

When the Going Gets Tough: Managing Stress with Peer Stories

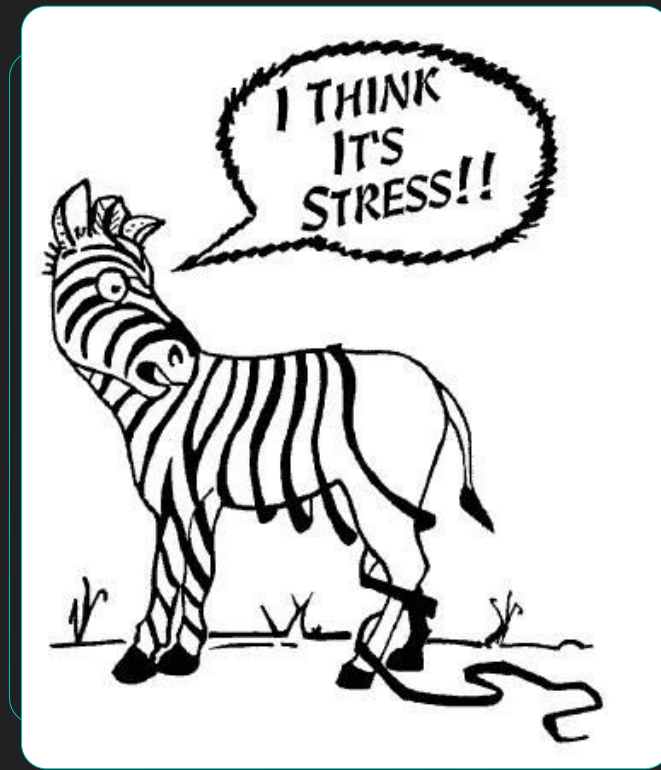


Healthy Living Series

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Who among you?

- Oversees the household
- Works full-time or part-time
- Attends school or part-time
- Has children under 12
- Has teenagers
- Watches the news on a regular basis
- Fears community violence
- Is concerned with climate change
- Has felt the effects of the pandemic

