

Anxiety
Stress
Worry

Pete Slattery

Anxiety:

Internal or external?

Stress:

Internal or external?

Worry:

Internal or external?

The same 'thing' – different people

Stress.....Fun

Stress, anxiety, worry

All of us.....but some
more than others

Stress, external hardship, life events

All of us.....but for some
'larger' & 'harder'

- Choice theory -

William Glasser

Total behaviour

Thoughts

Feelings

Body

Actions

*Think of a time when...
...and you got 'unstuck'*

** * * * How did you do it? * * * **

Stories

Three heroes...

Emma, May Anton, Essata

The
VOICE
in our head

— Mindset —

Carol Dweck

A test ...all passed



‘Must be smart’

‘Must have worked hard’

Easy... OR... Hard but you will learn

Chose easy

Chose hard

A test and all failed



‘Must be dumb’

‘Must work harder’

Another easy test

Did 20% worse 

Did 30% better 

Fixed? 

Growth? 

I can't do this..... Not yet

Pessimistic?

Optimistic?

Martin Seligman et al



- Permanent = Last forever
- 'Pervasive' = Everything
- Personal = It's me!



- Temporary
- Only part of my life
- I'm fine...

This is awful.....But it'll get better

Mindset + Optimism

- I can't do this.....Not yet
- This is awful.....But
it'll get better

- 3 strategies -

3 strategies

- 2 breaths
- Listen, look, feel
- Body hug/hold/grip

****Teach these to others****

- 3 ways of
talking about... -

➤ Generalizing

➤ Normalizing

➤ Assuming

➤ Generalizing

‘Everyone has tough times...’

➤ Normalizing...

‘And sometimes we just go over, or retreat, or feel hopeless...’

➤ Assuming...

‘But we get back up, we look up...and it’s not easy but we take control...’

A good response

...what worked for my anxiety is to separate myself from it, realize that it didn't define me and that it was merely... something like a cramp in my leg. ...simply observe your anxiety without worrying about it. Worrying about or fearing your anxiety multiplies it...IT CAN'T HURT YOU...You are extraordinary and capable of Fighting off this little overactive germ that anxiety is. Once you fear it, you give it control. Take back control. And trust yourself to do it!'

Thanks for the above to Fariha Syed

The power of power

- Agency, autonomy, control...being in charge...
- Build this into *every* encounter with a young person
- Privacy + Choice = Control

With young people

- Make the 'knowledge,' the learning...
...interactive
- Help them 'feel' it
- Help them experience...
...the reality of their own strength

Create safety, build predictability

- People
- Place
- Purpose
- Process

So...

- Stress, anxiety, worry – tend to hang out together
- Stress - external...but we *can* stress ourselves
- Anxiety and worry - internal
- Stress for one – is *not* necessarily stress for another
- We are all, at times, anxious, stressed, worried...but some of us more than others
- Stress, anxiety, worry...are on a continuum
- Some people experience *extreme* hardships in life
- Anxiety...stress, worry...*can* feel ‘overwhelming’...
- And yet...our thoughts & actions
 - ...can make a difference
- The voice in our head is powerful

Two sources of support/strength

- Two '*sources of resources*'
 - Within ourselves...and they exist!
 - Around us...and they exist!

- Keep moving...
- Find company



See ya next time

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Hi all

I've given you URL's for the major things I mentioned in the webinar. But really, just google and find what most interests you. And as always, just get in touch if you would like to chat about anything.

Go well

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Choice Theory: William Glasser

https://en.wikipedia.org/wiki/William_Glasser

'My Place': Hugh Mackay

Appears in: 'What makes us tick: The ten desires that drive us.'

<https://en.wikipedia.org/>

Mind-set: Carol Dweck

https://en.wikipedia.org/wiki/Carol_Dweck

Article by Po Bronson Quoting Carol Dweck's research

<https://nymag.com/news/features/27840/>

Motivation: Daniel Pink

<https://www.youtube.com/watch?v=wZySf0NQUP0>

Optimism and Pessimism: Martin Seligman and others

https://en.wikipedia.org/wiki/Martin_Seligman

Self-holding technique: Peter Levine

https://www.youtube.com/watch?v=G7zAsealyFA&list=RDQM5SajufYhfagg&start_radio=1