

# Parent Power Hour



Tools for Teen Anxiety & Community Resources

presented by

Horizon & Vista MS Counselors & CIS staff

December 14, 2020

# Welcome!

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# Agenda

- Welcome and Introductions
- What are you hoping we talk about?
- Supporting your Anxious Teen
- Q & A
- CIS & Community Resources
- Q & A



# Type in the chat...

- 1) What grade is your child or children in
- 2) What are you hoping we talk about tonight?



A<sub>1</sub>

N<sub>1</sub>

X<sub>8</sub>

I<sub>1</sub>

E<sub>1</sub>

T<sub>1</sub>

Y<sub>4</sub>

# 2020: The perfect storm for anxiety

Covid has created increased stress and anxiety for kids (and adults)

1. Virtual learning is hard for most students
2. Change of routine /schedule - or lack of
3. A time of uncertainty: 2020
4. Other influences - unemployment, finances, health, sleep issues
5. Increased anxiety and depression: how/why?
6. Big Issue: "I am isolated from my peers/friends!"
7. No school sports or fun in-person activities and clubs

# Anxiety: it's triggers and symptoms

**Stress:** a normal state/feeling of  
PRESSURE..but it's usually  
manageable

**Anxiety:** A state of feeling  
OVERWHELMED due to uncertainty  
and/or a “snowball” effect of stress.  
Examples of triggers to anxiety:

- 911: Trauma in our lives
- Covid: especially when it hits people you know/love
- Continual isolation from their peers
- A “cascade of uncertainty”: defines 2020
- An overall feeling of powerlessness

# What does teen anxiety look like?

Fight or flight response to stress

1. Fight: anger/aggression (arguing/reactive etc)
2. Flight: Avoidance/internalizing
3. Freeze

Other signs of anxiety:

1. Affects sleep (often)
2. Difficult to think clearly (Ruts)
3. Can lead to depression. How/why?
4. Affects a students ability to focus and do well in school






# Helping your teen to cope with anxiety:

1. Listen without judgement, so they feel heard and supported
2. Some ideas to try:
  - a. Breathing
  - b. Art / coloring
  - c. Journaling
  - d. Exercise
  - e. Talking with someone
  - f. Music
  - g. Playing a game
  - h. Hot bath or shower/ relaxing sleeping
3. Be okay if they want quiet time
4. Create a schedule/routine: Include the following:
  - a. Attending and participating in classes
  - b. Seeking out zoom sessions with teachers for connection and help
  - c. Time to do homework
  - d. Chores/other responsibilities
  - e. Sleep/Exercise/Eating healthy (50% of what it means to have balance)
  - f. Free time/down time: fun time
  - g. Consider mindfulness as part of the schedule



# Creating A Schedule That Works

## MOST IMPORTANT TASKS

\* 8:30 a.m. -   
Maths homework

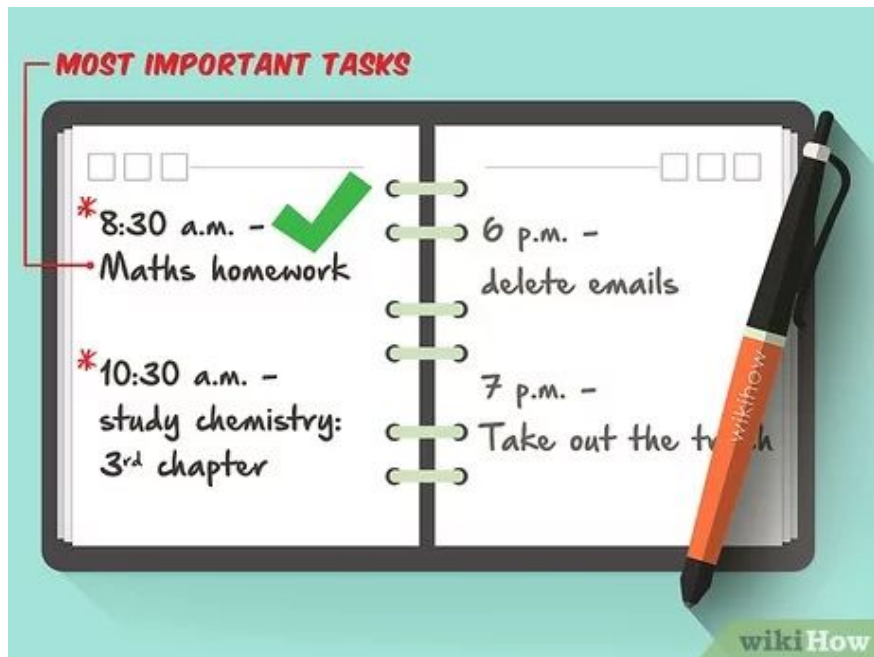
\* 10:30 a.m. -  
study chemistry:  
3rd chapter

