

Help! I'm Anxious!

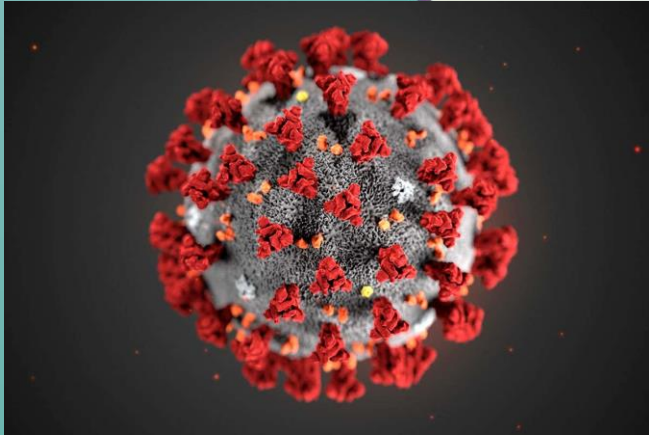
Muscogee County School District
Wellness Session
Facilitated by Earl Nichols, D.Min, LMFT

INTRODUCTION

Please place questions in chat box for post session Q&A

**PASTORAL
INSTITUTE**

- EMPOWERING PEOPLE TO LOVE, SERVE, AND LIVE MEANINGFUL LIVES -



COVID-19

+



ECONOMY

+

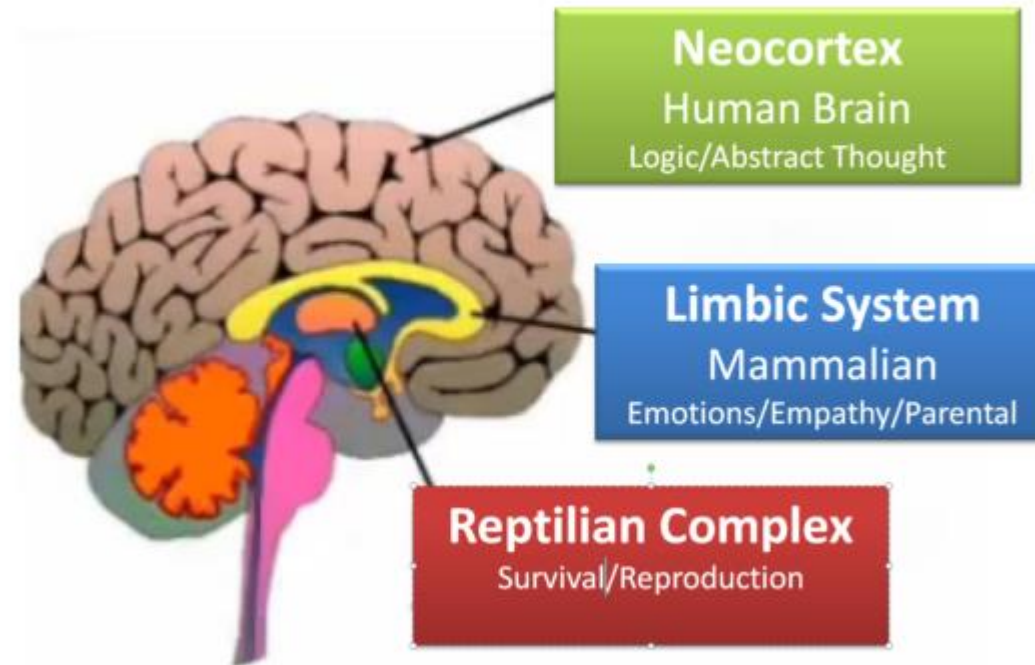


RACIAL TURMOIL

= HIGH ANXIETY

TRIUNE BRAIN

The 3 Brains



SYMPTOMS OF ANXIETY

- PHYSICAL



SYMPTOMS OF ANXIETY

- PSYCHOLOGICAL



SYMPTOMS OF ANXIETY

- Behavioral





FEAR VS ANXIETY

COMMUNICATION

Communication involves three components:

Verbal
communication

- Oral or Written.
- The words we choose.

ParaVerbal
Communication

- It is not what we say, it is how we say it.

Non-Verbal
Communication

- Mainly our Body language

STRESS REDUCTION TECHNIQUES

- **PROGRESSIVE RELAXATION**
 - **DEEP BREATHING**
 - **VISUALIZATION**
- **ASSERTIVE SKILLS**
 - **MEDITATION**

THE DO'S AND DON'TS OF RESPONDING TO ANXIETY

- **MANAGE YOUR OWN ANXIETY**
- **PUT FEELINGS BEFORE FACTS**
 - **NORMALIZE**
- **SUPPORT IN THE OTHER'S PREFERENCE**
 - **(DOING, THINKING, FEELING)**

THE DO'S AND DON'TS OF RESPONDING TO ANXIETY

- **USE THEIR OWN BEST THINKING**
- **WHAT'S THE WORST THAT COULD HAPPEN?**
- **WHAT THE BEST THAT COULD HAPPEN?**
 - **WHAT'S LIKELY TO HAPPEN?**
- **ALWAYS ASSURE/DON'T REASSURE**

Q&A

PASTORAL
INSTITUTE

- EMPOWERING PEOPLE TO LOVE, SERVE, AND LIVE MEANINGFUL LIVES -