

Post-Pandemic Stress and Anxiety



Teaneck Public Schools
March 1, 2022
7:30 PM



Workshop Objectives:

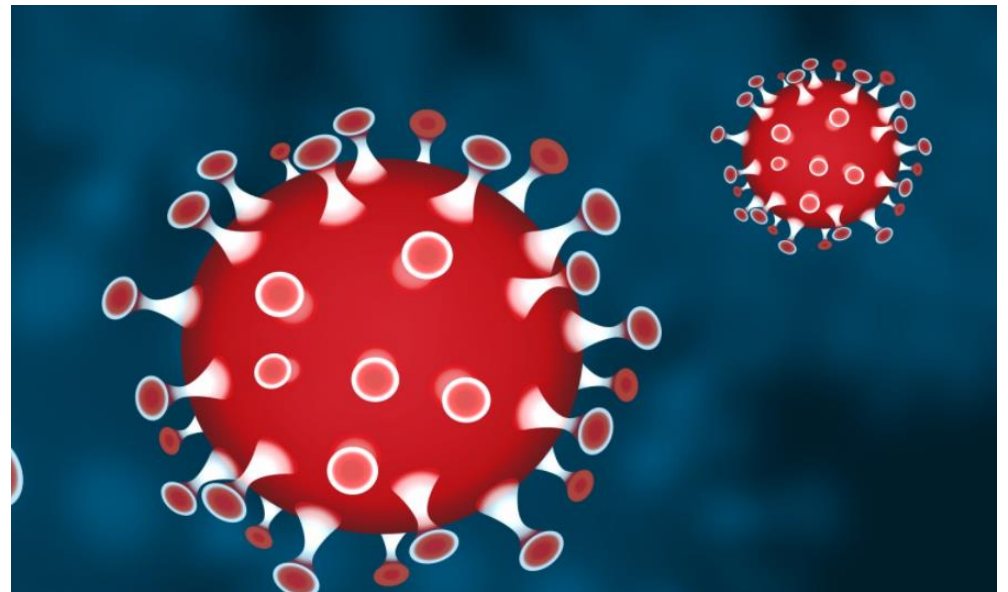
How to deal with Anxiety and Stress in a Post Pandemic World...

- Discuss how to communicate with your child regarding post-pandemic anxiety and stress
- Identify stress and anxiety triggers
- Understand the importance of helping your child express their emotions
- Understand the importance of acting as a resilient role-model for your child



Reflection: Past, Present, and Future

- Life Before the COVID 19 Pandemic
- Life now
- Life in the future





Impact of quarantine on the general population:

- **Post traumatic stress**
- **Depression**
- **Anxiety**

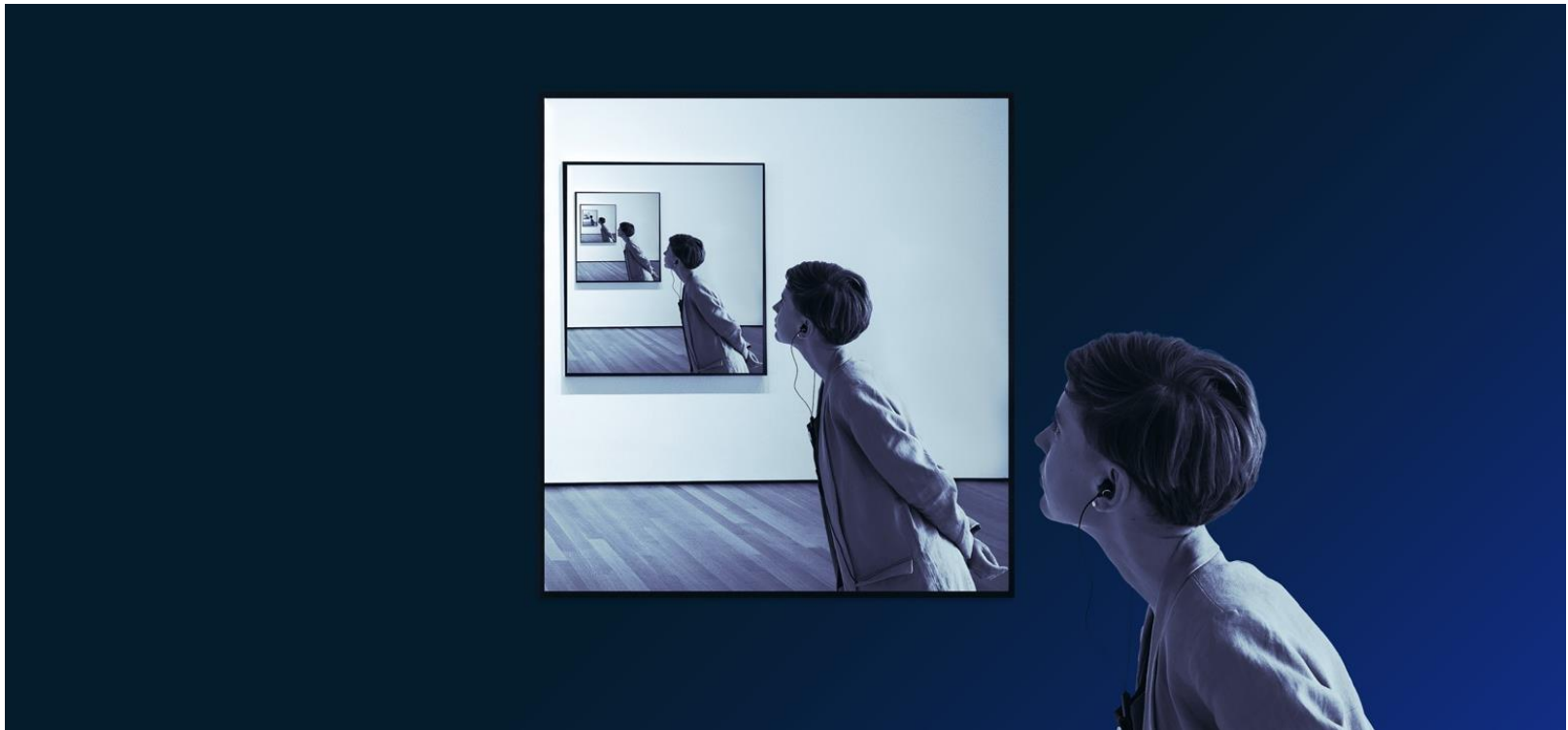
Stressors:

- **Fears of infection**
- **Frustration**
- **Boredom**
- **Poor information**
- **Loss of income**
- **Stigma**
- **Violence in the home**
- **Passing of a friend, family member, colleague, or loved one**





Why are people experiencing feelings of increased anxiety and stress in the post-pandemic world?



It makes perfect sense to feel anxious and bewildered right now, just as we were finally adjusting to a new normal with some predictability and fluidity.



There's a new normal...





“The adult today unfortunately has a double function: to calm their own anxiety and to appease the anxiety of the youngest children.”

-Dr. Domingues, Ph.D.
Child Mind Institute



THE MENTAL HEALTH OF OUR CHILDREN



When parents and caregivers confront COVID-19 calmly and confidently, they can provide children with the best support.

In this way, parents can transmit more tranquility to those around them, especially children.



Parents as Role Models:

**Children copy what
they see and repeat
what they hear...**

“The way children and
adolescents behave and react
is based on what they observe
in the adults around them.”

-Albert Banduras





Reflection:

How do YOU handle stress?





Understanding Emotions:

Emotions are reactions
that we all experience

They are not negative

They are not positive

They just are



Afraid



Confused



Surprised



Sad



Excited



Disgusted



Proud



Angry



Sick



Happy



Very Happy



Hungry



Lost



Shy



Sleepy



Embarrassed



Unhappy



Very Sad



Tired



Worried



Older children and adolescents may exhibit the following:

- Behavioral changes: exhibiting different or unusual mood patterns
- Change in personal relationships or friendships
- Personality changes:
 - Demonstrating limited interest, or increasing negative/addictive behaviors (excessive texting or activity on social media, connecting with friends via video chats)
- Loss of interest in activities they enjoyed:
 - Did your child with a passion for music suddenly stop playing guitar?
 - Has your aspiring chef lost interest in cooking or baking?



Older children and adolescents may exhibit the following (continued):

- Changes in weight or eating habits, loss of appetite or overeating
- Trouble falling or staying asleep or excessive sleeping
- Lack of concern for personal hygiene or appearance
- Memory, reasoning, or concentration problems
- Little interest in homework and decreased academic effort
- Reckless behavior: using drugs or alcohol
- Thoughts about death or suicide



Supporting your child during stressful times:

- Talk to your child about COVID19
- Answer questions honestly
- Limit your child's exposure to media coverage
- Keep them healthy and safe
- Validate their feelings, concerns and emotions
- Help your child find positive outlets to express emotions





Socially Adjusting to the “New Normal” at School...

