Mental Health

“Be Kind to Your Mind”
Introducing:

- Danielle Fox
- Hallie Fleishman
- Darlynn Childress
- Dana McEwen
- Dr. Meg
Panel Questions:

1. How can we help students who might be struggling with anxiety?

2. How can parents help manage their own anxiety and take care of their own mental health in order to maintain a calm and supportive home for students?

3. What are some resources for people looking for support?
Recognizing Anxiety & What to Do About it...

- How anxiety may manifest
- Stress vs. anxiety
- Perfectionism
- Asynchronous development
- Worry

Validation
- Modeling
- Delay response time
- Reframing
- Attitude Shift
- Channeling
- Filter
- Relaxation & Coping Skills
- Positive Social Interactions
- Stimulate creativity
- Growth Mindset
- Metacognition (& Accurate Thinking)
Set them up for success

- Tell them the plan so they know what to anticipate
- Try to stick to a schedule or routine, but model flexibility.
- Break tasks into smaller pieces, then pick one: Focus on time OR task
- Mindfulness Exercises: (Talk it out- Be active- Take breaks- Sleep- Eat right -Breathe)
- Building Resiliency by talking through feelings (Cognitive Thinking Strategies)
- Teach how to focus on what is within their control
- Find ways to make a difference and get involved with their community
Resources:

Article: “Helping Anxious Students Move Forward”

Slide Presentation: “Stress, Anxiety, Perfectionism- Helping Middle Schoolers Cope”

Article: “Supporting Your Gifted Child During Covid-19”

Book: “Why Smart Kids Worry & What Parents Can Do to Help”

Book: “Living with Intensity”

YouTube Channel: Therapy in a Nutshell
https://www.youtube.com/watch?v=RPyzPH8sB2A&list=PLiUrrliqidTVNQB5GrD2uh-bmfUGGwh-z&index=1
Hallie Fleishman

How do you feel?
Find the child that looks like you

Sneaky / Felt Sick / No energy

Ready / Set Cannot focus on work
Wants to get out

Fear / Castle

Happy / Care
Ready to learn
Ready for fun / Focused

Worried / Feel up
Frustrated / Silly
Too excited / Fidgeting

Angry / Yelling
Fighting / Screaming
Crying / Very scared

Trial some strategies to be like happy codi
Write down below what works for you

10 x star jumps
Go for a walk
Log rolling on the carpet

Listen to music
Dream with eyes
Make a fidget toy

Play with others
Listen
Work
Smile and laugh

Take a break / ask for help
Deep breathing
Push-ups
CoordClass

Walk away from others
Get to your safe place
Sit / kick a ball or big cushion
Go for a run / walk

Star Jumps

Log Rolling

Arm Stretches

Push-ups

Deep Breathing
Breathing

Deep Breathing Printables

Sometimes you need a little more structure and playfulness around how to take a deep breath.

Using shapes is an easy way to keep track of breaths in and out. You can use your finger to trace the shape so you know where you are in your breathing.

Try each and see how they work for you!

For more coping skills resources and products, visit www.copingskillsforkids.com

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Square Breathing
Start at the bottom right of the square, and follow the arrows around the whole square to complete one deep breath.

Hold for 4

Breathe in for 4

Breathe out for 4

Lazy 8 Breathing
Start with an 8 on its side. Starting in the middle, go up to the left and trace the left part of the 8 with your finger while you breathe in. When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

Breathe in

Breathe out

Star Breathing
Start at any “Breathe in” side, hold your breath at the point, then breathe out. Keep going until you’ve gone around the whole star.

Breathe in

Breathe out

Triangle Breathing
Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.

