

# *Emotional wellness*

▶ *in this crazy time*

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# While in quarantine for physical health of our families and communities

Emotional, mental and social health  
needs are also critical

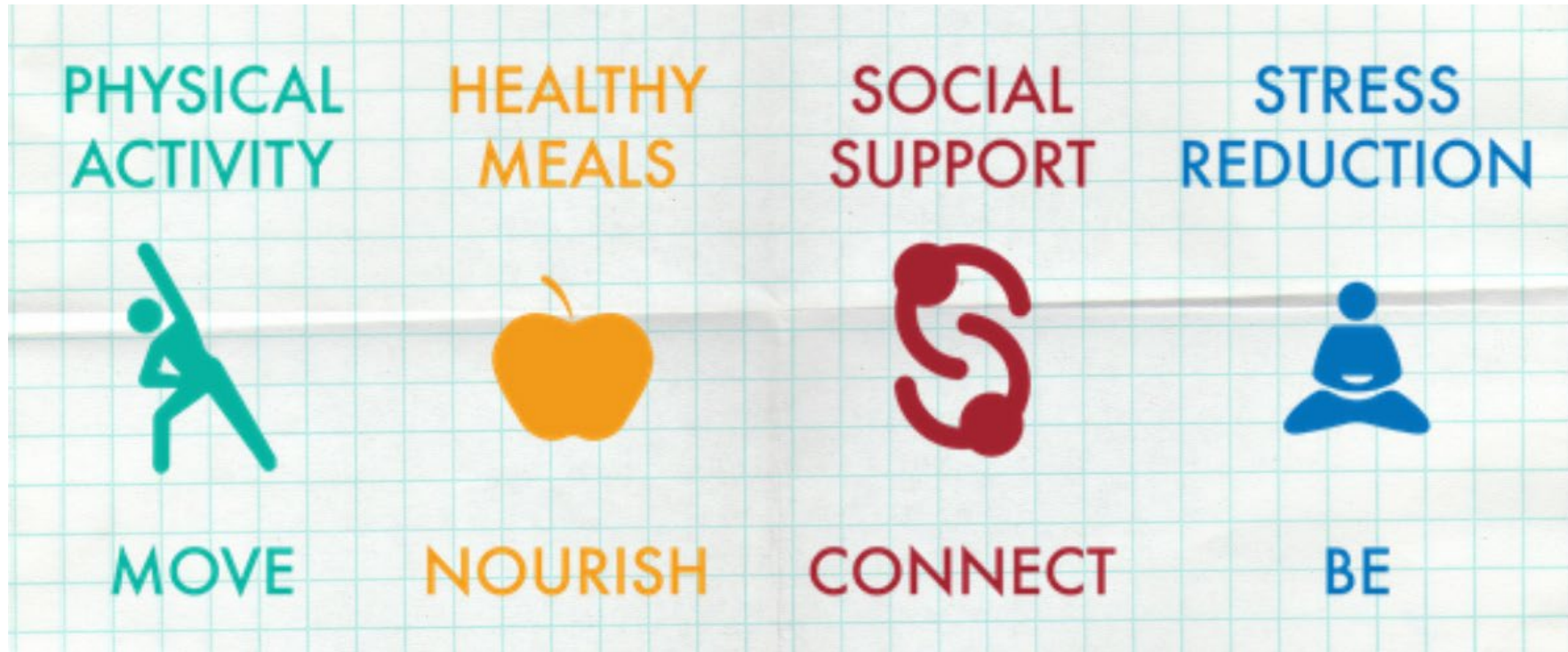


# How to take care of emotional, mental and social wellness

Number one

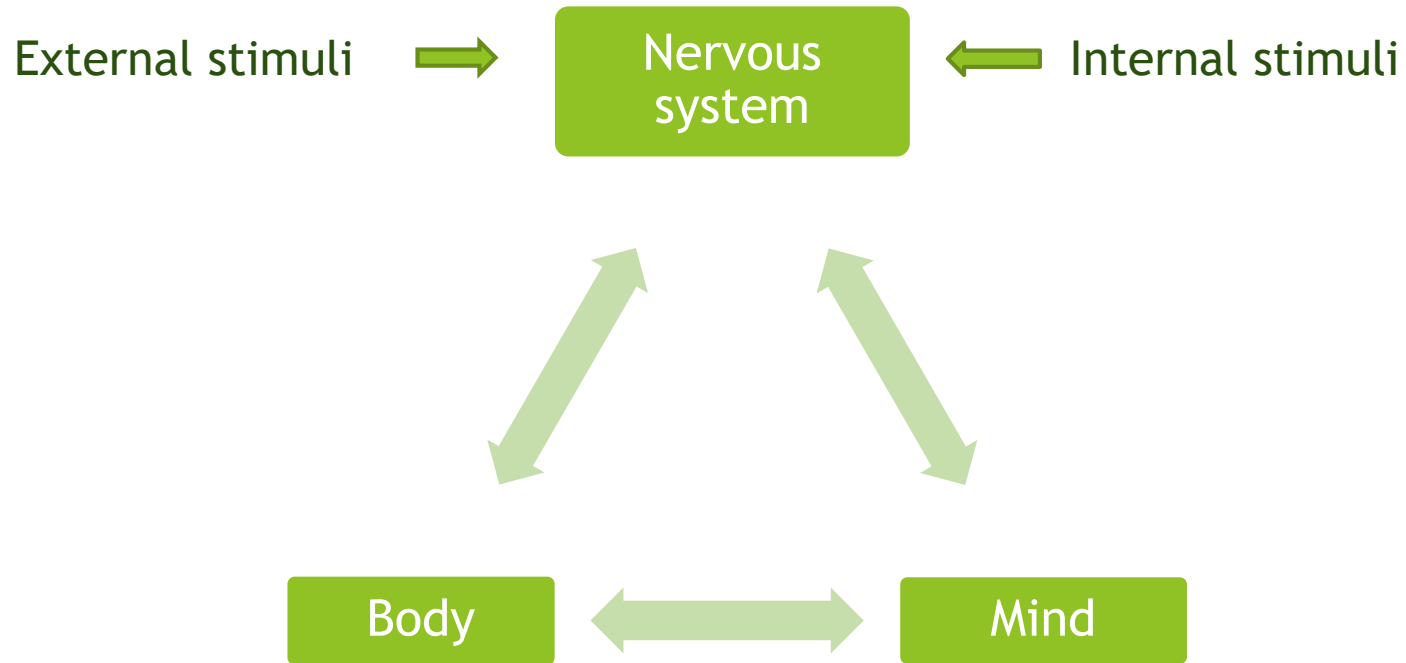
*Create  
structures in  
this time of  
chaos*