Enroll your child in after school activities and clubs:

After school programs options are available at many schools and offered by the Teaneck Recreation Department.

<https://www.teanecknj.gov/ages-18-months-to-17-years>



Stress and Anxiety Management

Step One

Recognize and Identify:

- Look for signs
- Notice if your child is demonstrating signs of anxiety or appears stressed

* It is relevant to help children express their feelings, such as fear, sadness, and anguish.





Step 2

Express and Discuss:

Once you identify that your child is under stress or feeling anxious, help them express their feelings through effective communication.

- “How do you feel when you tell me that?”
- “Where do you feel that emotion inside you? Can you point to where you feel that emotion?”
- “What word or words could you use to express that emotion?”



Step 3

Get moving!

Find ways to channel that emotion through physical activity.





Step 4

Encourage healthy eating habits:

- Eat more fruits and vegetables
- Keep healthy snacks available
- Prepare meals together





Step 5

Keep busy!





Step 6

Practice Mindfulness:





Step 7

Physical affection

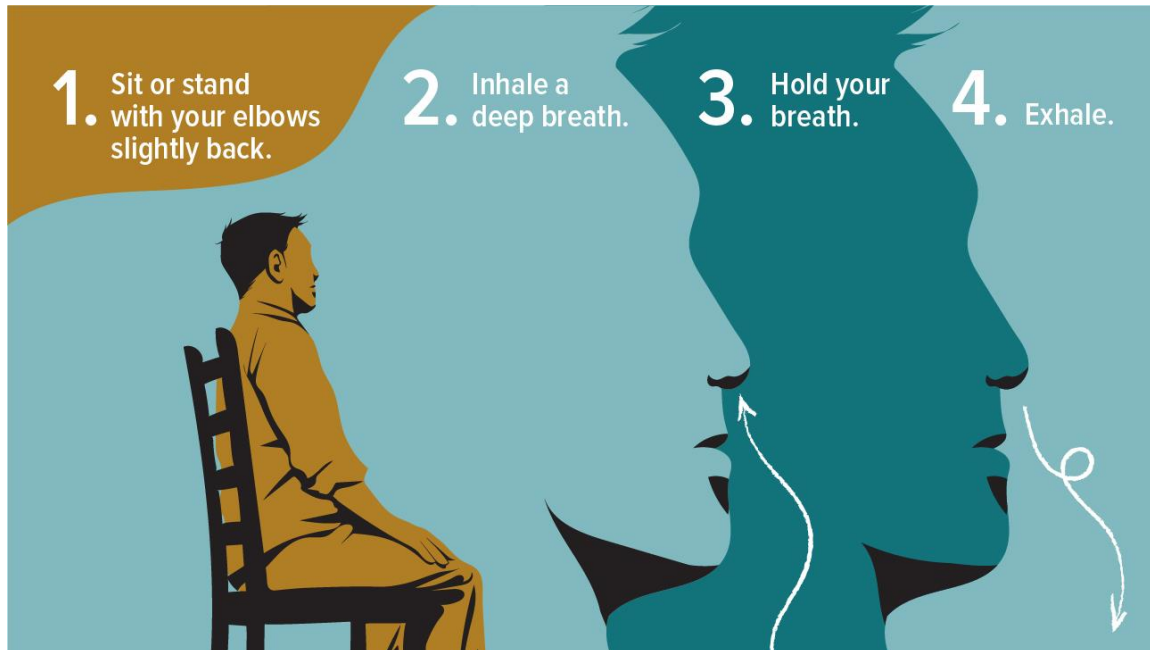
- Cuddling, kissing, and hugging are stress relievers.





Step 8

Take a deep breath...





Step 9

Listen to relaxing music:

Music has very positive effects on the body and can increase relaxation.





