

WEBVTT

1 "Moreau, Lisa" (1636927744)

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Welcome and thank you for calling into Cigna's 2024 Children and family awareness series. My name is Lisa Moroe and I'm a coaching and support case manager at Evernorth Cigna. Through the format of this call, you will not be able to ask questions during the teleconference. The conference will be opened up for Q and A at the completion of the presentation. We'll leave about 10 min at the end.

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You can log into Slido for the quest Q and A's and part participate if you have any questions. A handover for today's seminar is available [online@Cigna.com](mailto:online@Cigna.com) forward slash children's families. Please note that not all policies cover today's topic for more specific information if your policy covers topics discussed in today's seminar, please contact the number on the back of your insurance card.

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So today I have the pleasure of introducing Amy Pool. A little bit about Amy. Amy is a thrive strategy manager at Grant Hallie Burton Foundation working with schools to infuse mental health into the culture of academics. She has over 30 years of experience working in school systems as a special education teacher.

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Elementary classroom teacher reading interventionists, campus principle, and educational consultant. Because she believes the mental health and emotional wellbeing of students and their teachers is a paramount to educational success. Amy works collaboratively with schools and community based agencies and organizations to provide education and resources for mental health.

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Health Awareness and social emotional learning. A little bit about this presentation today, so we're gonna be talking about stress, anxiety management, and supporting you. So young people face challenges with stress and anxiety more than ever before. This presentation provides strategies and practices to help adults guide students to reduce and manage.

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Symptoms while recognizing when they need to seek professional services for mental health concerns. So we would like to thank you for

being here today and you are welcome to start your presentation, Amy.

7 "Amy Pool, Grant Halliburton Foundation" (1268916224)

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Thank you. Good morning or good afternoon depending on where you are. I'm very glad to get to be with you today and thank you for joining us. So I am based in a foundation I'm working in a foundation that's based in Dallas and we do focus on youth in adolescent, mental health and suicide prevention, so all the conversation about education.

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Is where our, the bulk of our work is, but the presentation hopefully today will also give you as an adult information about how to manage stress and anxiety. We make our educational presentations with students, with staff, in schools, with parents, with other organizations that are also serving students with inactivities or such as girls scouts or boy scouts, YMCA, those kinds of things. And we also provide resources and help through our here for.

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Texas website, which we'll talk a little bit more about as the morning goes on or as the presentation goes on. So I want you to take just a moment to think to yourself when you hear the words mental health, what is it that you think of? You all have some thought that hits your head as soon as you hear mental health. And I'm suspecting that a lot of you start with things like stress and worry and loneliness and depress.

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Question or sadness or illness, but you could easily be thinking about things like hope and joy and gratitude or focus. Our mental wellness is determined by several different factors, including our genetics, our environment, our life experiences, our physical health, the influences from society in general are relations.

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Relationships and a host of other things. The building blocks of mental health is one of is how we do our educational services. We have several presentations that relate to mental health and help people understand that mental health conditions and tools for managing stress and anxiety and coping skills.

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And challenge and dealing with challenges and diversity, developing resilience, what are the signs and the risk factors of mental illness

and resources for getting that treatment are all a part of building blocks of mental health. Our mental health is a lifelong priority. It's not something we can just pass off and move on.

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Past we have to actually be very cognizant and very intentional in taking care of it. We all take care of our physical health. We have to take care of our mental health as well. As adults and children who are developing their sense of self and who they are, as well as developing mental health men.

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Management skills. It's important for us to have good information for them and for ourselves. So today as we focus on how to help youth manage their stress and anxiety, we're also learning to do that for ourselves. So as I go through the presentation, hopefully you will not be too triggered or anxious about the things that we talk about, but I'm not knowing what your mental health state is or what you've experienced. I want you to be aware that it's important for you to take care of yourself, so if you need to step away.

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Get a drink of water, take a break. Please feel comfortable to do that. It's important that you take care of yourself. So I'm sure if I ask the question who's feeling stressed right now? Every single one of you would be able to say to some degree or other that yes, you are. It maybe a low level stress that's coming from a nagging noise in the background or the fact that you missed breakfast this morning or when you're feeling a little hungry, it could be.

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Even be that you're just concerned about your child who's home sick with some cold or flu or something like that or it maybe that you're worried more about how you're going to manage tomorrow and the next day because there are financial issues. It ranges in lots of different ways. Stress is defined as a.

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Bit of worry or mental tension caused by difficult situations, and it's a natural human response that prompts us to address those challenges and threats in our lives. In fact, it's really very, very important that we recognize that we have stress and that we deal with stress.

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We often define stress by how we're feeling at the moment, but we, and we maybe feeling exhausted or angry or have muscle aches or stomach pains and headaches. We may also be really feeling impulsive or silly or jumpy. There can be lots of ways stress shows up in our bodies.

