

# Stress Management and Self-Care

EAST PALO ALTO ACADEMY  
SCHOOL MENTAL HEALTH PROGRAM

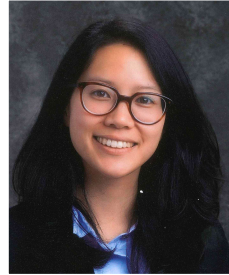
# School Mental Health Team

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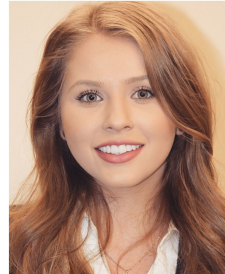
Stanford  
Partners



**Dr. Ryan Matlow**



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**Juan Lopez, MD**

# Goals of Today's Workshop

- Describe what stress is
- Understand the impacts of stress
- Identify stressors in your own life
- Outline strategies for managing and reducing stress



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# What is **Stress**?

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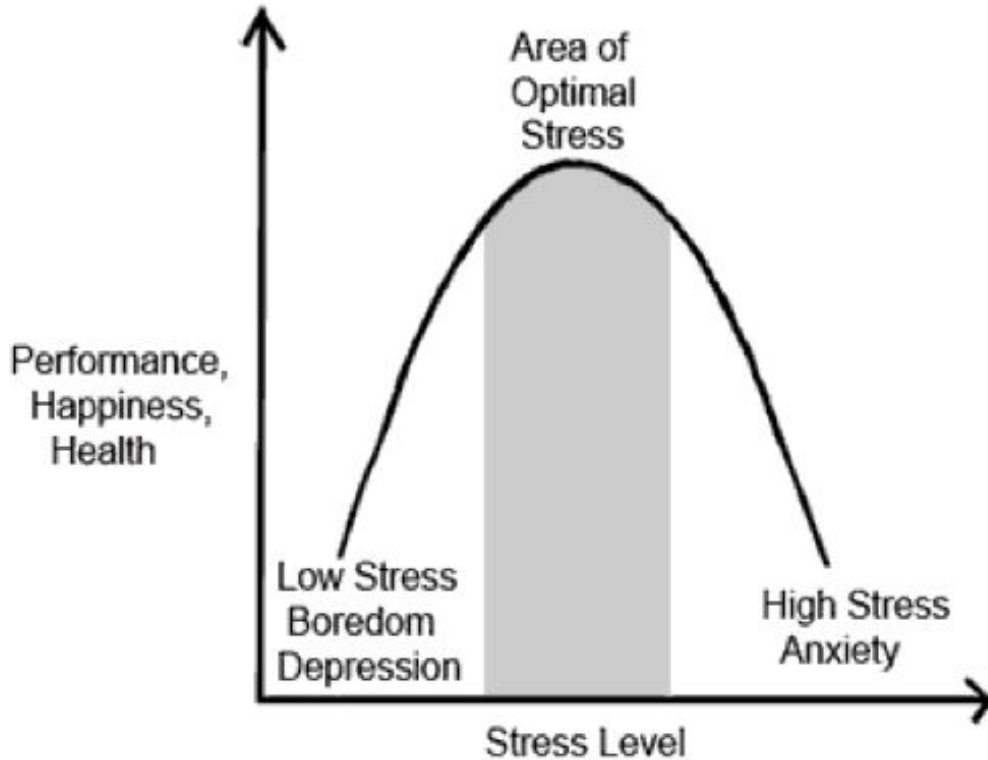
*....So, is stress good or bad for you?*

# Stress

So, is stress good or bad for you?  
It's **BOTH!**



# Is All Stress Bad?



What types of **stressors** are present in your life?