Step 10

Consult a professional:

If your child continues to feel stressed or anxious,
consult a professional

If you suspect your child is in danger of self-harm contact:

National Suicide Prevention Lifeline- **800-273-8255**

New Jersey Suicide Prevention Hopeline- **855-654-6735**

*****Hotlines are available 24 hours a day, 7 days a week*****



Teaneck Public Schools School Counseling Department

District Wide

Adrienne Williams, Student Assistance Coordinator
awilliams@teaneckschools.org

Hawthorne Elementary School

Colette Brantley, cbrantley@teaneckschools.org

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Lisa Guyden, lguyden@teaneckschools.org

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Jennifer Taylor, jtaylor@teaneckschools.org



The FORUM

The FORUM is a grant funded program that offers the following services free of charge to Teaneck residents aged 13-19

- Individual, Group, Crisis & Family Counseling
- Employment Assistance
- Recreation
- Academic Support
- Referrals
- Presentations & Workshops



The FORUM Staff

Coordinator

Nicholas Campestre, LCSW - ncampestre@teaneckschools.org

Student Support Counselors

Victoria Alexander, LSW – valexander@teaneckschools.org

Giannil Hidalgo, LSW – ghidalgo@teaneckschools.org

Jason Juxon-Smith, LAC, jjuxonsmith@teaneckschools.org

Employment Counselor

Yvonne Witter – ywitter@teaneckschools.org

Receptionist/Youth Development

Owen Barnes– obarnes@teaneckschools.org

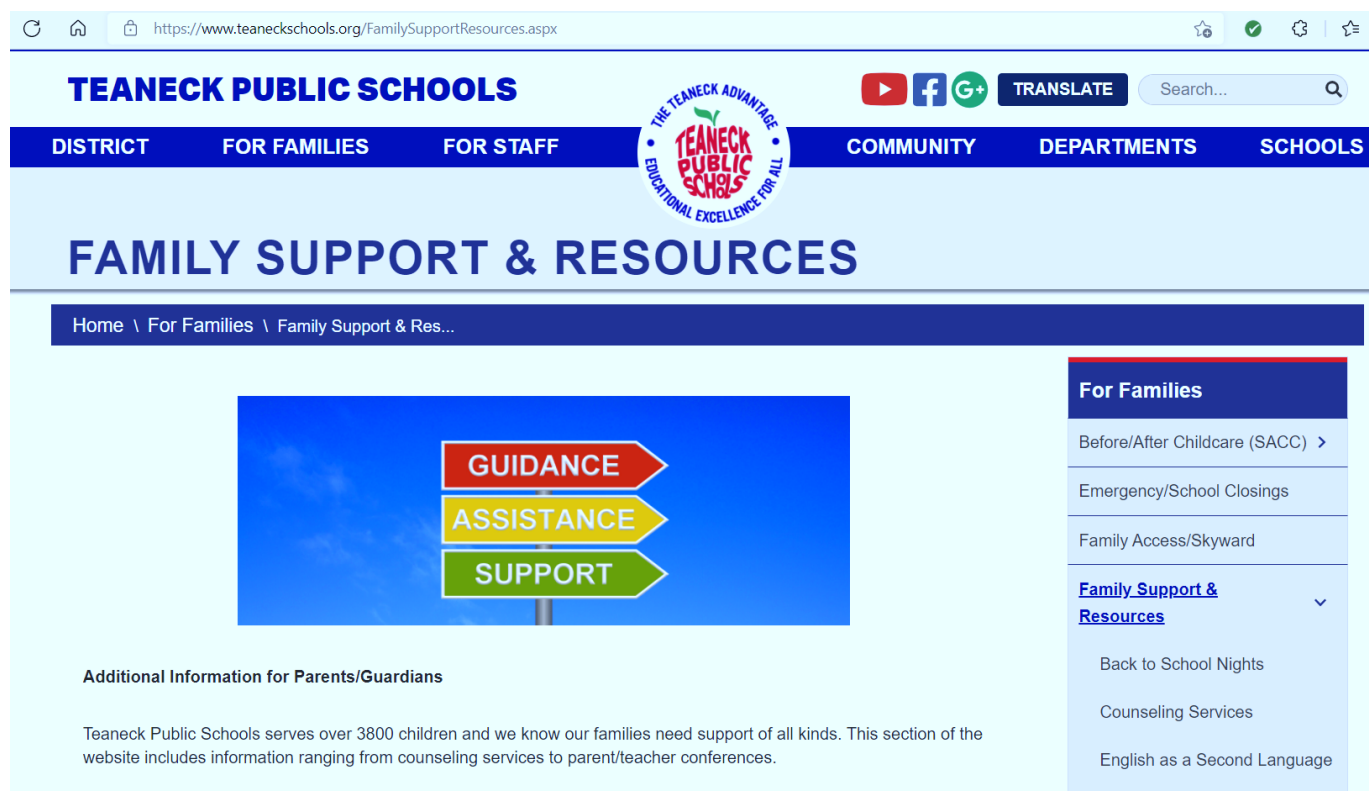


Family Support and Resources are listed under the **For Families** drop-down menu on the Teaneck District website.