# Create structures



Source: Open source wellness

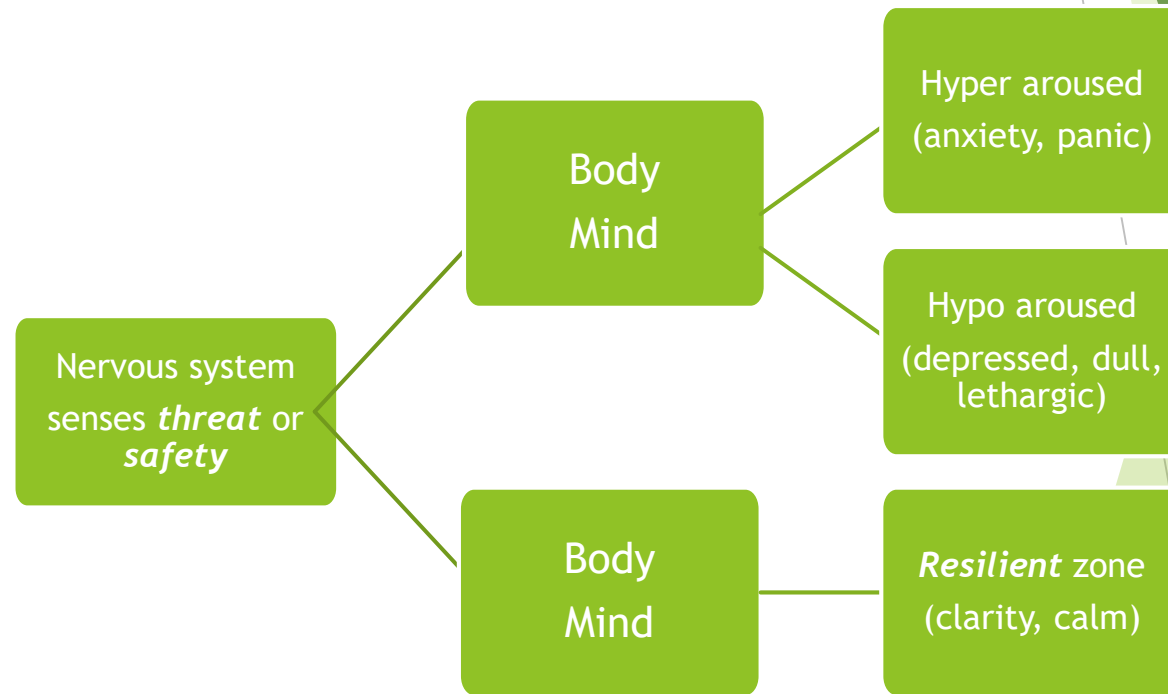
# Understanding the basics of stress



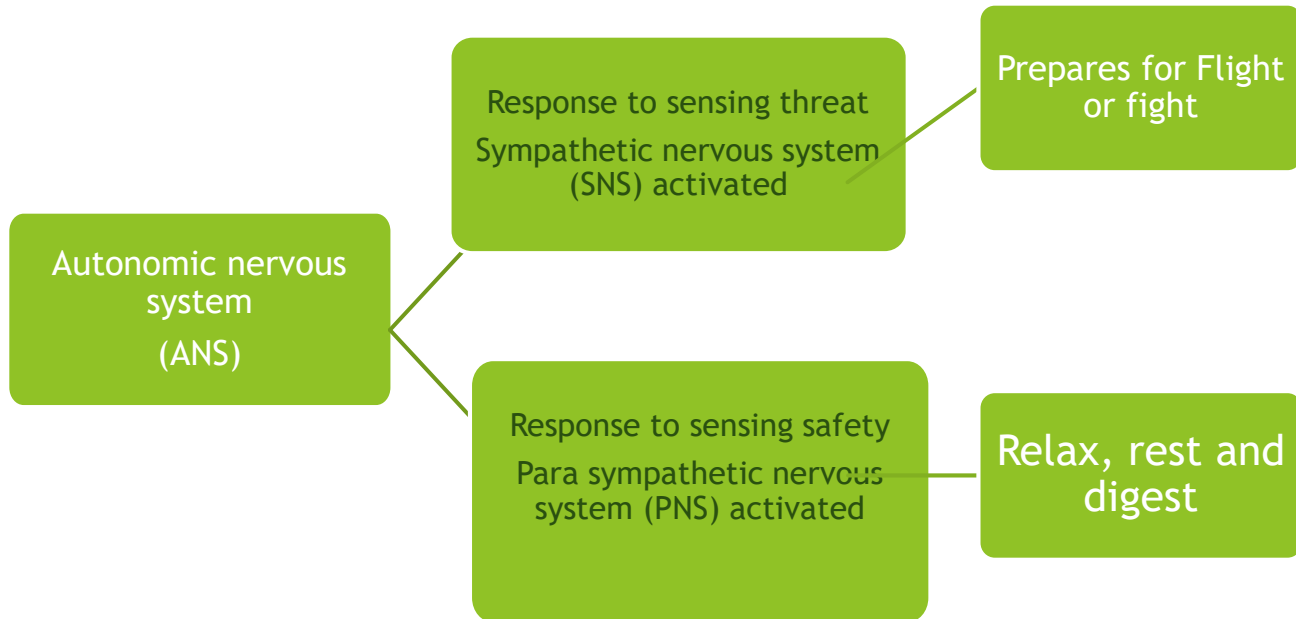
- ▶ We have very quick response to stimuli
- ▶ Stimuli **activate** us into anxious or **dampen** us into depressive state. Bodily sensations can be leading indicators of stress, anxiety, fear and depression.
- ▶ We act with greatest clarity when in **resilient zone**. Body can also alert us to states of joy, calm and clarity