Breathe in for 3

Hold for 3

Breathe out for 3
How to Defeat Negative Thinking

How to Defeat Negative Thinking: An Animation

Negative thinking can get the best of us at the worst of times. But there's hope! Positive psychology Coach Derrick Carpenter reveals two key tactics that will intercept and defeat these thoughts before they have a chance to infiltrate your life. Narration by Derrick Carpenter. Animation by Katy Davis (AKA Gobblynne) http://www.gobblynne.com ...

www.youtube.com
Beginner’s Meditation

Meditation 101: A Beginner's Guide

Are you new to meditation, and interested in finding out how to start a practice? We'll walk you through the basics! Animation by Katy Davis (AKA Gobblynne) www.gobblynne.com. Narrated by Dan Harris. This is an animation I've been working on for Happifyb

www.youtube.com
Mindfulness is a Superpower

Why Mindfulness Is a Superpower: An Animation - YouTube

Practicing mindfulness is one of the single most powerful things you can do for your wellbeing. Want to give it a try? Visit http://www.happify.com for guide...

www.youtube.com
ANXIETY might be a reminder to:

- Turn off the screen
- Check in and listen to your wise voice within
- Focus on what is within your control
- Treat yourself with gentle loving kindness
- Remember that not all thoughts are true
- Exercise (this helps to burn off the stress hormone cortisol)
- Deal with something you have been avoiding
- Get more sleep
- Take a few (or many) slow, deep & focused breaths
- Simply notice that you are feeling anxiety, without judgment

\[wholeheartedcounseling.com\] at Teachers Pay Teachers
\[kidshealth.org\]
\[girlshealth.gov\]
“From Chaos to Calm: Parenting in a Pandemic”
Darlynn teaches live, interactive workshops to learn strategies for staying calm, managing stress & creating a peaceful home.

Bio:
Darlynn Childress is a former middle and high school teacher and the mother of two sons. A trained parent educator and life coach, she is also a gifted storyteller who gives presentations & parenting workshops throughout Southern California and offers private coaching nationwide. You can learn more about her at www.darlynnchildress.com or join her facebook group, Becoming Calm Mamas, for great tips and strategies
## Dana McEwen: Resources for Children and Families

### Crisis or Starting places

<table>
<thead>
<tr>
<th>Crisis Support</th>
<th>Resources that may help if you are experiencing a mental health crisis or need immediate support</th>
<th>Phone Number/Website</th>
</tr>
</thead>
</table>
| **LA County Wellbeing Line**  
(10am-6pm PST phone)  
*Support line for professionals experiencing stress, desiring someone to talk to or supportive resources. Open 7 days a week, 10am-6pm.* | (833) 307-0509 | |
| **Suicide Prevention Lifeline through Didi Hirsch**  
(24/7 phone)  
*Lifeline to call when you or someone you know may be considering suicide. Call even if it isn’t a crisis, 24 hours 7 days a week.* | 1-800-273-8255 | |
| **DMH Helpline**  
(24/7 phone)  
*Hotline for anyone seeking emotional support, mental health services, or navigating services for a loved one, available 24 hours a day, 7 days a week.* | 1-800-854-7771 | |
| **Emotional Support Warm Line**  
(9am-9pm PST phone)  
*One of the options when calling the DMH Helpline, for county residents who may not want mental health services but would like to talk with a trained listener.* | 1-800-854-7771 (option 2 when calling the DMH Help Line) | |
Crisis or Starting places: Youth/Teen specific

<table>
<thead>
<tr>
<th>Title/Description</th>
<th>Link</th>
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<tbody>
<tr>
<td>Trevor Project (24/7 phone/text/chat)</td>
<td>1-866-488-7386, or visit <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a></td>
</tr>
<tr>
<td>Trans Lifeline (24/7 phone)</td>
<td>1-877-565-8860, or visit <a href="https://translifeline.org/">https://translifeline.org/</a></td>
</tr>
<tr>
<td>CA Youth Crisis Hotline (24/7 phone)</td>
<td>1-800-843-5200, or visit <a href="http://calyouth.org/chat-with-a-crisis-counselor/">http://calyouth.org/chat-with-a-crisis-counselor/</a></td>
</tr>
<tr>
<td>Teen Line (6PM – 9PM PST phone/text)</td>
<td>310-855-4673 or text “TEEN” to 839863, or visit <a href="https://teelineonline.org/vyp/edelman-mental-health-center/">https://teelineonline.org/vyp/edelman-mental-health-center/</a></td>
</tr>
<tr>
<td>Activities for children and teens experiencing grief</td>
<td><a href="http://mindfulnessforteens.com/guided-meditations/">http://mindfulnessforteens.com/guided-meditations/</a></td>
</tr>
<tr>
<td>How LGBTQ Youth Can Cope with Anxiety and Stress During COVID-19 (Trevor Project)</td>
<td></td>
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<tr>
<td>NAMI Resources (NAMI-Urban Los Angeles)</td>
<td><a href="https://www.namiurbanla.org/resources">https://www.namiurbanla.org/resources</a></td>
</tr>
<tr>
<td>Various local resources for teens and families</td>
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</tbody>
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## Dana McEwen:
Resources for Children and Families (cont.)

