



Understanding Stress?

Nathan Price, Danny Epinoza, Erika Munoz
School Psychologists

Activity

Pick
A
Number

Objectives

Parents will leave with an understanding of:

- what is stress
- how stress affects the body and thought processes
- strategies to soothe the body and reduce stress

What is stress?

- A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.
- A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

What is stress?

- Manifested in 3 ways
 - Physiological
 - Cognitive
 - Behavioral



Physiological Symptoms

Symptoms of Anxiety



Headache

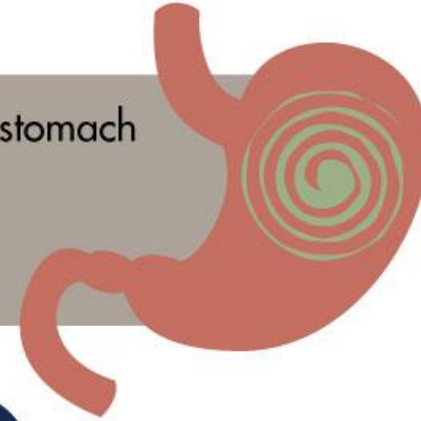


Heart palpitations

Backache
Muscle tension
Trembling
Numbness or tingling in the
arms, hands or legs,
Sweating/flushing



Churning stomach
Nausea
Diarrhea



Cognitive Characteristics

- Concentration and attention problems
- Memory problems
- Oversensitivity
- Difficulty solving problems
- Worry

Behavioral Characteristics

- Motor restlessness
- Fidgets
- Task avoidance
- Rapid speech
- Erratic behavior
- Irritability
- Withdrawal
 - Failure to complete tasks
 - Lack of participation
- Perfectionism

NORMAL

How does stress affect us?



How does stress affect us?



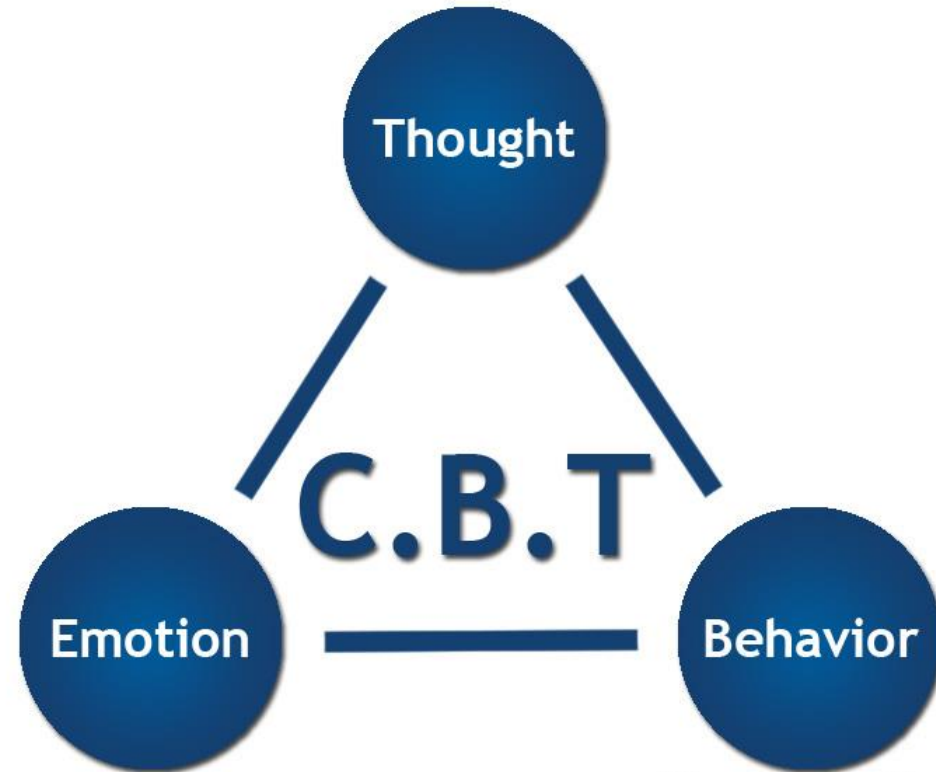
○ Moderate Range

- Significant levels of stress can cripple your ability to perform your best creating a “self-fulfilling prophecy”

○ Severe Range

- Shuts-down the frontal cortex and thoughts become highly irrational and debilitating

What we *think* affects
how we act and feel.