STRESS



# Identifying Stressors

- COVID-19 Pandemic
- Health concerns
- Financial difficulties
- Relationship difficulties
- Divorce or changes in personal life
- Issues with children
- Major change/event in personal life
- Change in responsibilities
- Difficulties at work
- Bereavement
- Legal issues
- Family problems
- Environment
- Changes in your work life

# Stress Affects Us in Many Ways

- **Our bodies**



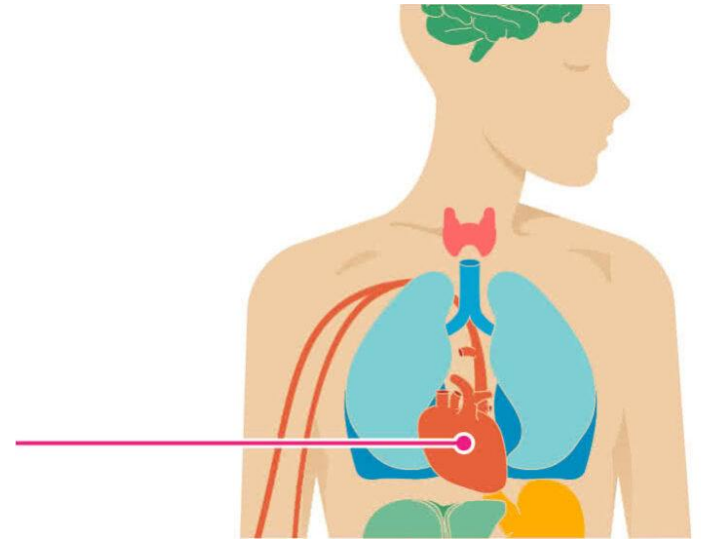
- **Our behaviors and interactions**



- **Our thoughts and feelings**

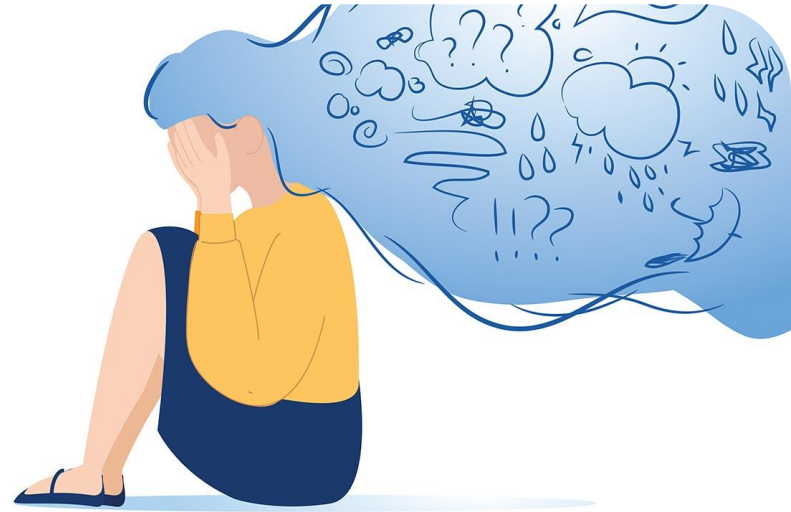
# Physical Symptoms of Stress

- Fatigue
- Headaches
- Muscle tension/pain
- Increased heart rate
- Nausea
- High blood pressure
- **Others**



# Cognitive Symptoms of Stress

- Poor concentration
- Difficulty making decisions
- Decreased problem solving ability
- Forgetfulness
- Errors/accidents
- **Others**



# Behavioral Symptoms of Stress

- Anger/Irritability
- Withdrawal
- Relationship difficulties
- Changes in sleeping habits
- Overeating/undereating
- **Others**



# Reactions to “Too Much” Stress

- May lead to depression or anxiety

- Balance

- Balance between what you have to do and the resources you have to do it with
- Take steps to improve balance and manage stress





How can we build our



What has been helpful for you in  
**managing stress?**



# What is helpful for managing stress?

- **Acceptance**
  - Acknowledge and accept that this is a difficult time
    - *The COVID-19 pandemic may be particularly stressful for some people*
    - *Engage in self-care strategies*
- **Positive vs. Negative Coping Strategies**



# What is helpful for managing stress?

- Exercise, physical activity, stretching
- Get support from family and friends
- Healthy sleep
- Healthy diet
- Relaxation
- Communicating and expressing emotions related to stress
- Approaching the stressors



# Managing Stress

1. Body relaxation exercises
  - a. Breathing techniques
  - b. Guided imagery
2. Mindfulness/meditation
3. Connecting with others
4. Counseling



