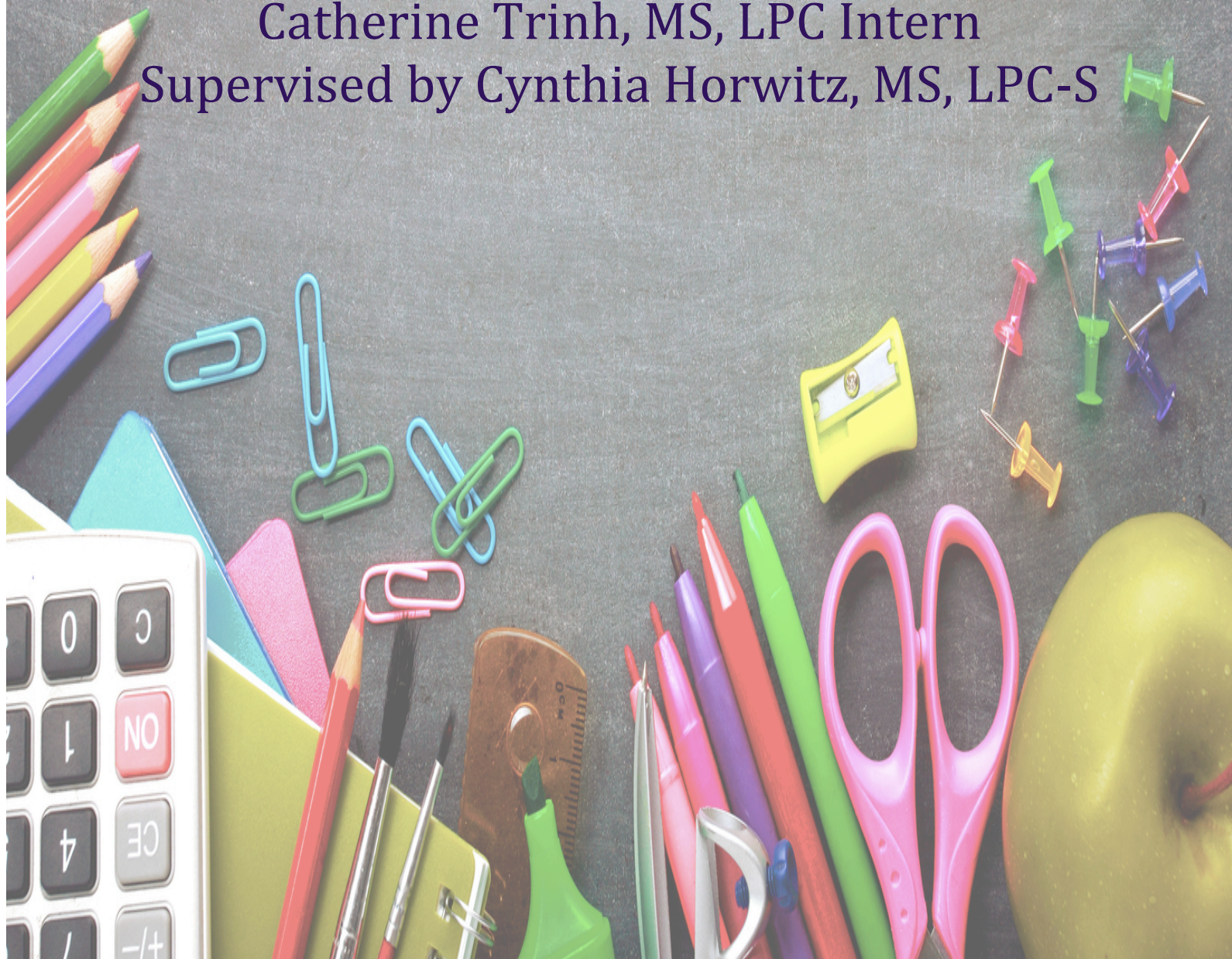


Stress Less: ***Back to School Series***

Catherine Trinh, MS, LPC Intern
Supervised by Cynthia Horwitz, MS, LPC-S



NOTES





IMPORTANT:

What is Worry?