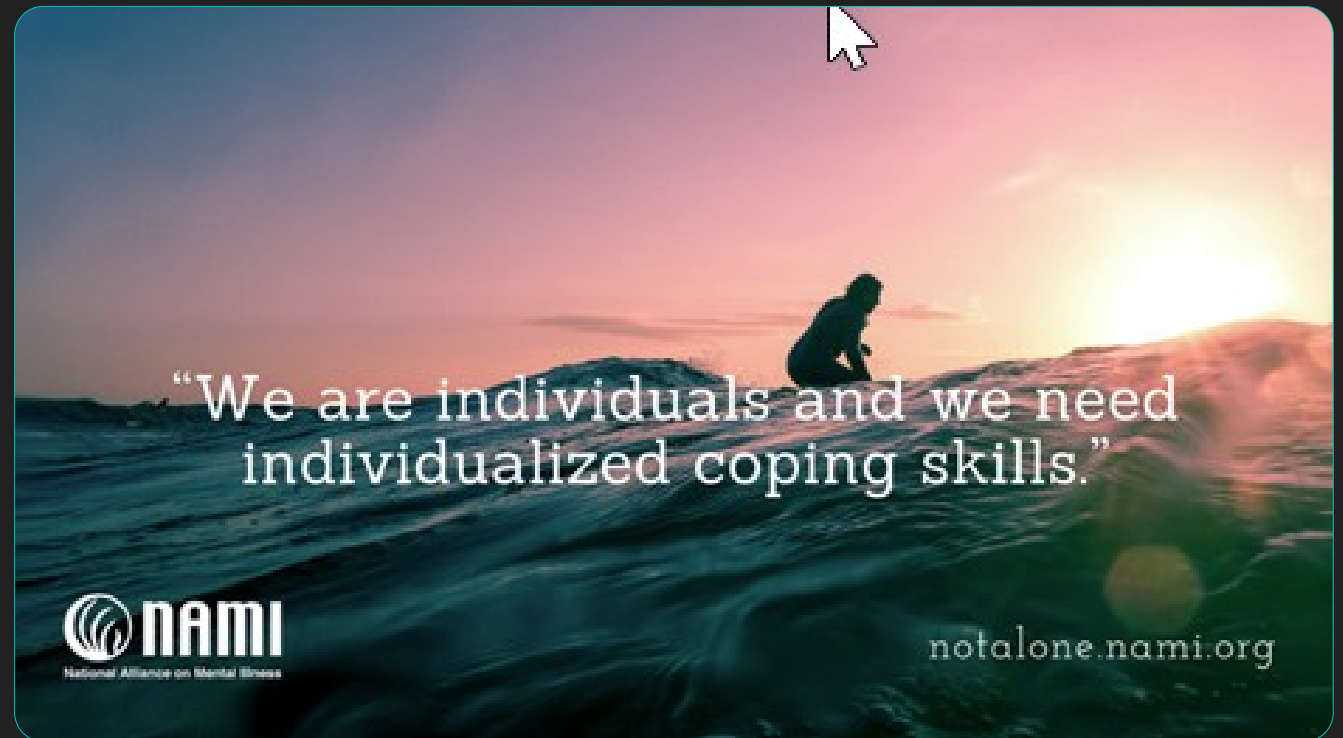


What is Stress?



Skillset to Mitigate Challenging Situations

- We are unique
- There's no ONE size fits ALL
- Today's class will provide ideas that have worked for some
- You'll also share what has worked for you
- We'll explore some options



Taking care of you

- Self-care is not selfish
- You cannot pour from an empty cup
- The better you feel, the better you will be able to support those around you
- You cannot give what you don't have



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Some ideas that have worked!

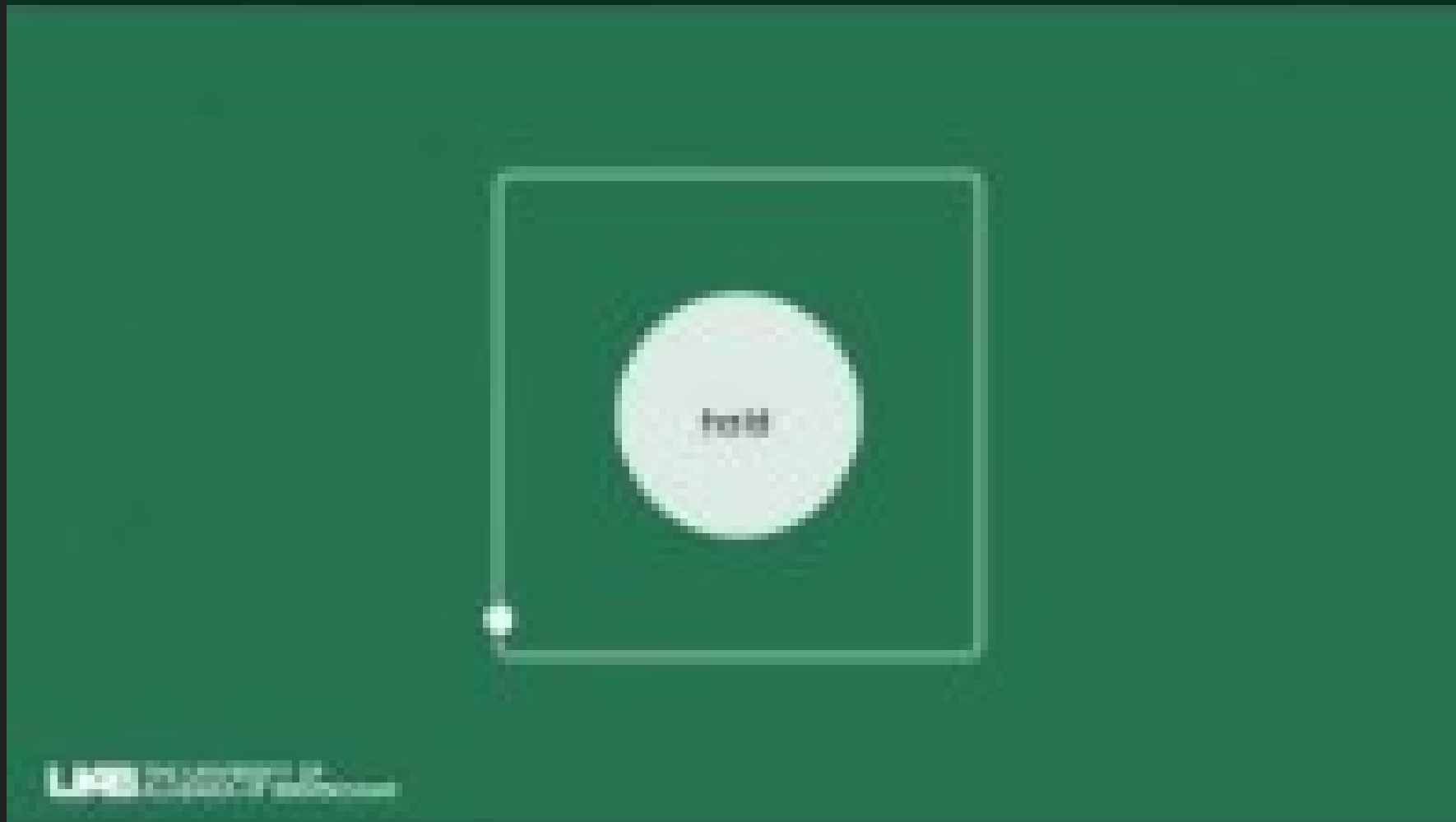
- Square Breathing Exercise
- Mindfulness (Watch, Walk, Cook, Eat)
- Exercise/Movement
- Affirmations
- Gratitude Journal
- Nature
- Music
- Connecting with others
- Single Tasking (yes! As opposed to multi-tasking.)
- Giving back! Gives us purpose/meaning