# Mind relaxation: Focus on the present moment

- Attention on the present moment
  - › Awareness of our mind, body, environment, and experience
  - › Using the 5 senses
- Intentional focus
- Absence of judgement or criticism



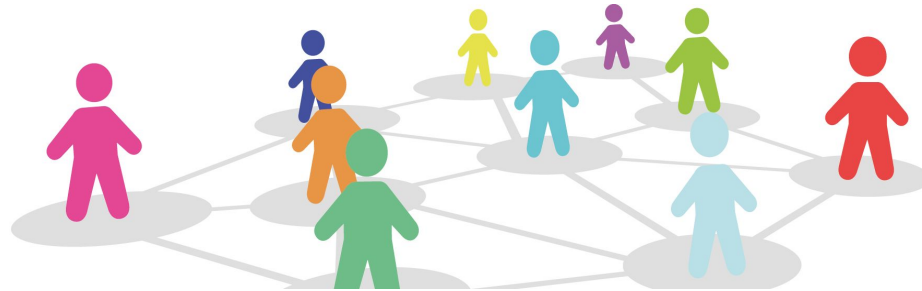
# Improving Self-Care

- Keep healthy routines
  - Sleep
  - Diet
  - Exercise



# Connecting with Others

- Connect with others: social/family time
- Get help from a professional (doctor, counselor, therapist)





# My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



## Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



## If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



## Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



## Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

For help finding treatment, visit [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

If you are in crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

# ¿Necesito ayuda para mi salud mental?

Primero, determine hasta qué punto sus síntomas interfieren en su vida diaria.



## ¿Tengo síntomas leves que han durado menos de dos semanas?

- Se siente un poco decaído.
- Se siente decaído, pero aún puede trabajar, hacer tareas escolares o realizar labores domésticas.
- Tiene cierta dificultad para dormir.
- Se siente decaído, pero aún puede cuidarse a sí mismo o a otros.



## Si es así, las siguientes son algunas actividades de autocuidado que pueden ayudarle:

- Hacer ejercicios (por ejemplo, aeróbicos o yoga).
- Participar en actividades que incluyan contacto social (ya sean virtuales o en persona).
- Dormir de forma adecuada, manteniendo un horario regular.
- Comer saludablemente.
- Hablar con un amigo o pariente en quien confía.
- Practicar actividades de meditación, relajamiento y contemplación.

Si los síntomas anteriores no mejoran o parece que están empeorando, a pesar de los esfuerzos de autocuidado, hable con su proveedor de atención médica.



## ¿Tengo síntomas graves que han durado dos semanas o más?

- Tiene dificultad para dormir.
- Hay cambios en su apetito que originan cambios no deseados en su peso.
- Tiene dificultad en las mañanas para levantarse de la cama debido a su estado de ánimo.
- Tiene dificultad para concentrarse.
- Ha perdido interés en cosas que por lo general le son divertidas.
- No puede realizar sus actividades y funciones diarias.
- Tiene pensamientos sobre la muerte o de hacerse daño.



## Busque ayuda profesional:

- psicoterapia (terapia de diálogo), ya sea virtual o en persona, individual, grupal o familiar;
- medicamentos;
- terapias de estimulación cerebral.

Para ayudarle a encontrar tratamientos, visite la página de ayuda para enfermedades mentales: [www.nimh.nih.gov/busqueayuda](http://www.nimh.nih.gov/busqueayuda).

Si está en crisis, llame a la Red Nacional de Prevención del Suicidio al teléfono gratuito en español 1-888-628-9454, o bien, envíe un mensaje que diga "HELLO" a la línea de crisis para mensajes de texto en inglés al 741741.



# Resources for Managing Stress

- **Free apps**

- The Mindfulness App
- Calm - Meditate, Sleep, Relax
- Serenity: Guided Meditation & Mindfulness



- **San Mateo Behavioral Health and Recovery Services**

- 225 37th Avenue, San Mateo, CA 94403
  - (650) 573-2222



- **Ravenswood Family Health Center**

- 1885 Bay Rd., East Palo Alto, CA 94303
  - (650) 330-7400





**Thank you for your  
participation!**  
*Any Questions?*