The link on the right side of the page under **For Families** lists the different services available.

Under **Family Support & Resources**, click on the link for **Counseling Services** for more information...

District Website: www.teaneckschools.org



The screenshot shows the website <https://www.teaneckschools.org/FamilySupportResources.aspx>. The header includes the Teaneck Public Schools logo and navigation links: DISTRICT, FOR FAMILIES, FOR STAFF, COMMUNITY, DEPARTMENTS, and SCHOOLS. A search bar and social media icons are also present. The main heading is "FAMILY SUPPORT & RESOURCES". Below this, a breadcrumb trail reads "Home \ For Families \ Family Support & Res...". A central graphic features three arrows pointing right, labeled "GUIDANCE", "ASSISTANCE", and "SUPPORT". To the right, a "For Families" dropdown menu is open, showing links: "Before/After Childcare (SACC) >", "Emergency/School Closings", "Family Access/Skyward", "Family Support & Resources" (which is expanded to show "Back to School Nights", "Counseling Services", and "English as a Second Language"), and "Additional Information for Parents/Guardians". At the bottom, a paragraph states: "Teaneck Public Schools serves over 3800 children and we know our families need support of all kinds. This section of the website includes information ranging from counseling services to parent/teacher conferences."



Once you click on the link labeled **Counseling Services** it will bring you to this page.

https://www.teaneckschools.org/CounselingServices.aspx

TEANECK PUBLIC SCHOOLS


DISTRICT FOR FAMILIES FOR STAFF

COMMUNITY DEPARTMENTS SCHOOLS

TRANSLATE Search...

COUNSELING SERVICES

Home \ For Families \ Family Support & Res... \ Counseling Services



PARENTS/GUARDIANS/STUDENTS:

As we navigate through this difficult time, please know our School Counseling Department will continue to support our students. Counselors and Outreach Workers are available via their emails.

Updates will be available on the "School Counseling" page. <https://www.teaneckschools.org/SchoolCounseling.aspx>.

Please take advantage of these services as needed and stay healthy!

COPING WITH STRESS

[SAMHSA Brochure 1 \(pdf\)](#)
[SAMHSA Brochure 1 \(pdf\) \(.rtf\)](#)

[Mental Health Community Resource List](#)

Family Support & Resources

- [Back to School Nights](#)
- [Counseling Services](#)
- [English as a Second Language](#)
- [NJDOE Portal](#)
- [Parent Internet Resources](#)
- [Parent/Teacher Conference Schedule](#)
- [SEPAG](#)



TEANECK PUBLIC SCHOOLS



TRANSLATE

Search...



DISTRICT

FOR FAMILIES

FOR STAFF

COMMUNITY

DEPARTMENTS

SCHOOLS

RESOURCES

[Home](#) \ [Departments](#) \ [School Counseling](#) \ [Resources](#)

Helpful Links & Resources



[Bergen County COVID-19 Community Mental Health Resources](#)
[CDC - Managing Stress and Anxiety](#)
[Common Application](#)
[Common Application Website](#)
[Community Resources](#)
[Coalition Application](#)
[Emergency/Crisis Contacts and Other Resources \(pdf\)](#)
[Emergency/Crisis Contacts and Other Resources \(pdf\) \(.rtf\)](#)
[NAIA Athletics](#)
[NAMI - Important COVID-19 Guide](#)
[Naviance](#)
[NCAA Student-Athlete Eligibility Information](#)
[New Jersey High School Graduation Requirements](#)
[New Jersey National College Fair](#)
[SAMHSA - Coping with Stress](#)
[SAMHSA - Talking to Children](#)
[Staff Resources](#)
[University Health Services - Berkeley - Fears and Anxiety](#)

Suicide Prevention Resources

[Suicide Prevention Resources](#)

School Counseling

[About Us](#)

[Elementary Schools](#) >

[Middle Schools](#) >

[High School](#) >

[College Partnerships](#) >

[FORUM](#) >

[Forms](#)

[Mental Health Initiatives](#)

[Resources](#)

[Working Papers](#)

Resources are listed under the School Counseling Department page on the Teaneck District website.