Others?

Get
ready to
try some!

Square Breathing



Mindful Watching/Listening



Movement/Affirmation

- Get ready to move
- Stand up
- Follow the leader
 - In movement and affirmation

Wendy Suzuki: The Brain-Changing Benefits of Exercise



<https://www.youtube.com/watch?v=BHY0FxoKZE>

Nature



What's your happy "place"?



Run

Joseline Castanos
Today at 5:41 AM · Howard County, Maryland

Morning Run

Distance	Avg Pace
16.01 mi	13:20 /mi
Moving Time	Elevation Gain
3:33:31	636 ft
Calories	Avg Heart Rate
1,561 Cal	145 bpm

[View Analysis](#)



Joseline Castanos
Today at 7:36 AM · Howard County, Maryland

Morning Run

Distance	Avg Pace
8.08 mi	12:41 /mi
Moving Time	Elevation Gain
1:42:34	331 ft
Calories	Avg Heart Rate
798 Cal	146 bpm

[View Analysis](#)



Joseline Castanos
Today at 9:30 AM · Washington, District of Columbia

Pre-rally Run

Congratulations, this activity completes the June Sweat With Pride Challenge!
10h 0m

Distance	Avg Pace
5.29 mi	17:53 /mi
Moving Time	Elevation Gain
1:34:45	59 ft
Calories	Avg Heart Rate

Giving back!



A Mother's Vow Of Mental Health Advocacy For Her Daughter



Taking care of those around you

- Connecting with them – spending quality time together
- Communication – listening is key!
- Showing interest in what they are doing
- No need to solve others' problems
- Just being there
- Modeling healthy habits and coping skills
- Noticing their achievements (Rule of 5)
- Love
- Compassion
- Empathy



Q&A

Have further questions?



Stress Screening Resources

- [Mental Health America Stress Screener](#)
(16 quick questions to determine your stress levels)
- [Other MHA Screening](#)

Take a Mental Health Test

DEPRESSION TEST ANXIETY TEST PTSD TEST

BIPOLAR TEST PSYCHOSIS TEST ADDICTION TEST

EATING DISORDER TEST PARENT TEST YOUTH TEST SEE ALL TESTS

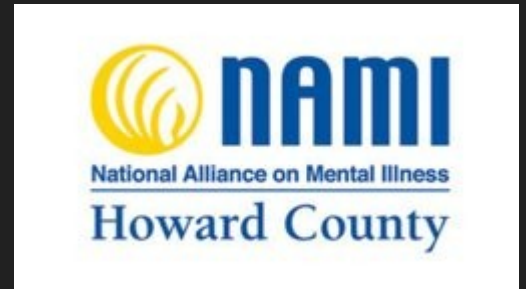


Resources

- [Broken Crayons Still Color](#)
- [Color Me Calm](#)
- [Howard County Behavioral Health](#) - **410-313-6202**
- [Helping Students cope with the Pressures of School](#) (NAMI.org)
- [How to Use Journaling as a Coping Skill](#) (NAMI.org)
- [Maryland Coalition of Families](#) (mdcoalition.org)
- [NAMI Howard County](#) – www.namihowardcounty.org - **410-772-9300**



National Alliance on Mental Illness (NAMI)



- **National, State, County**
- **Education, Support, Advocacy**
- **Courses:** NAMI Family-to-Family, NAMI Basics, NAMI Peer-to-Peer, Education Forums, Ending the Silence (in Middle schools/ High schools), School Parent/Staff Presentations
- **Support Groups:** Parent Support Group, Parent Transition Age Youth Group, Family Support Group, Veteran Support Group, Connection Support Group, **Warm Line (410-772-9300)**

For Mental Health Emergency call 988

(New July 16, 2022)