Stress Management and Self-Care

EAST PALO ALTO ACADEMY

SCHOOL MENTAL HEALTH PROGRAM
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
What is Stress?
What is “Stress”? 

- Stress is our mind and body’s reaction to challenge or demand.
What is **Stress**?

- Stress is our mind and body’s **reaction to challenge or demand**

  ....*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?
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

Stanford University
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 resources?
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)
- Eating healthy
- Engaging in social contact (virtual or in person)
- Talking to a trusted friend or family member
- Getting adequate sleep on a regular schedule
- Practicing meditation, relaxation, and mindfulness
- Staying connected with others

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

Do I have severe symptoms that have lasted 2 weeks or more?
- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Feeling hopeless, no energy, or decreased interest
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Trouble focusing, remembering, or making decisions
- Trouble sleeping
- Trouble falling or staying asleep
- Trouble waking up
- 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/findtreatment.

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).

www.nimh.nih.gov
Follow NIMH on Social Media Platforms

¿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 decolado.
- Se siente decolado, pero aún puede trabajar, hacer tareas escolares o realizar labores domésticas.

Si es así, las siguientes son algunas actividades de autocuidado que pueden ayudarle:
- Hacer ejercicios (por ejemplo, aeróbicos o yoga).
- Participar en actividades que incluyen contacto social (ya sean virtuales o en persona).
- Dormir de forma adecuada, manteniendo un horario regular.

¿Tengo síntomas graves que han durado dos semanas o más?
- Tienen dificultad para dormir.
- Tienen dificultad para concentrarse.

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

Busque ayuda profesional:
- Psicoterapia (terapia de diálogo), ya sea virtual o en persona, individual, grupo o familiar.
- Medicamentos.
- Terapias de estimulación cerebral.

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?