Additional resources provide through the NJ Department of Education:

 OFFICIAL SITE OF THE STATE OF NEW JERSEY

Governor Phil Murphy • Lt. Governor Sheila Oliver
[NJ.gov](#) | [Services](#) | [Agencies](#) | [FAQs](#) | [Translate](#) | [Get Updates](#) | [Search](#)

Department of Education



Keeping Our Students Safe, Healthy & In School



[OSSS Home](#)  [School Health Services](#) [Safe & Positive Learning Environments](#) **[Student Wellness](#)**  [Afterschool Programs](#)  [NJTSS](#)

[Home](#) / [Keeping Our Students Safe, Healthy & In School](#) / [Student Wellness](#) / [Mental Health](#)

Mental Health

According to a [2021 report](#) from the Substance Abuse and Mental Health Services Administration (SAMHSA), of individuals ages 13-17, 14% experience mood disorders, 32% experience anxiety disorders, and 19% experience behavior disorders. Common diagnoses for children aged 3-17 years include attention-deficit/hyperactivity disorder (ADHD), behavioral/conduct problems, anxiety, and depression.

Schools are in a distinct position to recognize the early signs of mental, behavioral, and developmental disorders, provide social-emotional support services, and foster skills necessary to address challenges during the adolescent years. In doing so, schools can contribute to the overall emotional, social and academic success of each student.

What's New

- [New Jersey Comprehensive School-Based Mental Health Resource Guide](#)
- [Overview of the New Jersey Comprehensive School-Based Mental Health Resource Guide](#)

<https://www.nj.gov/education/safety/wellness/mh/index.shtml>



Additional resources provided through the NJ Department of Education:

Mental Health

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NJDOE Mental Health-Related Resources

New Jersey Comprehensive School-Based Mental Health Webinar Series

For Parents

For Students

For School Leaders / Educators

Professional Organizations for School Health Personnel

Other Related Organizations

Research and Publications

State and Federal Government Agencies

What's New

- [New Jersey Comprehensive School-Based Mental Health Resource Guide](#)
- [Overview of the New Jersey Comprehensive School-Based Mental Health Resource Guide](#)
- [New Jersey Comprehensive School-Based Mental Health Webinar Series](#)
 - [Webinar 1: Developing a MTSS Framework](#)
 - [Webinar 2: Needs Assessment and Resource Mapping](#)
 - [Webinar 3: Establishing Universal Prevention](#)
 - [Webinar 4: Establishing Tiered Supports \(Tiers 2 & 3\)](#)
- [Protecting Youth Mental Health - The U.S. Surgeon General Advisory](#)

<https://www.nj.gov/education/safety/wellness/mh/index.shtml>



NJ Department of Education Website: Parent's Section and Student's Section...

NJDOE Mental Health-Related Resources

New Jersey Comprehensive School-Based Mental Health Webinar Series

For Parents

- [New Jersey Department of Human Services, Division of Mental Health and Addictions Services](#)
- National Association of School Psychologists (NASP) Resources:
 - [Care for Caregivers: Tips for Families and Educators](#)
 - [Supporting Students Experiencing Childhood Trauma: Tips for Parents and Educators](#)
- [New Jersey Association of Mental Health and Addiction Agencies, Inc.](#) (NJAMHAA)
- [Centers for Disease Control and Prevention](#) *Children's Mental Health*
- [KidsHealth for Parents](#) from Nemours *Emotions & Behavior*

For Students

- Hotlines / Helplines - available 24 hours / 7 days a week
 - [Crisis Text Line](#)
 - [New Jersey Hopeline](#)
 - [2nd Floor Youth Helpline](#)
 - [National Suicide Prevention Lifeline](#)
 - [The Trevor Lifeline](#)
- [TeensHealth](#) from Nemours provides adolescents education on a variety of mental health topics and is overseen by medical professionals
- [National Institute of Mental Health- Do I have Depression?](#)
- Mental Health Applications
 - [Breathe2Relax](#)-Users follow along as the app provides deep breathing exercises to lower stress levels.
 - [Happify](#)- Utilizes games and activities to help users relax.
 - [Headspace](#)-Provides guided meditation based on areas of concern.

<https://www.nj.gov/education/safety/wellness/mh/index.shtml>



What questions do you have?



IN THE CHAT: Share a strategy from today's training that you plan to use.

