



HELP!

Am I The Only One Feeling This Way?

notMYkid

LET'S TALK ABOUT IT

-What is stress?

-What is anxiety?

-Why do we have stress and anxiety?

-When is stress and anxiety harmful to us?

-What can we do to help with stress and anxiety?

-What can I do to help myself or someone else?

-What resources are out there?



PRACTICE SELF-CARE

Some of these topics are sensitive.

Please participate in a way that feels best for you.

Feel free to ask for support at any time.

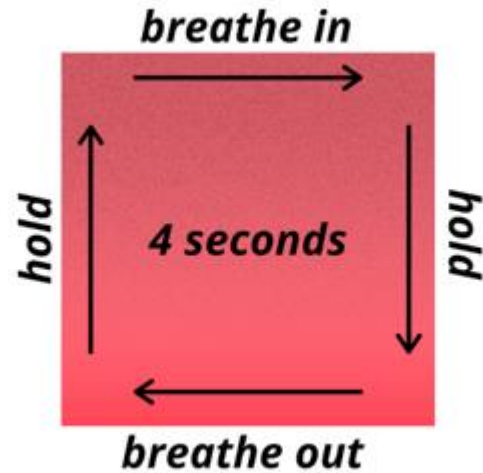


PRACTICE SELF-CARE

- Acknowledge **5** things you see
- Acknowledge **4** things you can touch
- Acknowledge **3** things you can hear
- Acknowledge **2** things you can smell
- Acknowledge **1** thing you can taste



PRACTICE SELF-CARE



WHAT ARE YOUR THOUGHTS?

You are camping in the woods and you see a bear...



What is the first thing you would do?



WHAT ARE YOUR THOUGHTS?

Why do we have
stress and anxiety?



WHAT IS STRESS?

A state of mental or emotional strain or tension resulting from unpleasant or very demanding circumstances.





Eustress

- Learning a new skill
- Studying for a test
- Practicing for an athletic event

Distress

- Conflicts with friends
- Feeling unprepared
- Life changes



WHAT IS ANXIETY?

feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

A.K.A Fear of the Unknown



WHAT IS THE DIFFERENCE?

Stress is usually tied to one specific event and goes away once the event passes.

Anxiety is not always tied to one specific event in our lives



WHAT ARE YOUR THOUGHTS?

How do you know when you are stressed or anxious?



ANXIETY CAN BE

Externalized (on the outside)

- Being aggressive to others
- Skipping school
- Using substances

Internalized (on the inside)

- Emotional distress
- Withdrawing from others
- Having negative thoughts of oneself



CHRONIC STRESS AND ANXIETY CAN CAUSE

- Depression
- Irritability
- Feeling overwhelmed
- Negative/pessimistic thoughts
- Anxiety
- High blood pressure
- Decreased immune function
- Heart disease
- Obesity
- Fatigue



WHAT ARE YOUR THOUGHTS?

What can you do when you are dealing with stress or anxiety?



SHORT TERM COPING SKILLS

- Take a step outside
- Take deep breaths
- Talk to someone you trust
- Drink water
- Focus on what needs to be accomplished for just the day



LONG TERM COPING SKILLS

- Find a new activity (sports, art, music, etc.)
- Find someone you can talk to long-term
- Surround yourself with people who lift you up
- Take one day at a time



OTHER WAYS TO TAKE CARE OF OURSELVES

Eat healthy snacks and meals

Drink plenty of water

Exercise regularly

Get enough hours of sleep every night

Listen to your body

Take electronic breaks



WHEN TO KNOW YOU NEED HELP

- Everything feels irrational
- Withdrawing from others
- Constantly worrying about things outside of your control
- Excessively worrying about the future
- Grades start falling
- Notice your body is in constant fight or flight mode



HOW TO HELP SOMEONE

1. Speak with them directly

- Express your concerns and listen without judgement

2. Turn to a trusted adult for coaching

- Express your concerns, identify the changes, and ask for guidance

3. Ask a trusted adult to intervene

- Express your concerns, identify the changes, and ask for their immediate help



Coping Skills

- Lean on your hobbies
- Move your body
- Take care of basic needs
- TALK TO SOMEONE



WHO CAN YOU TALK TO?

Mother
Father
Sister
Brother
Aunt
Uncle
Grandma
Grandpa
Cousin
Godmother
Godfather
Step-Parent
Guardian
Babysitter

Counselor
Teacher
Teacher's Assistant
Principal
Assistant Principal
School Staff
Nurse
Coach
Friend's Parents
Friend
Boyfriend
Girlfriend
Mentor
Team-mate

Club Leader
Barber/Hairdresser
Neighbor
Doctor
Police
Psychologist
Probation Officer
Social Worker
Spiritual Leader
Psychiatrist
EMPACT
Teen Lifeline
Crisis Text Line
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RESILIENCE

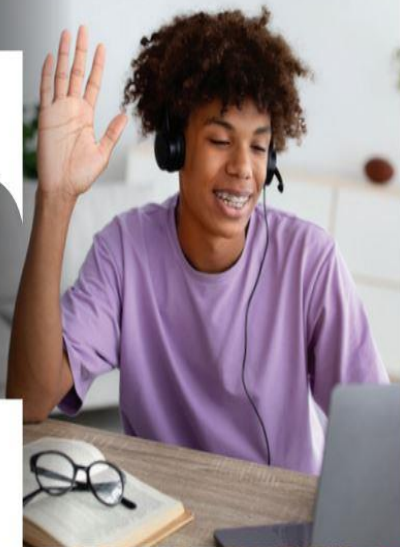
You have the power to be
RESILIENT



Teen Talk

Teen Talk support group allows teens to access information and resources online alongside other teens.

Every Tuesday at 4:00 PM



Talk with notMYkid
Peer Support



ANONYMOUS RESOURCES

TEEN LIFELINE

1-800-248-TEEN
CALL OR TEXT

SUICIDE PREVENTION LIFELINE

Dial 988

MENTAL HEALTH CRISIS

TEXT "4HOPE" or "44673"

THE TREVOR PROJECT

1-866-488-7386
LGBTQ



notMYkid[®]
Educate • Inspire • Grow

(i)nspired programs

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