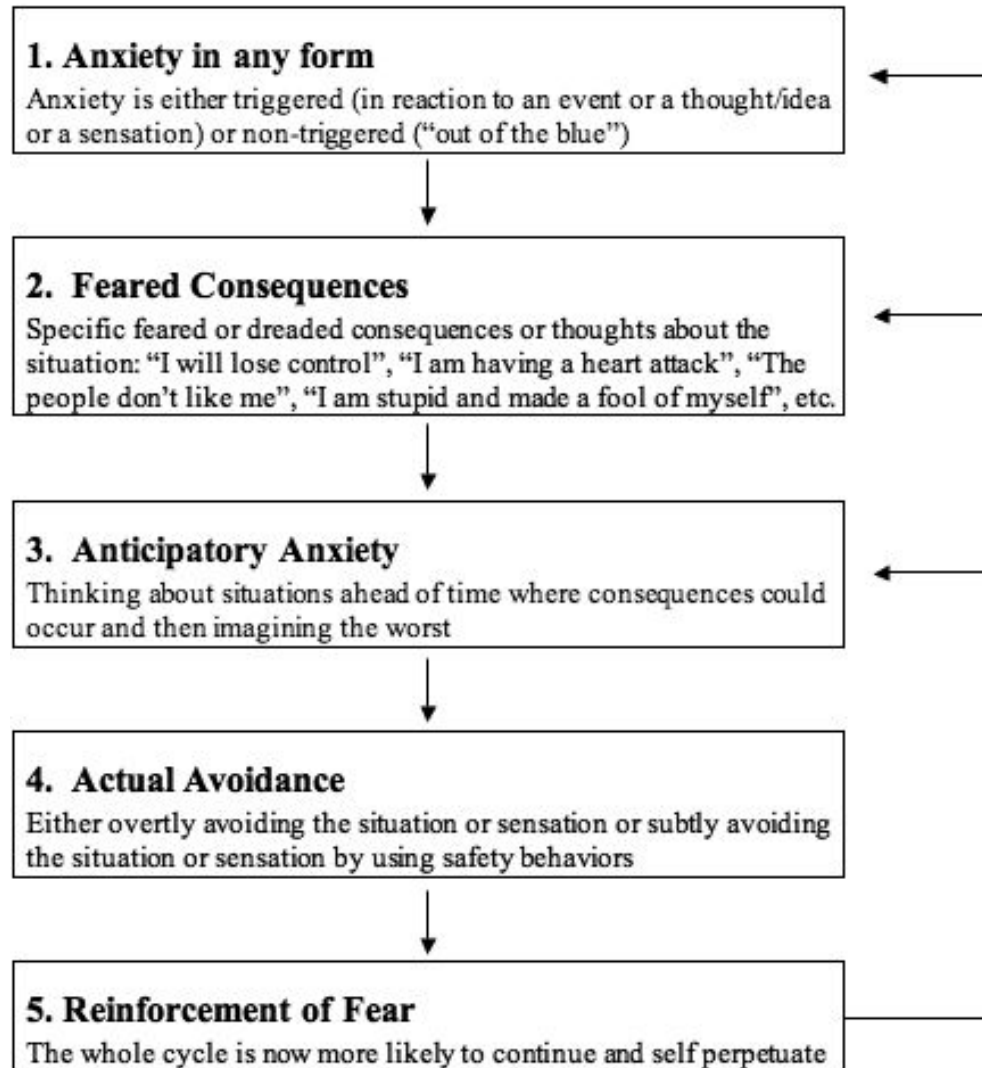




What does  
**PROCRASTINATION**  
look like for students in  
school?



# Fear and Avoidance Cycle



I have an assignment due on Friday

I am feeling anxious. I don't know where to start.

