

Managing Your Family's Anxiety in Challenging Times

Hosted by: iGen Parenting

Speaker: Rachel Rubenstein, LCSW Therapist - Rubenstein Counseling

Executive Director - The Scottsdale Youth & Community Coalition

April 14, 2020



Rachel Rubenstein, LCSW

Therapist

EMDR therapy provider

Adolescents, Adults and Families

Executive Director

The Scottsdale Youth and Community Coalition



Vision: All Scottsdale area youth are living to their fullest potential.

Mission: To build an alliance to support Scottsdale area youth by empowering the community in the areas of Mental Health, Substance Abuse and Eating Disorders.



Anxiety vs. Stress

Anxiety

- A clinical term used to assess and diagnose Mental Health Disorders
- A set of symptoms that meet diagnostic criteria in which Anxiety is excessive and there is “apprehensive expectation” (worry) occurring more days than not for 6 months
- A feeling of worry, nervousness, or unease about something with an uncertain outcome.



Stress vs. Anxiety

Stress

- A common feeling that every person experiences at times -psychological pain, but a natural and normal part of life
- Results from a demand on the brain and body - the body's reaction to any change that requires an adjustment or response to physical, mental, and emotional responses

**Over abundance of stress can be harmful
to our health and mental wellbeing**



What *is* Stress Anxiety?

Stress Anxiety is not necessarily a Mental Health Disorder
During the COVID-19 Era **Stress Anxiety** is a very natural and normal response

COVID-19 Specific Stress Anxiety

“FLIC” Stressors

FEAR

LOSS

ISOLATION

CHANGE



Can **Stress Anxiety** be *beneficial*?

Sometimes, YES...

- Manageable in small amounts
- Healthy response to a challenging situation
- It can help us motivate
- Adapt and react to our environment

Sometimes, NO...

- Excessive behaviors
- A-typical behaviors of concern
- Dysfunctional behavior or lack of self-care
- Domestic Violence



How **Stress Anxiety** May Look



Body
Mind
Emotions
Behaviors

How Stress Anxiety May Look in...

The Body

Headaches

Physical Symptoms

Fidgeting

Skin Irritations

Weight Gain or Loss

FATIGUE

Panic Attacks

Breathlessness



How Stress Anxiety May Look in...

The Mind

Worry or Fear

Catastrophizing

Negativity

Muddled Thinking

Impaired Judgement

Poor Decisions or Indecision

Nightmares

Ruminating



How **Stress Anxiety** May Look in...

Emotions

Increased fussiness

Agitation

Irritability

Depression

Apathy

Apprehension

Fearful

Hopelessness

Sense of Powerlessness



How Stress Anxiety May Look in...

Behaviors

Defiance

Anger or Aggression

Outbursts

Loss of Appetite

Increase in Appetite

Insomnia

Reassurance Seeking

Restlessness

Increase in High Risk Behaviors

Vaping

Smoking

Alcohol

Drugs

Acting out



Helping Your Family

- Pay Attention to Feelings
- Encourage Conversations
- Moments of Manageability
- Self-Care & Healthy Boundaries
- Joyful Activities - Learn Something New
- Tend to Mental Health Needs



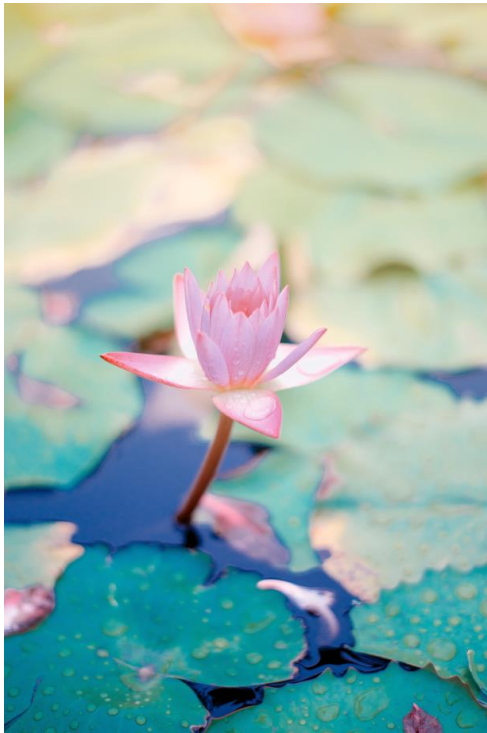
Manage our *own* **Stress Anxiety**

Monitor our children

Know when to seek assistance



Tools to Manage **Stress Anxiety**



Bringing awareness
to our body and surroundings
helps us to be
PRESENT and **MINDFUL**,
Increasing calm.