Worries are unpleasant thoughts that you can't get out of your head. They're like annoying bugs that keep buzzing around and won't leave you alone.

It's normal to have worries—everyone has them from time to time. It's only a problem when your worries get in the way of other parts of your life, or if they make you unhappy. What do you worry about? Circle your worries in the lists below:

 Family	 School	 Friends	 Other
Arguments or Fights	Following Rules	Fitting In	Getting Hurt
Upsetting Family	Grades	Making Friends	Being Embarrassed
Family's Safety	Presentations	Being Teased	Appearance
Getting in Trouble	Homework	What to Talk About	Money
Not Seeing a Family Member	Tests	Bullies	_____

When you worry, your body goes through a number of changes. These changes can be uncomfortable, and for some people they're scary. Circle each of the worry symptoms that you've experienced:



Fast
Heartbeat



Sweating



Feeling Sick



Shaking



Feeling Hot

The good news about worry is that it can't hurt you. Worrying might be uncomfortable, but you can learn to control it with a little practice. Is there anything you already do that helps you control your worry?

To control my worry, I... _____

_____’s TENTATIVE SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM							
5:30AM							
6:00AM							
6:30AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
12:00PM							
1:00PM							
2:00PM							
2:30PM							
3:00PM							
3:30PM							
4:00PM							
4:30PM							
5:00PM							
5:30PM							
6:00PM							
6:30PM							
7:00PM							
7:30PM							
8:00PM							
8:30PM							
9:00PM							
9:30PM							
10:00PM							
11:00PM							
12:00AM							

TENTATIVE: Not certain or fixed
Can modify anytime your schedule changes or if you have a new semester!

Diaphragmatic Breathing:

Place one hand on your chest and one on your stomach.
Plant feet flat on the ground (grounding technique).

Breathe in slowly. Count in your head & make sure the inward breath lasts at least 5 seconds. Pay attention to the feeling of the air filling your lungs and your stomach rising as you inhale.

Hold your breath for 5 to 10 seconds (again, keep a mental count). You don't want to feel uncomfortable, but it should last quite a bit longer than a usual breath.

Breathe out very slowly for 5 to 10 seconds (count). Pretending like you're breathing out through a small coffee straw to slow yourself down.

Repeat the breathing process until you feel calm.

[DOWNLOAD Calm app](#)
[Guided meditation and relaxation techniques](#)



HERE AND NOW STONE

Practicing mindfulness daily.