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00:06:41.929 --> 00:07:01.929

And stress is the way your body helps you manage all of that, gives your body a chance to take care of itself through some recognition of those feelings and those emotions and helps you prompt, helps your body and your brain prompt itself to take care.

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Where of who you are. We often think about stress being bad or negative, but it's really our body just trying to help us. And so when we're talking about stress, we're talking about several different kinds of a couple of different kinds of stress. Let me go back one slide and just.

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Remind us that in this presentation today, we're hoping that you can understand the function of stress and gain some knowledge of depression and how you can get some help and recognize the symptoms of stress and anxiety and learn some coping skills. So I said there's a couple of different kinds of stress.

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Stress one is acute stress, and it is a single occurrence of a single type of stress. So you have a stress or event happen. Stress is activated in your body and you take some kind of action, and it can be a really low level kind of stress or it can be something more.

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Long something bigger, but it's a single acute stress is a single occurrence of a single kind. So for instance, you maybe taking a walk and you hear a grow or a bark from a dog and that activates your brain into thinking, oh, something changed in my environment.

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And I need to prep myself and take care of myself. I don't know what's going to happen. Depending on your experience with dogs, you may have, you may feel an increase in your heart rate or your breathing may change. You may notice that your ears are listening more acutely, your eyes are focusing more acute.

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If you're standing there just kind of frozen, that's already your body responding to that stress, that you're just stopping and listening and waiting to see what can happen. You may hear a little bit more of a ground or more barking and your body may move into what we call the fight flight freeze.

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For a peace response, and that's controlled by the inner part of your brain. It's a way your body, your brain recognizes that you're under potential harm and activates everything in your brain and in your blood system and in your hormones and in your.

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Your body chemistry to prepare your body for protection. So when you hear that grow or that more barking, you may go into the fight mode, which is to yell at the dogs, stomp your foot, tell the dog to go away, you maybe in that flight mode where you want to get out and get away. As I say, you've already.

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Gone into freeze mode because you're just listening or you may go into the appease mode where you're, you're actually calling to the dog and saying come here and giving throwing a stick and hoping that the dog will go chase the stick and then I'll give you a chance to get away. Whatever stress response you have is based on your experience.

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That you experiences you have had with dogs in the past. And for kids that stress may come in the form of students teasing them or a teacher getting onto them or a teacher even being out sick. It maybe that their parents are getting onto them for not doing tours or having to go to bed when they wanted to stay up.

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And play a game for a little bit longer. They maybe worried about tests that's coming up or competition, maybe even an argument that they've had with their siblings. All kinds of different reasons cause our kids to be under stress. We can either help them manage that stress and give them time to work through the rush of the emotions through that fight flight freezer appease mode or, and that can sometimes take a few minutes, anywhere from a few seconds to maybe up to 20 min, maybe even longer depending on what has happened.

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And their past experiences, but that's kind of where we can help them is talk them through what they're feeling, what they're thinking, and help them find a way to manage that stress. That stress that I was just talking about is called acute stress, and I said again it's that single event of the single kind. But when we're talking about stress many different kinds of stress, we're not usually talking about one single thing. We know as adults that we're dealing with lots of different kinds of stress, work demands, moving.

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Moving our home or moving from one location to another for for work, maybe even traffic we deal with changes in our careers, friends and peers, financial concerns, parenting the children that we have. Maybe we're dealing with addictions, social media, a host of.

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Things family relationships, social injustice, all the kinds of things. And you may notice that when you look at this list of common stressors, you maybe experiencing 2510 multiples of these. That kind of stress is not called acute stress. That kind of stress is called chronic stress, and we oftentimes think our students.

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Don't deal with that, but they too have some many different kinds of stress that they deal with. So it can be school demands too much on their plates, they're overextending their peers, their call, their friends, their parents, their teachers, maybe dealing with family relationships there as well, natural disasters and pandemics just like we've.

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Come through, maybe they're working through who they are as an individual especially during those ten years they're trying to establish who they are as a person. And so they're dealing with identity and connections and relationships and how to get along and meet new people and all of those kinds of things.

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Developing interest that can be stressful sometimes in learning new sports or learning new activities. They may find that climate change and activism are things that they really are interested in and that may cause additional stress. So we sometimes find kids are dealing

with multiple kinds of stress.

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And that chronic stress of one thing after another, of worried about a test, worried about a competition upset because their parents are on them. Dealing with friends, dealing with homework, all those different kinds of things develops into all the stress built up on one on top of the other, and they're constantly in that state of.

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Of fight flight freeze a piece. They never get through one event before they're trying to deal with another event, just like we are. And so we call that chronic stress where it's one thing on top of another, multiple things building up.