# Understanding the basics of stress

- ▶ *Ideally* we operate in “resilient zone”
- ▶ In “resilient zone” we feel clarity and calm despite what happens in the external world
- ▶ We are capable of making decisions in a rational way and not get thrown off balance

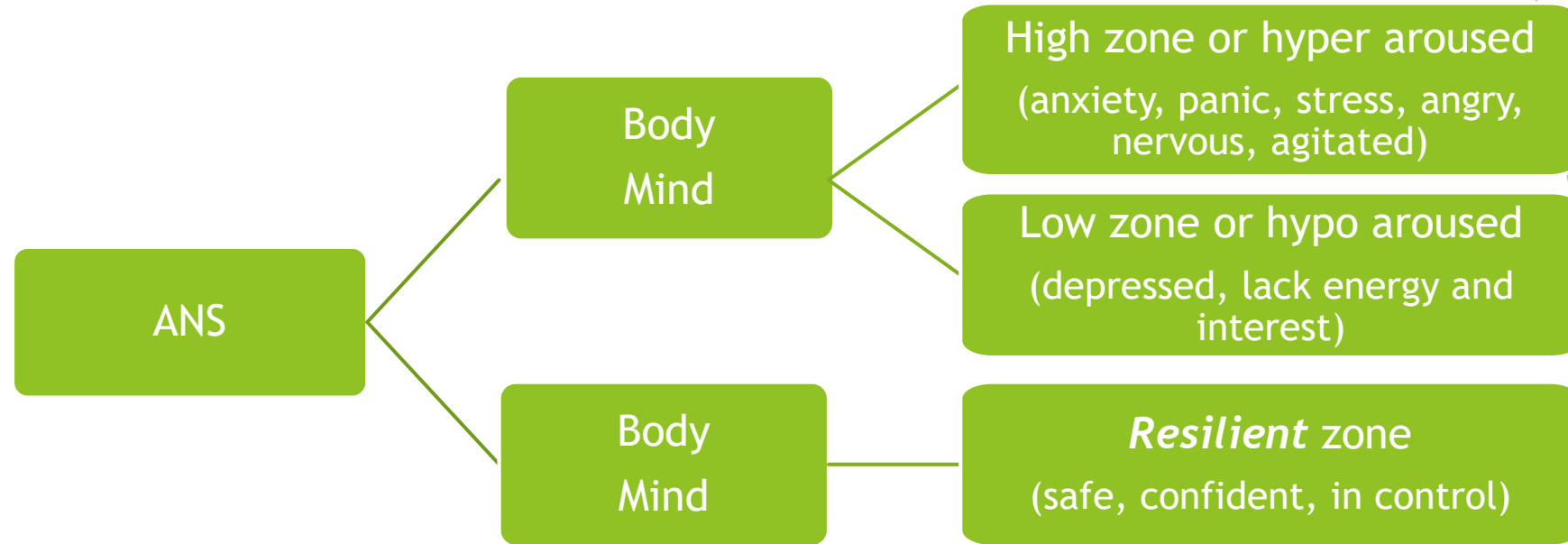


# Understanding the basics of stress



- ▶ In a healthy person, body naturally cycles back and forth between SNS and PNS activation in the day
- ▶ The problem comes when body is dysregulated because one system is activated for too long or intensely
- ▶ “Fight or flight” is evolutionarily adaptive when a tiger is about to attack, but debilitating when remains activated for extended period due to work, relationship or financial stress