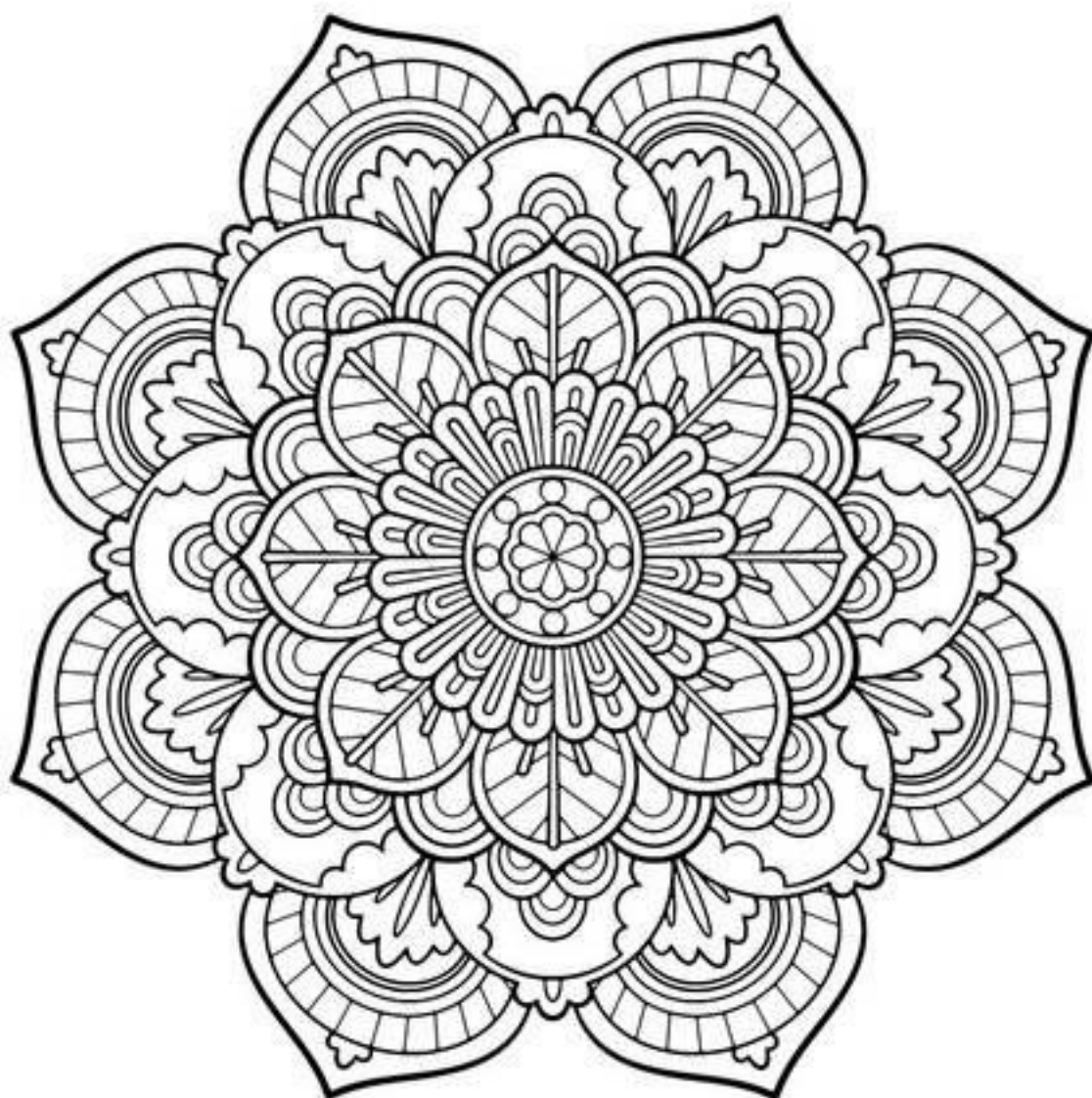
Carefully examine your stone. Notice the colors, the angles, the texture.