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So how do we deal with stress? Many of us had as adults, we most of us have learned how to deal with that, but our kids don't always know how, and so how can we help them learn to manage stress? When you look at all these different options that we have, it maybe that we've learned to use substances.

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Is to manage our stress. We may have learned to connect with other people to help us manage our stress. Relaxation, oscillation, self reflection, overeating or undereating anger, talking about our feelings, acting out on our feelings through social media and texting.

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Bubbling it up. You see all different kinds of ways that people cope with their stress, and some of these are really good. Some of them can start out as good. But if that's all that we've got is as far as the skill, they don't, they are not long lasting and not long term, the best.

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Ways to handle it and some of them from the very beginning are not the best. And so when we look at that, we see that some, the harmful ones tend to be the isolation, avoidance, anger, substance use and cyber bullying. There is not a situation that any of those can really help. What can be somewhat hello.

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Helpful is rather than isolating, distracting ourselves or doing something else for a little while. Avoidance. Maybe, maybe avoidance is not the best, but just to hold on and think about it and be reflective can be helpful at 1st. But if that's all we've got is to bottle it up.

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And avoid the situation and not talk with anyone. Oscillating, that's not gonna be helpful long term. Overthinking it, if we're being reflective, that can be helpful at 1st, but if we're only just overthinking and ruminating on that same thought and never able to move forward in a positive direction, that's not going to be helpful. Sometimes we're honestly really tired and we need more sleep or let and we need to take a rest or we're hungry and we really need to eat something and that can help us manage our stress.

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For a little bit, but if we're oversleeping or eating too much or just not eating at all, then those are not helpful. The things that are helpful are connection. Connection being the number one preventative for stress and anxiety and mental health issues. Being very mindful, being present in the moment and being a.

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00:16:17.439 --> 00:16:51.769

Aware of the feelings that we're experiencing, the emotions we're feeling, and being able to talk through those, discuss those, reflect with those with someone else. Just taking time to step away and relax. Laughing and crying. Oftentimes people don't want to cry because that's sending a message that they're not doing well, but crying can be releasing some endorphins, releasing some of the body chemistry that helps you feel better. And so it really is important. And laughing can be very effective and even a fake laugh. There are, there are.

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00:16:51.769 --> 00:17:11.769

The ways you can make yourself laugh starting out just in a really fake way and eventually your, your brain and your body catch up to it and you can be laughing and it makes you feel better. The talking about your feelings is always important. Having someone that you can trust and go to and talk is always important. Exercise. Getting moving.

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In your body moves your blood, moves oxygen through your system, and oftentimes exercises happening outside, and so being out in nature is



something that can be very, very helpful. Our youth today are actually experiencing more stress, more anxiety than they have had in years past. And so I want to share with you a little bit of data. Some of the data that I have here is.

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Is from a couple of years ago, so I'll update that. But let's 1st talk about what influences a, a child's mental wellness. It starts as individuals from the moment they're born, they're developing a sense of who they are and their mental health begins even before they're born.

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And their mental wellness begins. So even in utero, they are developing their mental wellness state. And it has to do with genetics, their race and ethnicity has an influence, their gender, their sexual orientation, who they are and their abilities and strengths, their beliefs and attitudes, their coping skills, all of those as individuals influence their mental health. Also beyond that is their family structure and their family relationships, how they connect in the community with teachers, with their faith community, with their new.

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Neighbors in their neighborhood, the safety and security of the environment in which they are living. In their neighborhoods, the safety and security of that is influenced by neighborhood violence, the presence of green spaces that they can enjoy for leisure and recreation, their access to healthy food sources and medical care, the housing conditions that are in their neighborhood, even the impact of.

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Climate and natural disasters and those kinds of things can influence their mental health. Our society as a whole has a great impact on our mental wellness, our economics, our politics, discrimination, racism, migration, and mobility of our people, the news and social media, and even technology influence our.

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Mental health, and it doesn't start when we're, as I said, when we're 18 or 20 or 30, it starts even before we're born. So looking at some of this data, you'll see that most of this shows from 2011 to 2021, and it's because the CDC every other year does a youth risk behavior survey. After I had submitted these slides, the new data came in.

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So I'll give you a little update as we talk through, but when you look at this data, you can see in the last ten years there has been a drastic change in the mental wellness of our kiddos. You'll notice that 40 % of high school students, well it's actually 42 % on the slide shows that.

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High school students felt so sad or hopeless almost every day for at least two weeks in a row that they stopped doing their usual activities. That in the most recent study has actually dropped about two percentage points, which is great, but we don't know if that's just a blip in the thing, in the, in the.

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Experience this over youth or if we're making a shift in the the trend and we're hoping for a shift in the trend, but it's going to take all of us working together to continue the things that we are doing in building awareness of mental health care and how to protect ourselves and take care of that. You'll also notice that.