# Understanding the basics of stress



- ▶ Our body does not seem to distinguish between physical threat and psychological or social threats
- ▶ Fear of embarrassment, failure or social rejection perceived as just as threatening as physical danger



# Identifying signs of stress

ANS evolved long before higher regions of brain, such as the cortex, so we are not always aware whether we are exhibiting SNS or PNS activation



# Identifying signs of stress

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**What tells us whether we are in resilient zone or not?**

- ▶ Body sensations

Examining sensations taking place in our body provides good clues.

*“the body speaks the language of sensations”*

- ▶ Thoughts

- ▶ Behavior

# Identifying signs of stress in the body

## *Tracking*

*Tracking* is the practice of noticing *physical sensations* occurring within the body in the present moment

- ▶ Recognize if pleasant, unpleasant or neutral.
- ▶ If sensation is pleasant or neutral, simply notice the sensation and remain with it for a few moments. This helps our body recognize well-being
- ▶ If sensation is unpleasant, we can redirect our attention, finding a place in the body that is pleasant, neutral or somewhere that is less unpleasant than original sensation

# Identifying signs of stress in the mind

## *Awareness of thoughts and feelings*



CULTIVATE PRACTICE OF NOTICING  
*THOUGHTS AND FEELINGS* IN THE  
PRESENT MOMENT



WHAT AM I THINKING?



HOW DO I FEEL RIGHT NOW?

# What can we do to manage stress

*A few evidence based tools*



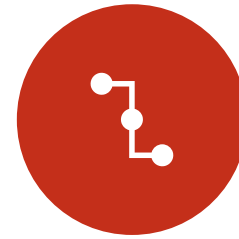
TRACKING



MINDFULNESS



EMOTIONAL  
AWARENESS



CONNECTING

What can we do to manage stress  
*A few evidence based tools*

► Mindfulness

5-minute mindful breathing audio

<http://mindfulnessforteens.com/guided-meditations/>

(click on number 2 when site opens)