### Parent Support and Resources

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>‘What will a return to school during COVID-19 pandemic look like?’ (UNICEF)</td>
<td></td>
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<tr>
<td>What parents need to know about school reopening in the age of coronavirus</td>
<td></td>
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<tr>
<td>Starting a New School Year Following a Summer of Change (Psych Central)</td>
<td><a href="https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/">https://psychcentral.com/lib/starting-a-new-school-year-following-a-summer-of-change/</a></td>
</tr>
<tr>
<td>Resources for helping students transition back to school</td>
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<tr>
<td>Tips for parents on helping children during the COVID-19 pandemic</td>
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<tr>
<td>Helping Kids Grieve (Sesame Street in Communities)</td>
<td><a href="https://sesamestreetincommunities.org/topics/grief/">https://sesamestreetincommunities.org/topics/grief/</a></td>
</tr>
<tr>
<td>Tips and resources for parent on helping children who lost a loved one</td>
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Dana McEwen: Resources for Children and Families (cont.)

Available to any Los Angeles resident

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<tr>
<td>Headspace</td>
<td><a href="https://work.headspace.com/lacdmhresidents/member-enroll">https://work.headspace.com/lacdmhresidents/member-enroll</a></td>
</tr>
<tr>
<td>Wellbeing4LA Learning Center</td>
<td><a href="https://learn.wellbeing4la.org/">https://learn.wellbeing4la.org/</a></td>
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</table>

Mindfulness and meditation app provided for free to all LA County residents. 
Trainings to help school staff build confidence in recognizing and responding to the emotional and mental health needs of students and families.
Topics have included: Racial Justice & Educational Equity; Educator & School Wellbeing; Parent/Caregiver Engagement; and Youth Voice and Leadership
Racial Healing

INTRODUCTION

For decades, the W.K. Kellogg Foundation (WKFF) has been committed to advancing racial equity in the United States in order to help children thrive. Children — their health, well-being and lifelong opportunities — are at the center of all we undertake.

We know that racism has a powerful and lasting effect on the lives of children, their families and communities. To address that condition, our board of trustees committed the foundation to being an effective anti-racist organization in 2007. We deepened that commitment in 2010 by launching the America Healing Initiative. In that groundbreaking effort, we supported communities in healing from the effects of racism and working to transform the systems and structures that limit opportunity for children and families. America Healing led to an approach, a set of practices and a network of skilled facilitators (called racial healing practitioners) for initiating and leading racial healing in communities. Today, that significant work continues through our support of Truth, Racial Healing & Transformation (TRHT) efforts across the country.

WHAT IS A RACIAL HEALING CIRCLE?
Distress Tolerance

ACCEPTS

Activities- hobbies, interests, activities

Contributing- volunteering or help others

Comparison- compare self to prior self or others

Emotions- watch/ listen to bring out light emotions

Push Away- mental break, put it aside

Thoughts- distract thoughts- counting, categorize

Sensations- engage senses to distract
Anxiety:

Progressive Muscle Relaxation

Relationships:

Gottman Institute provides a research based approach to relationships

https://www.gottman.com/

https://www.gottman.com/parents/
Take a Social Media Vacation

It’s an excellent gift for your mental health! Post this image with your email & delete it from your phone or temporarily deactivate if necessary.