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22 % of all high school students seriously considered attempting suicide during the past year. That most recent data is at 20 %. You'll notice that about 18 % had had a plan and about 10 % had actually attempted, and again those have.

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Dropped slightly over the last couple of years. Those are positive changes but not, not the whole story. What we also know is female students are more likely than male students to experience that persistent feeling of sadness and hopelessness. We know that Asian students were less likely than students from other racial and ethnic groups to experience the persistent feelings of sadness or hopelessness, but we know the greatest.

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Increase was with our Hispanic youth. And the LGBTQ plus students are more likely than six gender and heterosexual students to experience persistent feelings of sadness or hopelessness and to seriously consider attempting suicide. Regardless of your beliefs about that, we know that that group of students often.

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Oftentimes feels unsupported and very vulnerable and that has a huge impact on their mental wellness. And so for that reason, we need to be especially attuned to them and making sure they are feeling that they have some support, that they have a place they can talk about their feelings and their emotions and what's going on. So some of you may have heard the faces adverse childhood experiences. People who have experienced traumatic events before their 18th birthday are also at a higher risk report phisic.

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And mental health outcomes. And in the late 1990s Causer Permanente along with the center for Disease control had done an a study, an extensive study of several hundreds of several thousand people talking about asking them what kinds of traumatic events they had experienced at.

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Children. And what they found is that when they had experienced four or more adverse childhood experiences, they had a higher rate of heart disease, kidney disease, cancer, respiratory diseases, substance abuse, and mental health issues.

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So again, chronic stress is that stress one thing on top of the other. And so what can we do to intervene and provide some support and protection for our kiddos? And that's where we're going next is to talk about what we can do. So I talked a little bit about the amygdala getting fired up in our brains, and some of you will.

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You'll see this and and think I have seen this before many times. It's pretty basic brain structure that our thalamus is there detecting when we're at, when we're being influenced in negative ways and potentially at harm. That recognition of that fires up our amygdala and sends this into that fight fight flight or.

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Freeze or appease mode, and that begins to impact our ability to remember, to move from short term memory to long term memory. It influences our hormones, our sleep patterns, our moods, when it goes on for a long periods of time and even impacts our pre frontal court.

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Text and its development and its structure, and it makes it more difficult for us to focus, to make good decisions, to filter out the things that we don't need and to pay attention to the things that we do need. We, another way of describing this is our inside brain versus our outside brain, and what we know is our excuse me, our downstairs brain versus our upstairs brain. Our downstairs brain is the very basic life functions of response to protect us. It's what controls our breathing, our blood pressure.

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Our basic reactions to threat, how we manage fear and anger, all of those kinds of things. It's our survival brain. And our upstairs brain is more of our thinking decision making, understanding right and wrong, having empathy for other people being able to plan.

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00:25:00.939 --> 00:25:18.929

To respond in a positive way, our imagination and how to be creative, those kinds of things. With intentional intervention and training, we can develop healthy response patterns in our upstairs brain so that when our downstairs brain becomes activated, we respond in more appropriate ways.

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00:25:18.929 --> 00:25:38.929

We often see that fight, flight or freeze response come out in very negative ways. For fight we hear kids yelling or people upset and angry, we see hitting and more aggressive behaviors for flight. We may see people trying to run away or they just shut down and they.

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Won't respond and they try to hide away, they disengage or they maybe freezing, just not being around to other people. They have difficult time expressing what's going on difficult time completing tasks, they just feel depressed and bored in just unable to move forward in positive ways. Through healthy coping.

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00:25:58.929 --> 00:26:23.029

Skills for stress management and practicing for handling stress in a calm way during calm times helps us develop some memory muscle muscle memory to be able to handle it in stressful times. So let's talk a little bit about anxiety. We often hear people say they're feeling anxious and anxiety can't being anxious can be a mood in.

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But there's also a mental, I mean a, a physical illness of it is a

medical issue to have anxiety and so it's something that needs a doctor's care. It's not just a mood, it is an actual.

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Physical illness that we may have. And understanding when it's not a mood and when there's actually needing a doctor's attention is what we try to help kids understand and recognize, and we talked to them a lot about a321 rule. If you have three or more symptoms for two weeks in a row in a row all at one time.

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00:26:59.149 --> 00:27:19.149

That is an indication that you need to seek help from a dr.. This is not just a passing mood. There's something really going on and it maybe something related to another physical illness or it maybe related to some medication you're taking or it maybe related to a chemistry imbalance in your body, but a dr. needs to be making that diagnosis.

75 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:27:19.149 --> 00:27:39.149

It's not something for you just to try to push back or push through. It's not a character flaw or a weakness on your part. There's something going on that you probably need to see a dr. and at least have them do an assessment. We know that about a 3rd of our teenagers experience anxiety at some point and it's important for us to.