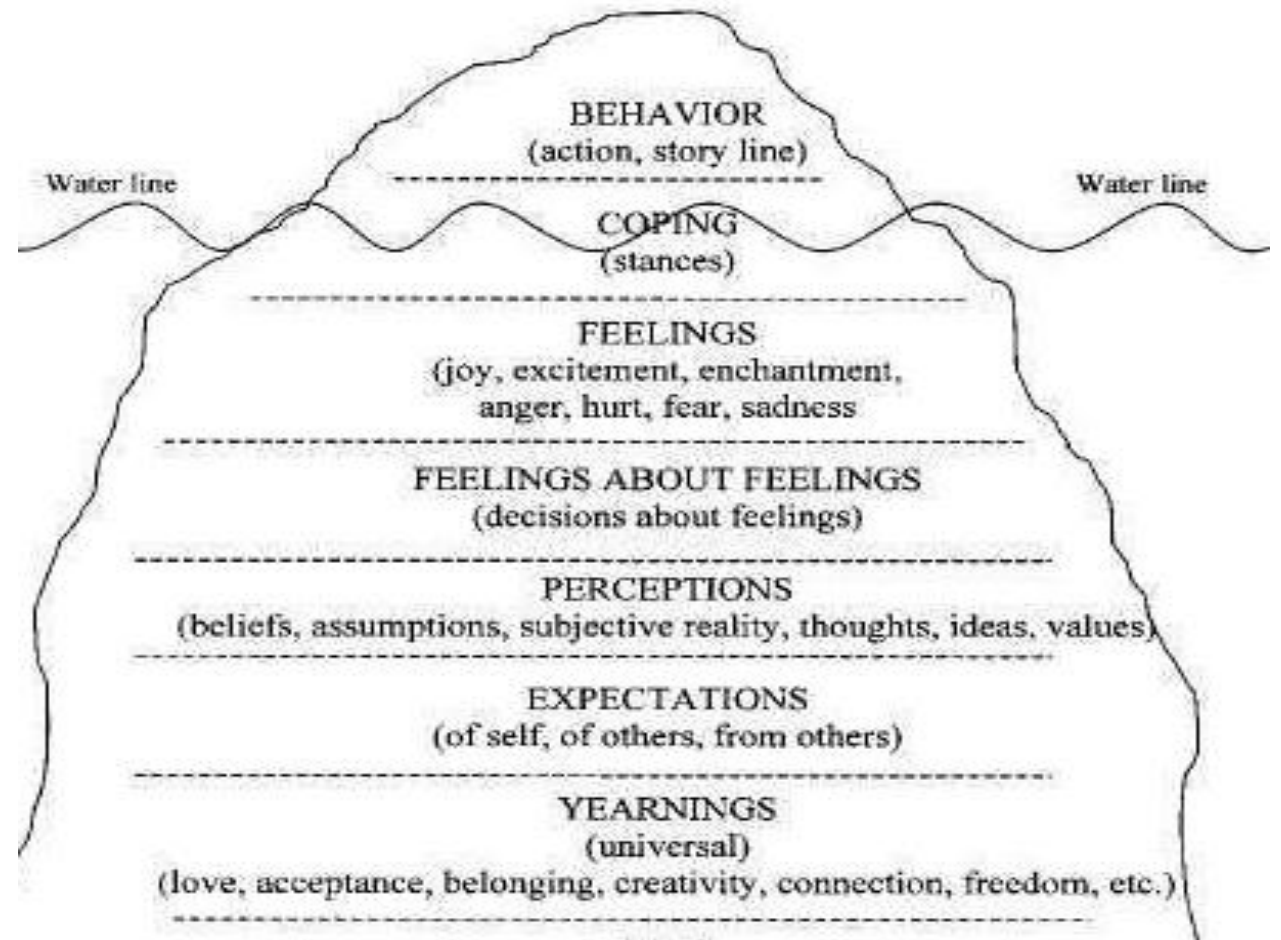
I might fail. It might not be good enough. Others will be better.

I need to clean my room because...  
I need to relax before I can think about this.  
I NEED TO CHECK MY PHONE FIRST.

Anxiety is abated.... FOR NOW!!!! But it feels better. **The cycle is reinforced and excuses are present.**

# Understanding the Subjective Anxiety

- Behaviour
- Coping
- Feelings
- Feelings about a Feeling
- Perceptions
- Expectations
- Yearning: Needs
- Self: Who am I .





An iceberg floating in a blue ocean under a blue sky. The tip of the iceberg is above the water, while the much larger base is submerged. The submerged part contains a list of psychological concepts. The text is color-coded: main concepts are in red, and their descriptions are in yellow.

**Behaviour**

(action, storyline)

**Coping**

(stances)

**Feelings**

(joy, excitement, enchantment, anger, hurt, fear, sadness)

**Feelings about Feelings**

(decisions about feelings)

**Perceptions**

(beliefs, assumptions, subjective reality, thoughts, ideas, values)

**Expectations**

(of self, of others, from others)

**Yearnings**

(love, acceptance, belonging, creativity, connections, freedom, etc.)

**Self : I am**

(spirit, soul, life-force, essence, core, being)

# Questions to Build Connection Focus on **Curiosity and Building Internal Resources**

- Wow that seems confusing, stressful,... has this happened before?
- It's not easy being dealing with....
- What do you hope would be different ....
- Do you think you would do anything different?