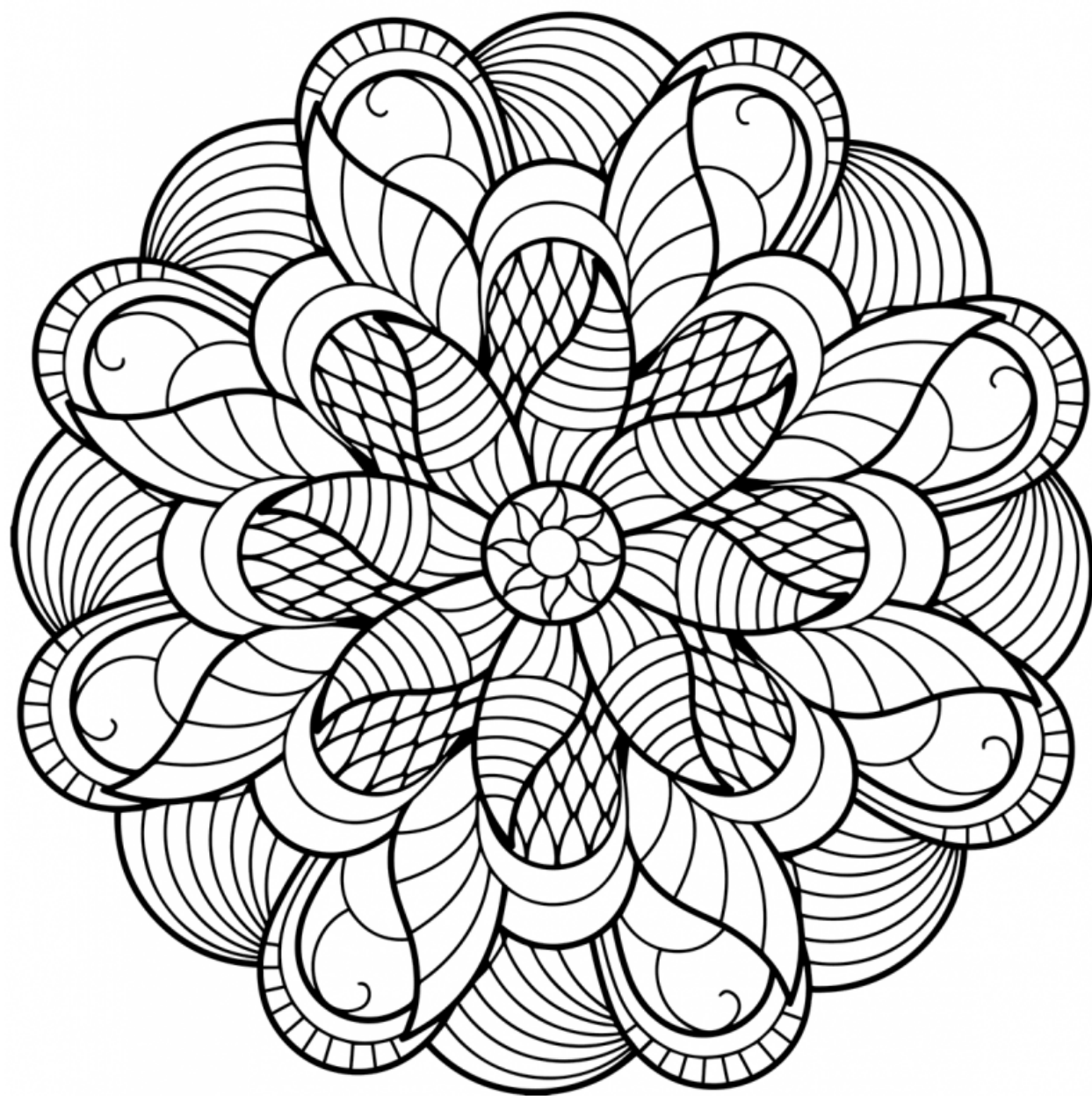
Now, close your eyes and pay attention to the sensation of touch. Is it rough or smooth? Temperature?

Opening your eyes, become more aware of your stone. Allowing yourself to experience it with all of your senses.

Notice that as you are focused on your stone, with appreciation, there is little room for worry or regret. You are in the present moment.

Keep your stone in your pocket. When you feel swept up in emotion, touch your stone and come back to the present.







For more awesome fun, check out
nerdyMamma.com

Positive Steps to Wellbeing

Be kind to yourself



Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.

Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.

Exercise regularly



Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.

Get outside, preferably in a green space or near water.

Find an activity you enjoy doing, and just do it.

Take up a hobby and/or learn a new skill

Increase your confidence and interest, meet others, or prepare for finding work.



Have some fun and/or be creative

Having fun or being creative helps us feel better and increases our confidence.

Enjoy yourself!



Help others



Get involved with a community project, charity work, or simply help out someone you know.

As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.

Relax



Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.

Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)

Eat healthily

Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.



Balance sleep

Get into a healthy sleep routine – including going to bed and getting up at the same time each day.



Connect with others



Stay in touch with family and friends - make regular and frequent contact with them.

Beware drink and drugs



Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.

See the bigger picture

We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')



What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?

Accepting: 'It is as it is'

We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.



Some situations we just can't change. We can surf those waves rather than try to stop them.

Allow those thoughts and sensations just to be – they will pass.