

ANXIOUS

BEHAVIOUR AT SCHOOL

MON APRIL 28, 2014
Prince of Wales

LYNN
MILLER
(UBC)

"SEL"
mental health
literacy
STAN KUTCHER'S
finger prints

GRADE 3/4
KEY PERIOD FOR
DEVELOPING
SOCIAL-EMOTIONAL
COMPETENCY

Friendship is
IMPORTANT

DISTRESS $\neq$ DISORDER

Students participating
in SEL program

Social Emotional Competencies

- Problem solving methods
- Ability to initiate, maintain
and end friendships appropriately
- Strong interpersonal skills
- Adaptability / flexibility
- Stress management

(Weissburg, Durlak, Taylor & O'Brien, 2007)

ADULT #1
FEARS

♀ spiders

♂ heights

teens public speaking

recover with
Diaphragmatic
Breathing

45 seconds

of shallow rapid breathing

→ simulates stress response

lightheadedness
tingling sweaty palms
increased heart rate

OCD

Ritualize behaviour to address
anxiety around the phobia

SAD

Social Anxiety Disorder
(persistent fear of
embarrassing self and/or
being negatively evaluated
by others)

THE FUNDAMENTALS

CBT

- Psychoeducation
- Managing Body Symptoms
- Healthy Thinking
- Building Tolerance
- Relapse Prevention



Step 5 Relapse Prevention

Step 4 Facing Fears

Step 3 HELPFUL THINKING (VS. anxious thinking)

Step 2 RELAXATION/SELF-CALMING

Step 1 Recognizing Anxiety

"FAKE IT"
"TIL
YOU
"MAKE IT"