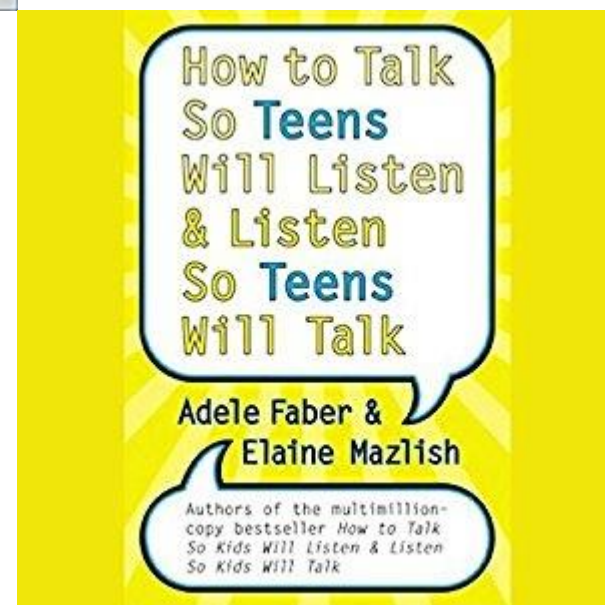
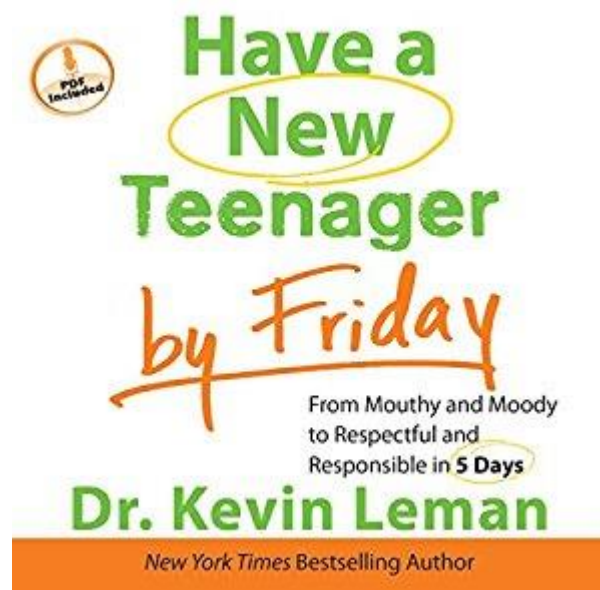
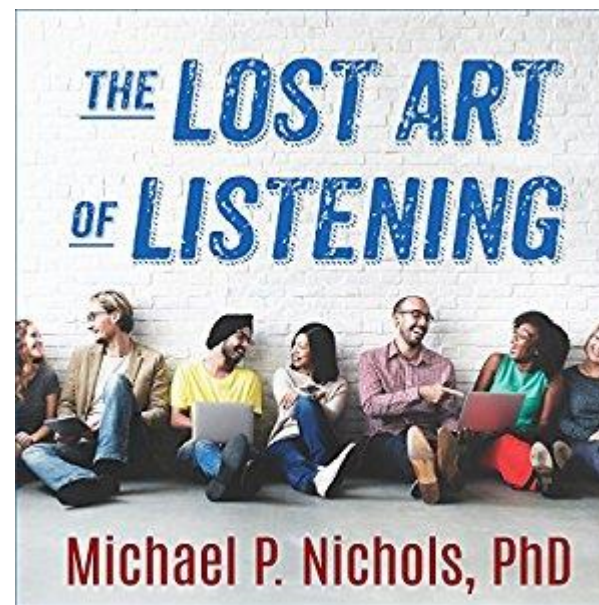
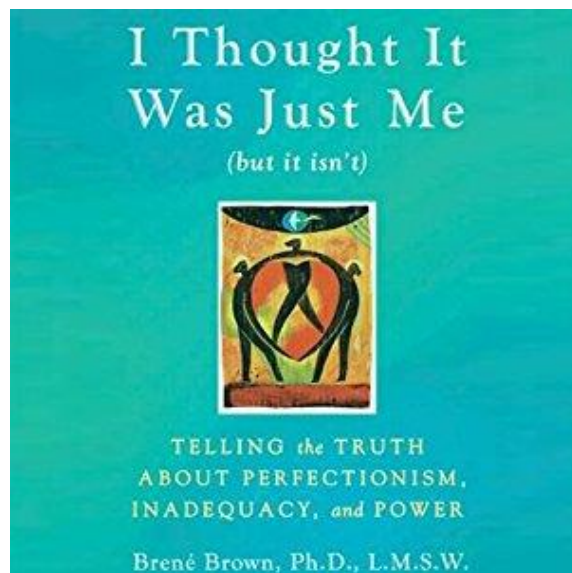
My Recommendation:

***Empathy is connection;  
it's a ladder out of  
the shame hole.  
Brené Brown***

CultureOfEmpathy.com







## Resources

- Anxiety BC – <http://www.anxietybc.ca> – Mental health information and links, as well as interactive resource for youth to get information and strategies to manage anxiety.
- Kelty Mental Health – <http://keltymentalhealth.ca> – Mental health and substance use information and resources as well as peer support for youth and families.
- <http://Kidshealth.org> – provides a wealth of information on health, physical and social emotional development for children, youth and parents.
- Canadian Mental Health Association – <http://cmha.ca>
- CHADD – [www.chadd.org](http://www.chadd.org) -Nationally recognized authority on Attention Deficit/Hyperactivity Disorder (ADHD). Non-profit organization providing education, advocacy and support.
- Monarch House <http://www.monarchhouse.ca>-provides interdisciplinary, best-practice based treatment services for individuals with developmental disabilities.
- <http://Bc211.ca> – Information and referral regarding community, government and social services
- <http://Teenmentalhealth.org> – Resources, information and publications on mental health issues for teens
- <http://Heretohelp.bc.ca> – Personal stories and self-help resources for mental health and substance use including links to other resources
- <http://Jessieslegacy.com>– eating disorders prevention and awareness
- <http://Mdabc.net>– Treatment, support, education and hope of recovery for people living with a mood disorder



## Web Resources for Youth

<http://Mindcheck.ca> This website is designed to help youth and young adults in British Columbia check out how they're feeling and quickly connect to mental health resources and support. Support includes education, self-care tools, website links, and assistance in connecting to local professional resources.

<http://Anxietybc.ca> – Interactive resource for youth to get information and coping strategies for anxiety

<http://Kidshelphone.ca> – telephone and chat counselling support as well as information for children and youth on a variety of topics such as bullying and cyber bullying

<http://Moodgym.com.au> – Australian online CBT training program for depression and anxiety. Self directed modules.

<http://Qmunity.ca> – Links and resources for LGBTQ community

[www.dwdonline.ca](http://www.dwdonline.ca) -Dealing with Depression Workbook for Teens

<http://Kidshealth.org> – provides a wealth of information on health, physical and social emotional development for children, youth and parents.

# **APPS**

## Personal Wellness:

- Booster Buddy
- Psych Drugs
- Mental Illness
- HelloMind
- Optimism

## Managing Stress/Breathe/Relax:

- What's Up?
- Mood Manager
- Kardia
- Stop, Breathe & Think: Meditation & Mindfulness
- Breathe2Relax
- Smiling Mind
- Universal Breathing
- Calm
- Recolor
- Color Joy

## Mood Problems:

- Relieve Depression

- Depression to Happiness
- Depression Symptoms
- Depression Overview
- Toxic Thinking: Awareness & Prevention
- MindShift
- Anxiety & Phobias
- Relax Lite: Stress and Anxiety Relief
- Anxiety Reliever

## Sleep Problems:

- Relax Melodies: Sleep Zen
- Sleep Cycle

## Device/Internet Control (Parents)

- Our Pact
- Qustodio

## For Younger Students:

- TF-CBT Triangle of Life
- Breathing Bubbles
- Settle Your Glitter
- Breathe, Think, Do
- Smiling Mind
- Recolor
- Autimo

# Needs Inventory

The following list of needs is neither exhaustive nor definitive. It is meant as a starting place to support anyone who wishes to engage in a process of deepening self-discovery and to facilitate greater understanding and connection between people.

## CONNECTION

acceptance  
affection  
appreciation  
belonging  
cooperation  
communication  
closeness  
community  
companionship  
compassion  
consideration  
consistency  
empathy  
inclusion  
intimacy  
love  
mutuality  
nurturing  
respect/self-respect

safety  
security  
stability  
support  
to know and be known  
to see and be seen  
to understand and  
be understood  
trust  
Warmth

## HONESTY

authenticity  
integrity  
presence

## PLAY

joy  
Humor

## PEACE

beauty  
communion  
ease  
equality  
harmony  
inspiration  
Order

## PHYSICAL WELL-BEING

air  
food  
movement/exercise  
rest/sleep  
sexual expression  
safety  
shelter  
touch  
water

## MEANING

awareness  
celebration of life  
challenge  
clarity  
competence  
consciousness  
contribution  
creativity  
discovery  
efficacy  
effectiveness  
growth  
hope  
learning  
mourning  
participation  
purpose  
self-expression  
stimulation  
to matter  
Understanding

## AUTONOMY

choice  
freedom  
independence  
space  
spontaneity