76 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:27:39.149 --> 00:27:50.549

To normalize the fact that feeling anxious is common when it goes on for several days at a time is not.

77 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:27:50.549 --> 00:28:10.549

So let's talk about those symptoms when we say 321, if they're having excessive anxiety and worry, difficulty controlling the worry, that it's just a constant thought, it's keeping them from being able to sleep, to eat, they're feeling really tired because of it or they're very restless and unable to focus. They feel irritated.

78 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:28:10.549 --> 00:28:30.549

Can't concentrate and complete tasks, feeling those eggs and pains in their shoulders or in their stomachs, and complaining about headaches and muscle eggs, those kinds of things. That the distress or the has become so impairing that they cannot do the things they enjoy doing. Those are huge signs that they need.

79 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:28:30.549 --> 00:28:52.729

Need to get some help from a dr.. We all experience these from time to time, but again, that three to one rule is very important. Other things that we see in kiddos is that they are more moody. Their their moods change more rapidly. They maybe experiencing more temper tangeems if they're young or more outburst when they're old.

80 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:28:52.729 --> 00:29:12.729

Or they may become more clingy and cry frequently. I begin they talk complaining with stomachaches, headaches, constant worry, the fears that they maybe having, maybe having some sleep problems, maybe struggling with school that teachers maybe talking about their grades not being as good or they're having trouble getting along with their friends or.

81 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:29:12.729 --> 00:29:41.449

Disengaging in class, trying to sleep in class, those kinds of things, and maybe even withdrawing from their own family and the friends that they typically enjoy. There are different kinds of anxiety disorders. We know that know that usually we're talking about generalized anxiety, but it can be panic attacks. It could be phobias that they're experiencing, it could be social anxiety disorder or it maybe a separation of anxiety. It can even be just that trans.

82 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:29:41.449 --> 00:29:49.829

Traditional anxiety that they maybe having from one, from changes that are going on around them.

83 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:29:49.829 --> 00:30:09.829

So in order to treat anxiety, you have to talk about it with someone and that maybe that you're going to your dr. to talk about it, and they're getting referring you onto a therapist or to a psychologist. It maybe that you're going to a spiritual leader, your pastor, it maybe going to a mentor or a coach who can.

84 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:30:09.829 --> 00:30:29.829

Help get you to a dr. who can help with that diagnosis. As I said, if it's going on for a couple of weeks and a dr. needs to do an evaluation. There are things that you can do to practice healthy coping skills. We're gonna talk a little bit about more about that. Getting that support, being able to talk.

85 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:30:29.829 --> 00:30:49.829

Talk about the stress, the anxiety, the frustration, the anger, the

feelings that you're experiencing, and those feelings being validated. Not that you agree with them, but that you understand maybe you don't see it that way, but that's the way they are feeling and you can understand that they are feeling that anxiety and that pain and not trying to.

86 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:30:49.829 --> 00:31:07.649

To just push through it but saying I hear you, I see that you're struggling. Let's get you some help and I'm here to help you. I want to do what I can to be a support for you. And these are some things that you can do to help take care of yourself and talking more about those.

87 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:31:07.649 --> 00:31:30.019

So some of the protective factors that we talked about are having that reliable support and someone who can help you as a caregiver. If you are the caregiver for someone who is struggling with anxiety, being consistent in how you are approaching them, setting up routines and consistency and rules are.

88 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:31:30.019 --> 00:31:50.019

Expectations helps them not to feel so anxious. The emotional self regulation practice, finding those healthy coping skills of getting plenty of sleep, getting enough the right nutrition, drinking water, practicing, breathing deeply, getting outside, getting some exercise, finding things that they truly enjoy.

89 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:31:50.019 --> 00:32:10.019

Way that make them happy, being creative, whether it's maybe writing using music, maybe a more exercise, those kinds of things, developing some problem solving skills. Oftentimes teens and older kiddos are really struggling with, they don't know how to solve a problem on their own, and they don't want to tell someone they're.

90 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:32:10.019 --> 00:32:30.019

They're struggling and so they feel like they're stuck and it's never going to get any better. If we can start to teach our children to handle problems on their own, working through some of those strategies with them, then they are going to have some confidence and feel more self sufficient, more optimistic, and feel like they can control.

91 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:32:30.019 --> 00:32:50.019

That, helping kids recognize gratitude and practicing gratitude every day being able to talk about something they're grateful for helps them

feel more uplifted and positive and helps them develop that positive self regard as well as a more positive attitude. And then learning to ask for help.

92 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:32:50.019 --> 00:32:59.729

But it's that is a sign of strength to be able to say, I can't do this on my own and I need help or I'm not doing ok and I need some help.