6 p.m. -  
delete emails

7 p.m. -  
Take out the trash


wikiHow





Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:30	Breakfast. Get materials ready, including device.	Breakfast. Get materials ready, including device.		Breakfast. Get materials ready, including device.	Breakfast. Get materials ready, including device.
8:30 – 8:55 am	Advisory – ZOOM class		Check Canvas for: <ul style="list-style-type: none"> <li>• Period 1</li> <li>• Period 2</li> <li>• Period 3</li> <li>• Period 4</li> <li>• Period 5</li> <li>• Period 6</li> </ul> Complete assigned work	Advisory – ZOOM class	
9:00 – 9:50 am	Period 1 ZOOM Class	Period 4 ZOOM Class		Period 1: ZOOM Class	Period 4: ZOOM Class
10:00 – 10:50	Period 2 ZOOM Class	Period 5: ZOOM Class		Period 2: ZOOM Class	Period 5: ZOOM Class
11:00 – 11:50	Period 3: ZOOM Class	Period 6: ZOOM Class		Period 3: ZOOM Class	Period 6: ZOOM Class
11:55 – 12:25	Lunch & Break Time	Lunch & Break Time		Lunch & Break Time	Lunch & Break Time
12:30 – 3:00	Check Canvas for: <ul style="list-style-type: none"> <li>• Period 4</li> <li>• Period 5</li> <li>• Period 6</li> </ul> Complete assigned work	Check Canvas for: <ul style="list-style-type: none"> <li>• Period 1</li> <li>• Period 2</li> <li>• Period 3</li> </ul> Complete assigned work		Check Canvas for: <ul style="list-style-type: none"> <li>• Period 4</li> <li>• Period 5</li> <li>• Period 6</li> </ul> Complete assigned work	Check Canvas for: <ul style="list-style-type: none"> <li>• Period 1</li> <li>• Period 2</li> <li>• Period 3</li> </ul> Complete assigned work

# Schedule Template/checklist



## Checklist

Date: 12/14/20

☐

Check Email

☐

Zoom Classes

☐

Assignments

☐

Attend Office Hours

☐

Eat a good breakfast, lunch, and dinner

☐

5-30 minutes of mindfulness

☐

8-10 hours of sleep

☐

Chores

☐

Free time

☐

Exercise

☐

☐

☐

7:00 - 7:15 am	Wake up and 10 minutes of mindfulness
7:15 - 7:30 am	Breakfast
7:30 - 8:00 am	Get ready for the day
8:30 - 9:00 am	Advisory zoom class/get ready for the day
9:00 - 9:50 am	Period 1 or 4
9:50 - 10:00 am	Move your body, get away from the computer!
10:00 - 10:50 am	Period 2 or 5
10:50 - 11:00 am	Move your body, get away from the computer!
11:00 - 11:50 am	Period 3 or 6
11:50 - 12:30 pm	Lunch
12:30 - 3:00 pm	Check all classes and complete assigned work
3:00 - 4:30 pm	Exercise
4:30 - 5:00 pm	Mindfulness Activity
5:00 - 6:00 pm	Chores
6:00 - 7:00 pm	Dinner
7:00 - 8:00 pm	Free time
8:00 - 8:30 pm	Make sure everything is ready to go for tomorrow
8:30 - 9:30pm	Get ready for bed and 10 minutes of mindfulness



# COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast	try to keep kids alive while also working from home and pray they don't start fighting while i'm on a conference call	PJ's in
9:00-10:00	Morning walk			
10:00-11:00	Academic time	Sudoku time		Journal
11:00-12:00	Creative time	Legos, make		cook or
12:00	Lunch			
12:30PM	Chores time	B - engs at door C - Wipe to		and ovek tops and toilets
1:00-2:30	Quiet time			
2:30-4:00	Academic time	Food games		Journal show
4:00-5:00	Afternoon fresh air			
5:00-6:00	Dinner			
6:00-8:00	Free TV time			Kid showers x3
8:00	Bedtime			All kids
9:00PM	Bedtime			All kids who follow the daily schedule & don't fight

# Parent/Guardian anxiety

What might be your two top stressors that trigger anxiety for you as a parent in 2020? (CHAT)

What has helped you to cope with anxiety during 2020 that has helped you to deal with family/teen stress? (CHAT)

Some tools skills to consider:

- ★ Self care: Filling your bucket (exercise/time away/connecting with adults)
- ★ Mindfulness and/or yoga daily
- ★ Give yourself “grace
- ★ Reading a great book: “Parenting Teens with Love and Logic”
- ★ Other ideas?

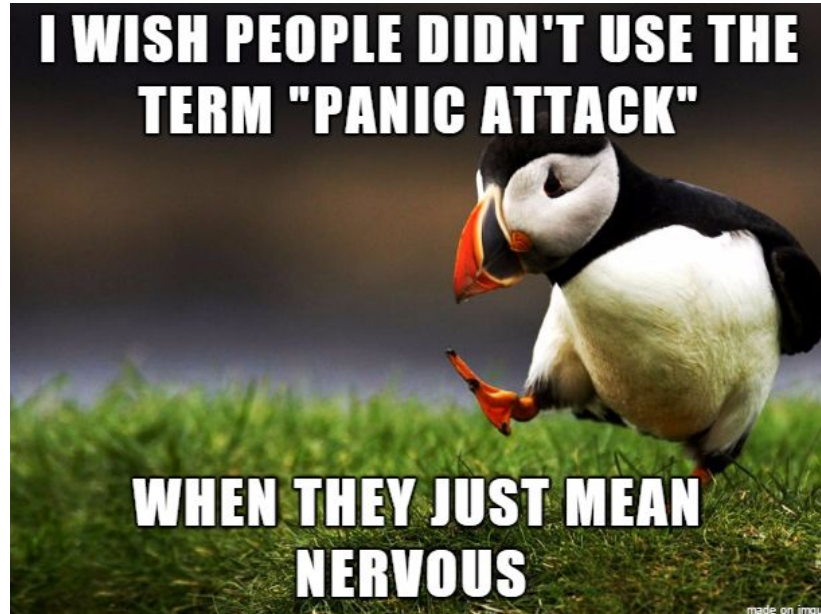
# Self care





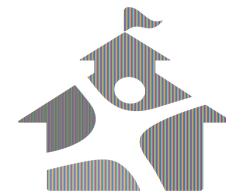
# Questions?

Do you have any questions or comments about anxiety and stress and your teenager?