# What can we do to manage stress

## *A few evidence based tools*



EMOTIONAL  
AWARENESS-  
CHECKING IN  
WITH SELF DAILY



*ONE WAY TO DO THIS IS  
TO:*



LEARN AND PRACTICE  
THE LANGUAGE OF  
EMOTIONS



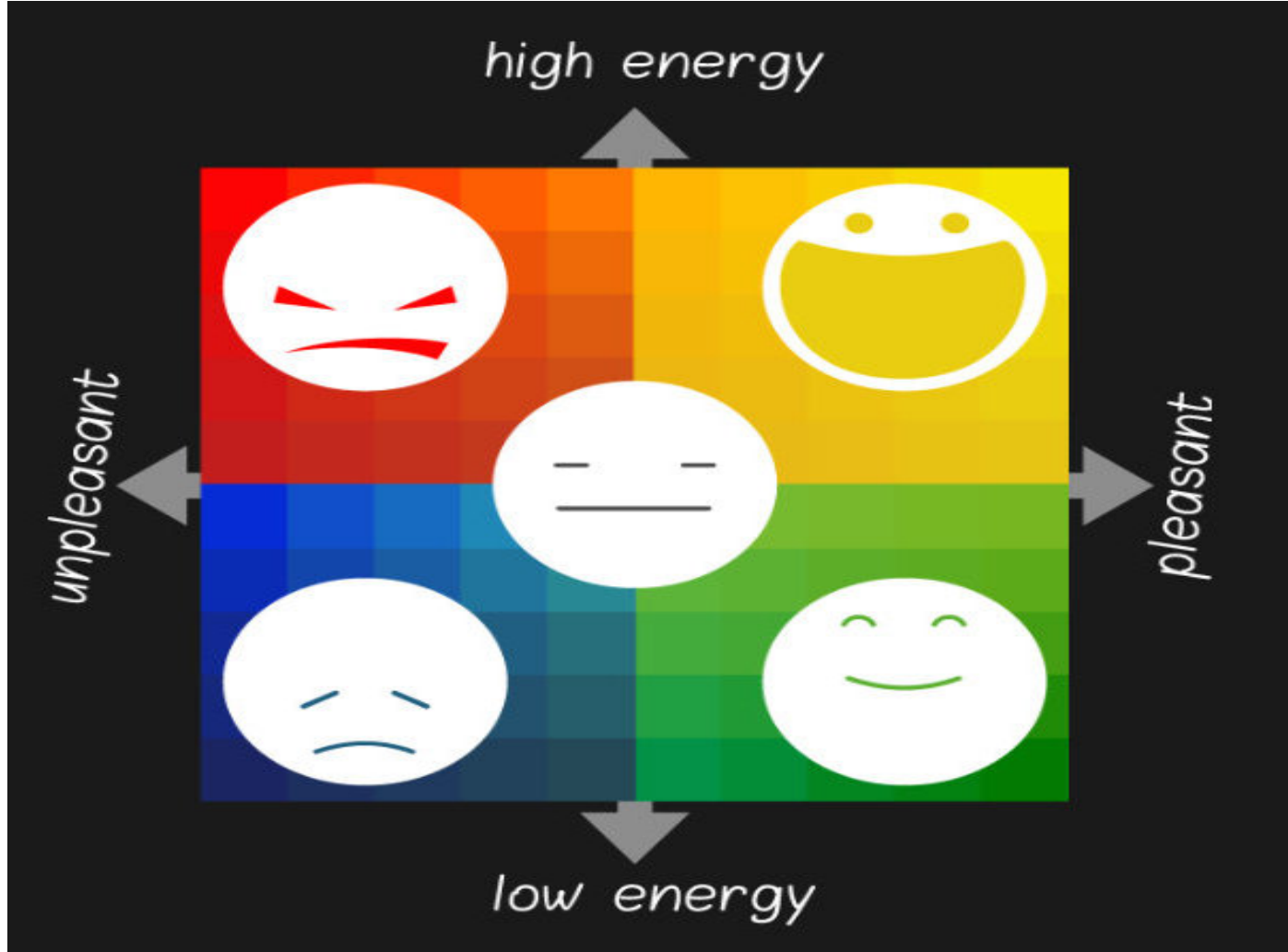
USING MOOD METER



AND LIST OF FEELING  
WORDS

# Emotional awareness

## *Mood meter*





# Emotional awareness

## *Feeling words*



Yellow Zone (high energy, high pleasantness): pleasant, happy, joyful, hopeful, focused, optimistic, proud, cheerful, lively, playful, excited, thrilled, inspired



Green Zone (low energy, high pleasantness): at ease, calm, easygoing, secure, grateful, blessed, satisfied, restful, loving, balanced, comfy, cozy, carefree, mellow, thoughtful, serene





Red Zone (high energy, low pleasantness): peeved, annoyed, irritated, worried, frightened, jittery, tense, troubled, angry, furious, panicked, stressed, anxious



Blue Zone (low energy, low pleasantness): apathetic, bored, sad, down, uneasy, miserable, depressed, disheartened, exhausted, hopeless, alienated, despondent, despair

# Emotional awareness

*Use Mood meter and list of feeling words to locate*

- ▶ Step 1    Where you are    
- ▶ Step 2    Where you want to go    
- ▶ Step 3    How to get there

What else can we do to manage stress  
*A few other evidence based tools that are preventative*



Gratitude practice



Sleep

Thank you for attending & listening!

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