

It's OK to Not be OK!

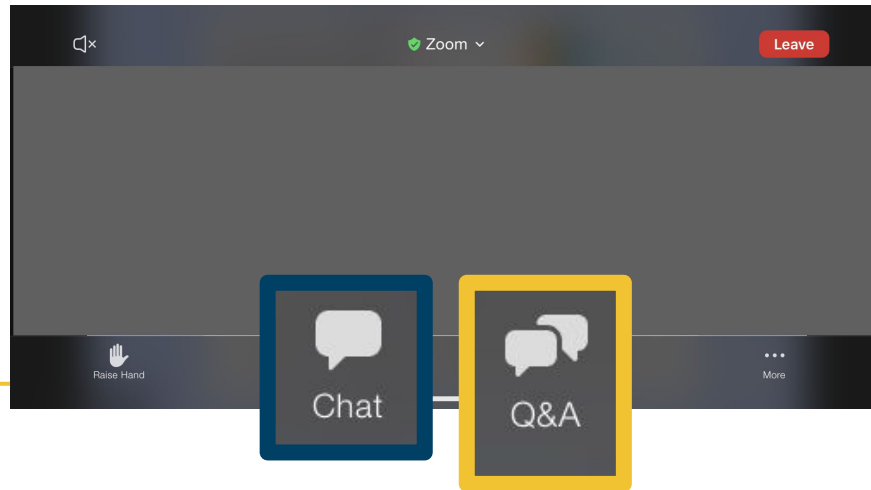
Surviving Stress and Anxiety in Middle and High School



January 23, 2021

Welcome

- The links and this presentation will be posted on our website: u-46.org/webinars.
- Comments and questions can be included in the Q&A box.
- The Chat box will be available for presenters to share main points and links.



Our Topics for Today



- 01 You are not alone.**
Most young people are experiencing anxiety at this time.
- 02 Recognize Anxiety.**
Learn to recognize when you're feeling anxious & what to do.
- 03 Communicate your needs.**
Learn how to communicate about your anxiety with the adults in your life.

Kate McCormack

LCSW,
Kane County Health Department



Mary Abbott

Lead School Social Worker,
School District U-46



It's Ok to Not be Ok!

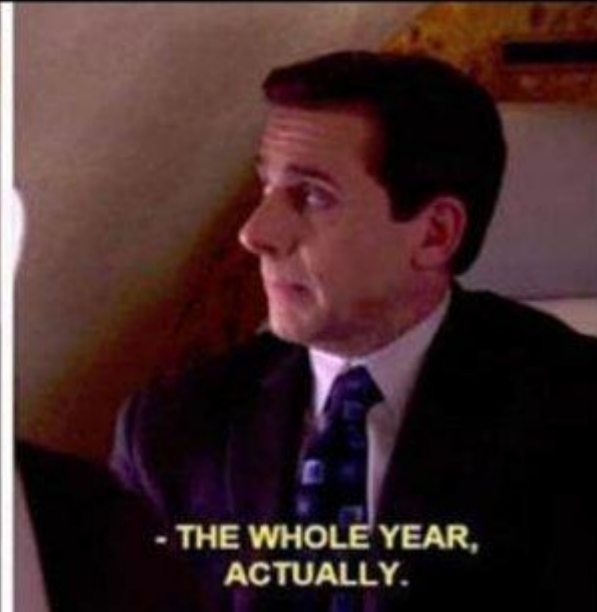


It's been a challenging time!



You are not alone.

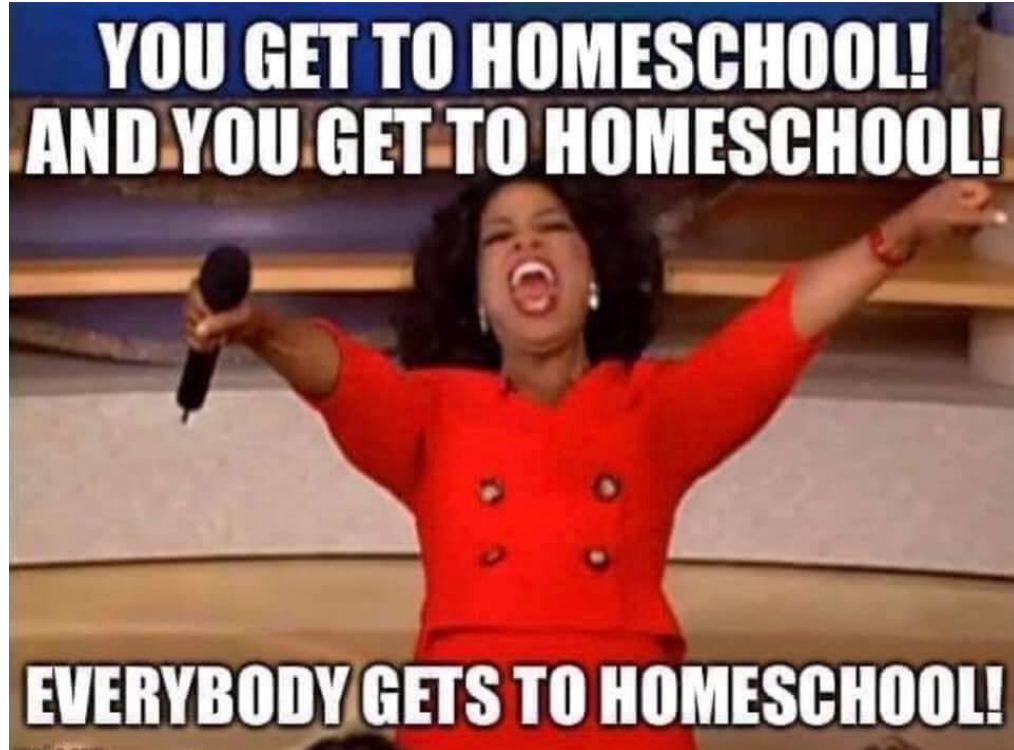
Everyone on the planet right now...