93 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:32:59.729 --> 00:33:19.729

So let's talk a little bit about coping skills before we finish up today. Coping skills can, as I said, be things that have to do with your body. Getting plenty of sleep. Our kiddos need at least 7 h to sleep at night. Most of them are not getting that. Less than 50 % get 7 h of sleep. So really paying attention to sleep, developing healthy sleep patterns.

94 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:33:19.729 --> 00:33:39.729

Helping developing some strategies for putting yourself to bed at night so that you get good restful sleep is important. Drinking plenty of water, as I said, getting the right kind of nutrition, our kids tend to go toward high carb, high fat kinds of foods. They need those healthy, stable nutrients of proteins.

95 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:33:39.729 --> 00:33:59.729

And, and vitamins and minerals that help their bodies function better, but also improve their mental wealth, their mental well being, getting movement in their body, whether they're participating in team sports or group sports or they're just getting out and taking a walk or running and playing with a dog.

96 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:33:59.729 --> 00:34:34.399

But getting some movement every day and then getting out in nature, even touching living green plants helps lower the blood pressure and increases the positive chemicals in their body that help them feel more uplifted. Breathing deeply is a really great strategy for kids to learn. It maybe difficult for them because they may because of their heightened anxiety, they may not be deeply breathing deeply enough and allowing their parasympathy nervous system to reset on a regular basis. So teaching them.

97 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:34:34.399 --> 00:34:54.399

Two, take a deep breath, hold that deep breath for a few seconds, releasing it slowly holding it again and practicing that multiple times a day will help them to self regulate. We call this particular



model box breathing, but it also can involve using the.

98 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:34:54.399 --> 00:35:23.639

Their hand to trace their fingers and when they're going up a finger, they're breathing in, when they're coming down, they're breathing out and doing that slowly with a slow count of four to five oh 12345, and then holding the breath and breathing out with the same count, the same slow pattern of one, two.

99 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:35:23.639 --> 00:35:43.639

345, and again holding it, that hold is really important for your parasympathetic nervous system, which regulates your blood pressure, your breathing, the body chemistry helps that reset and.

100 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:35:43.639 --> 00:35:46.949

Helps calm the system.

101 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:35:46.949 --> 00:36:06.949

We also know, as I said, problem solving skills where parents are saying, you know, I know you're struggling with this, I can help you with it if you want some ideas. But if not, that's ok. Do you have some ideas? I'd like to hear what you're thinking. Let's think about how the potential outcome would be for that possible solution, allowing them to talk.

102 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:36:06.949 --> 00:36:26.949

Thought through all of that because developmentally they're not able to do that on their own. And so teaching them that allows you to hear how they're developing, and if they're developing some good habits, it also allows them to know it's safe to say, I don't really have the answer and you're not telling me what to do, you're talking with me about.

103 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:36:26.949 --> 00:36:46.949

How to do it. Helping kids understand that when they're anxious, their thinking is not clear, their prefrontal cortex is not working as well. So they maybe over exaggerating the impact or thinking it's never going to be getting any better or that everybody hates them, whatever those thinking traps are that they fall into.

104 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:36:46.949 --> 00:37:04.619

Do that those may not be truth, those just maybe their brain tricking them and they're feeling very vulnerable or unable to to handle it

because of that and so the talking will help. Again practicing gratitude and the mindfulness, being present in the moment.

105 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:37:04.619 --> 00:37:26.749

When we talk about thinking traps, we're talking about kids that think they know the whole story. They haven't really considered all the facts. They think they know it, but they don't know everything. I'm feeling like it's an all or nothing situation. I didn't do well enough on the test. I'm gonna fail it, so then I'm not gonna get into the.

106 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:37:26.749 --> 00:37:46.749

College I really wanted to get into. I'm not gonna have the career I wanted. My life is never gonna be what I wanted it to be. Catastrophizing things blowing them way out of proportion, those automatic negative thoughts, helping our kids learn to not go to automatically to the negative, which is what we typically do. We listen to our critic rather than our coach. Our coach.

107 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:37:46.749 --> 00:38:06.749

Tells us you're good enough, you're strong enough, you're smart enough, you've done hard things before, you can do them again. There are people who help you, there are people who care about you and they want to help you. Oftentimes our especially our teams are dealing with an imaginary audience that they think everybody's paying attention to them, that they're everybody's looking at them.

108 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:38:06.749 --> 00:38:26.749

And actually they're so focused on themselves that they don't even notice that what their friends are doing, but helping them understand a little bit of that. And then the blame and shame game that we all play with ourselves that it's all my fault. We lost the game because I missed a kick. We lost, I did it poorly on the test because I didn't study hard enough.

109 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:38:26.749 --> 00:38:30.360

That blame and shame.