What we *feel* affects
what we think and do.

What we *do* affects
how we think and feel.



Soothing Techniques

- Changing Thought Patterns
 - Identify negative thoughts.
 - Challenge negative thoughts (reality testing).
 - Replace negative thoughts with realistic thoughts.

Additional Strategies

- Avoid unrealistic expectations



Additional Strategies

- Muscle Tension / Relaxation
- Progressive Muscle Relaxation



Additional Strategies

○ Humor



Additional Strategies

- Pre-task Rehearsal (physical and mental)



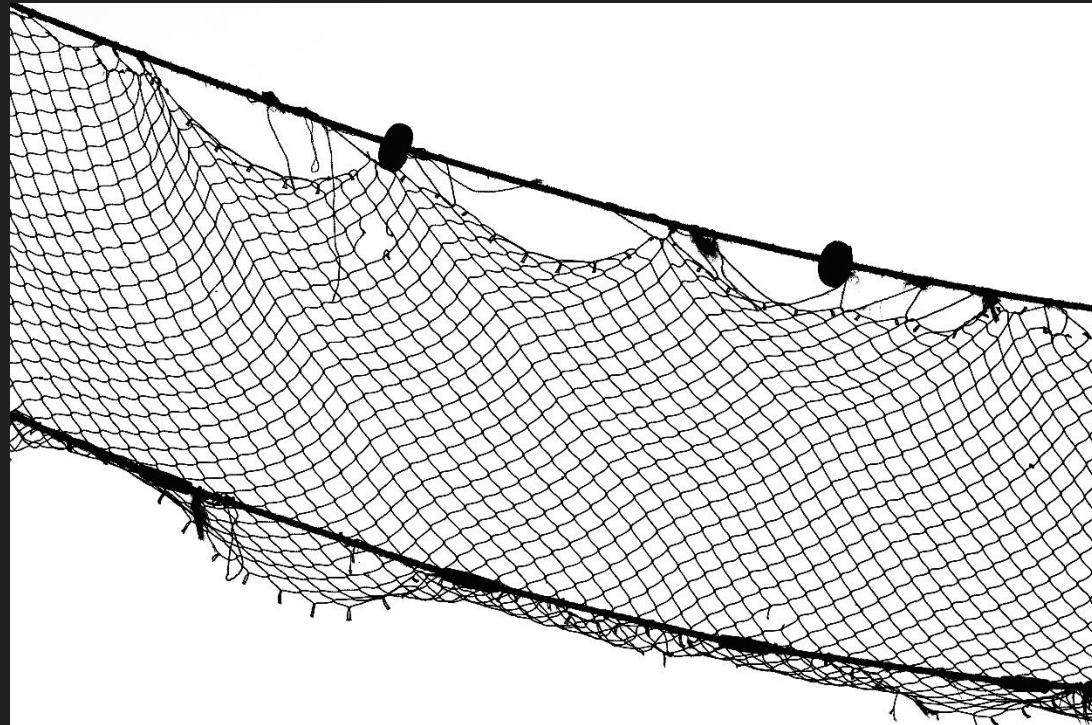
Additional Strategies

○ Deep Breathing



Additional Strategies

- Set up environment where safe to fail



Additional Strategies

- Provide Emotional Support
 - Strength relationship
 - Build trust
 - Listen instead of give advice

Additional Strategies

- Mindfulness



Additional Strategies



Thank you