# Community Resources

- Deanna Lane (Vista MS CIS Site Coordinator)
- Jackie Posner (Horizon MS CIS Site Coordinator)
- Our roles
  - Mentoring
  - Lunch Groups & Clubs
  - Basic Needs resources (school supplies, household supplies, hygiene supplies, food, clothing, etc.)
  - **Connecting students and families to community resources including basic needs**



Communi  
In Schools

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Whatcom-Skagit

# Community Resources

- [Whatcom County Resources Spreadsheet](#)
- [Ferndale High School M.E.S.S. Club Resources](#)
- [FSD Resources](#) (Ferndale SD Website -> Families -> Remote Learning Information & Resources)
- [Ferndale Community Service Cooperative](#)



## **Ferndale Community Service Cooperative**

*Together we can strengthen families and build community*

Welcome

About Us

Programs

Donate

COVID-19 Resources

## Ferndale 2020 Reopening Plans

### Wednesday, September 2, was the first day of school!

Many members of our staff and community have worked all summer on developing plans for reopening school this fall. We have designed this webpage as a place for you to access those plans. Please know that our work continues, and we will be adding to the various sections of this page on a daily basis. If the information you need is not here the first time you look, please check back the following day. Or enter your question into the box at the bottom of the page, and someone will get back to you.

Thank you for your ongoing support, patience, and flexibility as we work to create the best possible education for your children in the midst of this pandemic.



Current Status: [Stage 3: Distance Learning for Most Students/Some In-Person Learning for Students with Greatest Need](#)

CATEGORY						
	A	B	C	D	E	F
1	CATEGORY	AFFILIATE/ ORGANIZATION/ PROVIDER	INFORMATION/ LINKS	ELIGIBILITY/ DETAILS	CONTACT	
2	Mental Health Professionals	Lummi Behavioral Health	Lummi Behavioral Health Contact Information and Website: Phone Number: (360) 312-2019, <a href="https://www.facebook.com/lummiprojectaware/">https://www.facebook.com/lummiprojectaware/</a> , <a href="https://www.lummi-nsn.gov/Website.php?PageID=434">https://www.lummi-nsn.gov/Website.php?PageID=434</a>			
3						
4						
5						
6						
7	Family Services & Support Groups	<a href="#">NAMI</a> (National Alliance of Mental Illness) <a href="#">Whatcom Family &amp; Community Network</a> DVSAS during COVID-19 Teen Mental Health from Tree House Support groups in Various topics	<a href="#">NAMI Helpline and Online Support Document</a> <a href="#">Mental Health &amp; Wellness Resources to Manage COVID-19 Related Stress</a> <a href="#">DVSAS during COVID-19</a> <a href="#">Tree House Teen Mental Health</a> <a href="https://www.supportgroupscentral.com/index.cfm#anc2">https://www.supportgroupscentral.com/index.cfm#anc2</a>			
8						
9						
10						
11						
12	Mental Health Apps/Webistes	<a href="#">Aura - Mindfulness, meditations, and life coaching</a> <a href="#">HeadSpace - Meditation app</a> <a href="#">Insight Timer - For sleep, anxiety, and stress</a> <a href="#">Stop, Breathe, Think - Activities to check in with your emotions</a> <a href="#">Happify - Overcoming negative thought, stress and life challenges</a> <a href="#">Calm - Meditation and sleep app</a>				
13						
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19						



Start Here

Welcome Instructions

Student Voice Corner

Mental Health Resour...

Community Resource...

Childcare

Work and Financial As...

Isolation Activities

Family Wellness Durin...

## Welcome Instructions

Thursday, March 19, 2020 11:12 AM

This notebook contains resources for community members during the COVID-19 pandemic. There are 6 sections for information with links below:

### [Student Voice Corner](#)

Hear from students about how to cope during the COVID-19 pandemic and how they are coping.

### [Mental Health Resources](#)

Information and resources about how to take care of your and your family's mental health during the COVID-19 pandemic.

### [Community Resources](#)

Availability of resources in the community and ways to access or discover resources.

### [Childcare](#)

Childcare resource availability and ways to access or discover other childcare options.

### [Work and Financial Assistance](#)

Information and resources regarding work and financial assistance during the COVID-19 pandemic.

### [Isolation Activities](#)

Ideas of activities for families while maintaining the social distancing expectations as well as learning opportunities for families during school closure.

### [Family Wellness During COVID-19](#)

Tips on talking to your family about COVID-19 as well as tips on level of media exposure during the COVID-19 pandemic.

# Q & A





**Good night! Thanks for coming!**