110 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:38:30.360 --> 00:38:50.360

If you're wanting some more information about how to be a thought detective, I can share this information with you or you can maybe take a picture of this slide, but it's asking them those questions, could this thought be wrong? Is there evidence for it? Do you think it's true or not true? How could you cope with that outcome? Which is the most realist.

111 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:38:50.360 --> 00:39:05.573

Or probable outcome with that. And then what would you tell a friend in this situation, which is a very powerful question because our kids tend to be more understanding and empathetic of others than they are themselves. And then asking what do you think you should do next?

112 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:39:06.484 --> 00:39:10.274

Amy? Yes. I'm just gonna jump in and let you know we have about ten.

113 "Moreau, Lisa" (1636927744)

00:39:10.274 --> 00:39:11.169

In minutes just given you.

114 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:39:11.169 --> 00:39:45.550

Thank you. You're welcome. So mindfulness, as I said, is a really good way to help people just kind of live in the moment and start to develop some acceptance of who they are, their feelings, their thoughts, and being able to share those. One of the things that we encourage kiddos to do and adults to do as well is put yourself in your favorite place ever. It can be your, your bedroom, it could be your backyard, it could be a great vacation, it could be your grandmother's house, but some place that you were really happy, it was a great place to be. And then slow.

115 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:39:45.550 --> 00:40:05.550

Really Breathing and thinking about what are five things you would see there and giving yourself time to just be in that location in your thoughts and in your mind. Four things you could hear and again breathing slowly as you're doing this, three things that you would feel and actually trying to practice feeling.

116 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:40:05.550 --> 00:40:25.550

In your imagination what those things feel like, the texture, the weight, the, the softness or the ruptness of it. Two things you can smell and one thing you can taste, and being in that mindfulness gives your brain a break from whatever's stressing you or making you anxious or just takes you away for a little short while.

117 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:40:25.550 --> 00:40:51.020

To give you a reset place. Again, resets that parasympathetic nervous system. Helping kids develop some connection with the family, with friends, with mentors, with teachers, that connection, as I said, is the number one protective factor and stress and anxiety. And as

they're developing a sense of connection and who they can trust and go to, evaluating their.

118 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:40:51.020 --> 00:41:11.020

Values, what's important to them and how do they show that that's important to them and how do they set boundaries to hold on to what's important to them in terms of time and relationship, and sharing of materials or completing tasks and the quality of that? What are their strengths? What do they.

119 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:41:11.020 --> 00:41:33.200

Do really, really well. Knowing their values and their strengths helps them start to develop some confidence in who they are as a person. They're learning some problem solving skills or some strategies for managing that and they become more confident in who they are, and they start to develop a sense of purpose. What are, what are the things that I am good at that I want to.

120 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:41:33.200 --> 00:41:53.200

Continue to do and build some strengthen that and start to set goals for themselves. Setting goals accomplishing tasks is a really great way of lifting your mood and your spirits, but it also helps kids feel more in control and more confident and capable. And they begin to develop some character and so those.

121 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:41:53.200 --> 00:42:11.610

Those being the big pieces of, being able to be resilient is having connection and confidence and competence and character, and control and a voice and what they're wanting to do helps them start to feel more resilient and capable.

122 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:42:11.610 --> 00:42:31.610

When they are having those kinds of things, they begin to take action in doing things that are helpful to them. They start to recognize what helps them the most. Is it reading and meditating and praying? Is it playing games and connecting with friends through social media in positive ways hanging out with their friends? Maybe they find sports.

123 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:42:31.610 --> 00:43:00.380

And yoga and taking walks and those kinds of things are helpful. Listening to music or being creative, playing music, drawing, dancings, painting, singing, cooking, what are the things that they do that bring them joy and they get a chance to practice those every day? So let's just really quickly remind ourselves how you can help.

Prioritize your own mental health, build in stress management for yourself, as well as your kiddos. We keep.

124 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:43:00.380 --> 00:43:20.380

Them moving so much sometimes that we forget to stop and let them practice managing their own stress and they don't see us modeling that. And so we have to be intentional in modeling it and helping them practice it. Recognizing those signs and symptoms of when they're overly stressed, the 321.

125 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:43:20.380 --> 00:43:40.380

Is a great way to hang on to tangibly hang on to that. Help kids regulate 1st recognize when they're, then when they need help and then give them and yourself grace. We're all we're not perfect. We're all human. We're gonna mess up. We're gonna get overly stimulated sometimes. We're gonna be getting stressed out.

126 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:43:40.380 --> 00:44:06.380

Sometimes and just giving yourself some grace to calm down and reset. Talk to someone who you trust, it maybe a best friend, it maybe a mentor, it maybe your dr.. Move your body, get out of sleep, eat nutritious foods. When you're needing help, again, start with your regular dr.. They are capable of either doing an evaluation or referring you to a psychologist.