Changes

- Change creates stress.
- Stress is not always bad. Stress is a necessary part of life and it helps us to grow.
- Change and stress can lead to feelings of anxiety when we feel overwhelmed or feel we have no control.
- 2020 has been a year of major changes for all of society.
- Young people in middle and high school are living through a time of great personal change.

From School to Virtual to Hybrid



Anxiety

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry.

-American Psychological Association

“I’m just freaking out.”

“I want to hide under my bed and never come out.”

Signs & Symptoms of Anxiety

Emotional: (feelings)

Restless, Irritable

Physical: (body)

Sleep changes, GI/stomach problems, Headaches, Panic Attacks

Cognitive: (mind)

Persistent worries or troubling thoughts, Difficulty Concentrating

How do you know when you're anxious?



Stress & Anxiety Triggers for Young People



Stop.

Notice.

Accept.



Take Your Temperature



Cope, Manage, Thrive



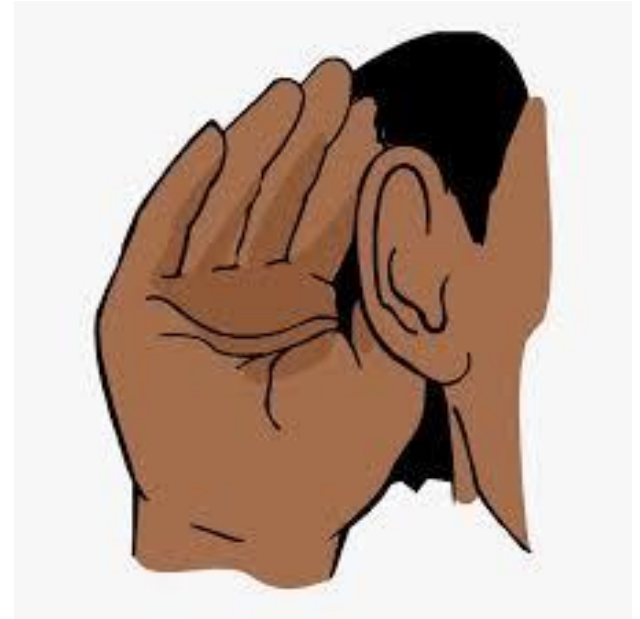
Communicate

- Who can you talk to?
- What can you say?



Advice for Parents

Listen, listen and listen!



Professional Help

Psychiatrist

Psychologist

Social Worker

Counselor

Additional Resources & Supports

Back to School ToolKit Mental Health America:

<https://mhanational.org/back-school-2020-toolkit-download>

Coping with COVID-19

Open group starting 5/12/20

Open to ages 13-18 years old



Join us to learn about media literacy



Psycho-education



Coping skills (mindfulness)



And other skills to help you cope during this time

If interested in joining, please contact intake for registration.



Family Service Association OF GREATER ELGIN

Tuesdays, 4-5PM

Online Platform (Zoom)
1140 N McLean Blvd, Suite I
Elgin, IL 60123
(847)-695-3680



What is "Building your toolbox"?

*A psycho-educational group that helps individuals strengthen and build new coping skills to add to their "toolbox"
*Topics:
-Emotional regulation
-Boundaries
-Communication
-Distress Tolerance
-And more!

"BUILDING YOUR TOOLBOX"

A SAFE PLACE TO LEARN AND PRACTICE HEALTHY COPING SKILLS

Who:

Adolescents age 13-17

When:6-7pm
Wednesdays on zoom!

Topic changes every 3 weeks!

*Interested in joining weekly? Attend at least 2 topics and receive a **FREE** mental health "toolbox" basket!*



Family Service Association OF GREATER ELGIN

Email: If you are interested or have questions contact FPECE@fsaelgin.org

Crisis Numbers

Crisis Teen Text

Text HOME to
741741

Connect with a
crisis counselor



Suicide
Prevention Line
1-800-273-8255

teen line



Call
310-855-4683



Text TEEN to
839863

Teen and Youth
Help Line

National Domestic Violence Hotline



1-800-799-7233
1-800-787-3224 (TTY)

Community Resources

Who can you talk to at school?

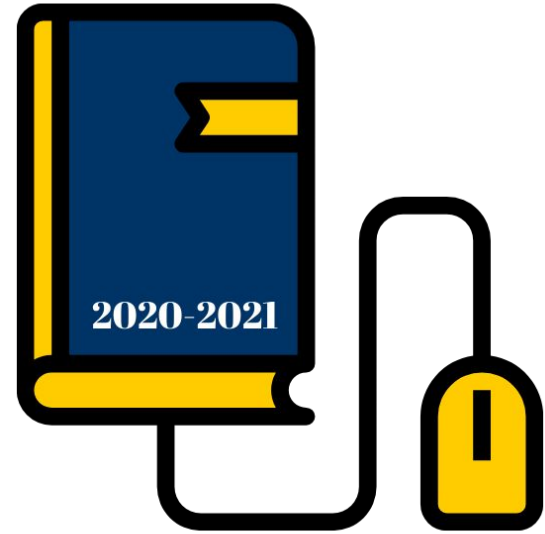
School Social
Workers

School
Counselors

School
Psychologist

Thank you!

- Please don't forget to complete the survey.
- U46Engage Webinars:
u-46.org/webinars
- U-46 COVID site:
u-46.org/COVID
- Questions?
u-46.org/wellness
Let's Talk



#U46SafeandReadyToLearn

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Send in questions, comments, and suggestions for a timely response