Tools to Manage **Stress Anxiety**

RAINBOW ORIENTING

Find 3 things in your space that are Red

Find 3 things in your space that are Orange

Find 3 things in your space that are Yellow

Find 3 things in your space that are Green

Find 3 things in your space that are Blue

Find 3 things in your space that are Purple



Tools to Manage Stress Anxiety

GROUNDING

Pause...Remind yourself

- Who you are
- Where you are located
- The year
- Your age

Look around the room

- Look for the exit in the room
- Notice the objects and name them
- Notice the sounds you hear
- Notice the smells

Notice your body

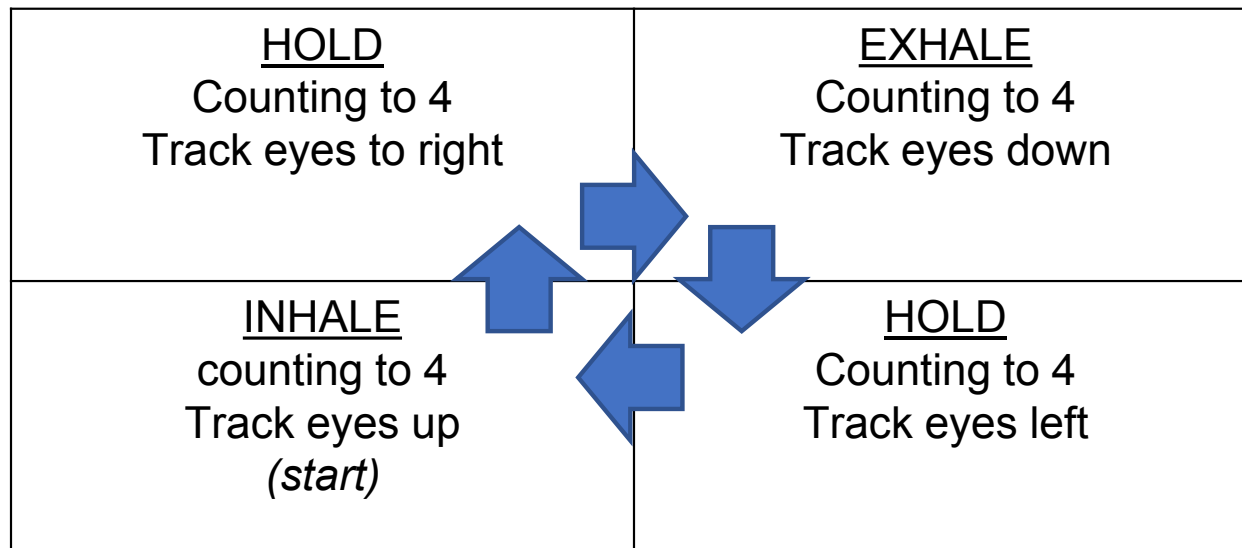
- Sensations
- Temperature
- Comfort and discomfort



Tools to Manage Stress Anxiety

SQUARE BREATHING

Find a square shape to look at – younger child may hold something square



*Your breath will slow down as you **inhale-hold-exhale** at a slower pace
Your mind will calm*

Resources

National Suicide Prevention Lifeline 800.273.8255

Crisis Text Line 24/7 - text "HOME" to 741741

Mental Health of America | mhanational.org

NAMI (National Alliance on Mental Illness) | nami.org

Your Pediatrician or Family Doctor for a referral

Psychologytoday.com - Telehealth Distance Therapy

Scottsdale Youth & Community Coalition | scottsdaleyouth.org

NOW is the time to focus Mental Health



Contact Me



Rachel Rubenstein, LCSW

Therapist - Rubenstein Counseling, PLLC

Executive Director - Scottsdale Youth & Community Coalition

Scottsdale, Arizona

480.994.9773

RRCounseling.com

Rachel@RRCounseling.com

"We are better together"



iGen PARENTING



@iGenParenting



@iGenParenting

igenparenting.com

Contact: info@igenparenting.com