127 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:44:06.380 --> 00:44:26.380

Therapist, a counselor or a psychiatrist. If you need help finding a professional, you can always go to your insurance provider in Texas in the North Texas area. We encourage people to reach out to our here for Texas searchable database where they can do a search for mental health providers in the North Texas area or they can call our navigation.

128 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:44:26.380 --> 00:44:42.660

Nation service and they will help. We actually get calls from other places in the nation, and so if you're needing some help, please don't hesitate to give us a call or go on to here for texas.com. There is a chat feature there and you can talk with someone who can help you.

129 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:44:42.660 --> 00:45:02.660

Again, here's more information about that. It is not a crisis intervention or crisis support. It is just a warm navigation support. If through the searchable database, you can do that search to find resources that meets your needs, what based on location.

130 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:45:02.660 --> 00:45:22.660

Language spoken ability to pay those kinds of factors. We also have support groups for our moms in this area. Look for one in your area that will help you have someone that you can trust and talk to about mental health or about your concerns for your children. If you need some.

131 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:45:22.660 --> 00:45:51.470

Help looking for those. You might give a call to or go through into here for Texas. They may have some connections in other locations that they can recommend. Stress is normal. Chronic stress can build up, so we need to be intentional about stress relievers. We can identify when we cross into anxiety disorders and we can use coping skills to take care of our bodies, be mindful, notice our thoughts, and make time to relax and do things we enjoy. We can find.

132 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:45:51.470 --> 00:46:04.746

Help and hope for peace of mind. And so I hope today gave you some ideas. Are there any questions that I need to try to answer before we're done?

133 "Moreau, Lisa" (1636927744)

00:46:04.746 --> 00:46:25.700

I'm gonna go ahead and jump in here. So it sounds like you're you've wrapped up, so thank you so much. I appreciate that. As of right now, I'm not seeing anything in our Slido for questions, so maybe we can just give people a few minutes if they'd like to take some time to go into the chat. You can enter a question, and I can go ahead and read that off. So I'll give everyone.

134 "Moreau, Lisa" (1636927744)

00:46:25.700 --> 00:46:37.104

Maybe a minute or so to take some time to do that but yeah NO in the meantime, certainly thank you for that presentation and we'll just wait this out here for a moment.

135 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:46:37.104 --> 00:46:57.950

While we're waiting, I'll say if, you know, our our foundation does education presentations virtually as well, so if anyone would need a presentation for their school or for their organization, feel free to reach out, contact us. We'll be glad to help with that.

136 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:46:57.950 --> 00:47:16.496

If we can't do it, then maybe we can help you find someone who could. My email address is not showing up very well in this slide, but I will

say that it's A, the letter A pool P O O L at Grant taliburton.org.

137 "Moreau, Lisa" (1636927744)

00:47:16.496 --> 00:47:27.837

That is fantastic. Thank you Amy. We received a comment that it was, that was excellent. Thank you.

138 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:47:27.837 --> 00:47:33.053

Thank you.

139 "Moreau, Lisa" (1636927744)

00:47:33.053 --> 00:47:56.610

And then someone had asked, will you share the decks so I'm not sure if whether they said that they were late jumping in. So this is going to be shared through, for those who are late jumping on, you can go to the cigna.com forward/children families, handout for today's seminar will be there.

140 "Moreau, Lisa" (1636927744)

00:47:56.610 --> 00:48:06.833

I'll give it just a few more moments here. Any last closing words here, Amy?

141 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:48:06.833 --> 00:48:26.174

Thank you so much. If there's anything else we can do, please let us know. Our goal is to just build awareness of mental health and mental health care as well as suicide prevention. And this being suicide Prevention Month, it's a great time to really take a little check in on your own mental health and make sure you're doing ok.

142 "Moreau, Lisa" (1636927744)

00:48:26.174 --> 00:48:46.640

That's awesome. Yeah, I know thank you Amy. It was a wonderful presentation and that is a good reminder too. I'll go ahead and I'll go ahead and close this out. There's NO more questions or anything coming in specifically, but just know that you guys can, she gave her email and go to the website that I gave you to look at the handout. But yeah, thank you so much for attention.

143 "Moreau, Lisa" (1636927744)

00:48:46.640 --> 00:49:18.052

And thank you for providing such wonderful insights today, Amy. If you have specific questions about any other topics assessed today, please contact Cigna by calling the number on the back of your insurance card. Our next webinar will take place on January the 9th of next year with our presenter being Lisa Candira, the autism mom coach, discussing how to keep your cool while your child is melting down. So on that note, I believe we can close this out and certainly thank you

again, Amy and everyone for attending.

144 "Amy Pool, Grant Halliburton Foundation" (1268916224)

00:49:18.052 --> 00:49:24.132

Thank you. Have a good day. Yeah, you too.