

# Santa Catalina School Parents Weekend 2017



## Together We Grow: Healthy Tips for a Well Balanced Life

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# Welcome and Introduction

# Purpose



- Efficiency = success
- For students and parents and faculty as well (because adulting is hard too)
- Lots of skills to learn this morning for everyone

# Topics of Discussion



- Anxiety/Stress Management
- Adolescent Development
- Mental Health
- Healthy Relationships
- Healthy Communication
- Hacks to make your life easier and more efficient

# What are the developmental tasks of adolescence?



- Developmental tasks are what we hope you are able to achieve within a certain developmental window. In this case we are talking about ages 12-18 years of age.
- There are 8 identified “tasks” but for purposes of this presentation we are going to focus on 4 of them.
- Robert Havighurst’s formulation of developmental tasks (1951 updated 1972).

# Closer Look: Developmental Tasks



- Accept one's physique and use one's body effectively.
- Achieve emotional independence from parents and other adults.
- Desire and achieve socially responsible behavior
- Acquire conscious values and an ethical system to guide behavior

# *Accept one's physique and use one's body effectively*



- learn how to be in your body
- Feel comfortable in it, accepting of it
- One of the best ways to do this is to keep active.

# *Achieve emotional independence from parents and other adults.*



- being able to deal on a daily basis without constantly relying on an adult.

# *Desire and achieve socially responsible behavior*



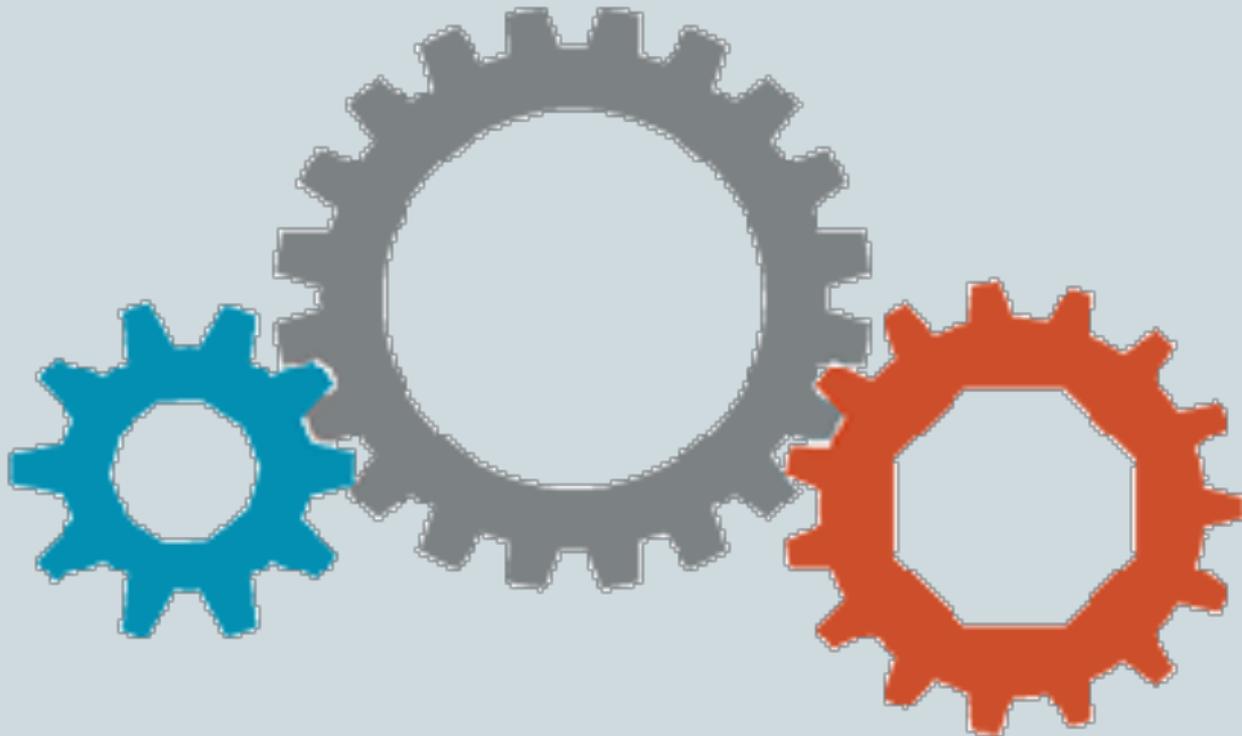
- Be a good citizen of the world.
- Think of others, have empathy and perspective taking skills.
- learn the nuances of how to respond to different social situations, how to carry yourself.

# *Acquire conscious values and an ethical system to guide behavior*



- Follow the laws, don't break laws and engage in criminal behavior.
- Be honest with yourself and others.
- Follow the rules of your workplace.
- Have an understanding of why the rules exist (for example protection and safety)

# Switching gears



# What is anxiety?



- Excessive worry
- Can be extremely uncomfortable and paralyzing
- The key here is planning ahead

# What contributes to stress?



- Deadlines
- Workload
- FOMO
- Confusing friendship problems
- Confusing other relationship problems (adults, parents or romantic)

# Tips for managing your to-do list



- Break down tasks into smaller pieces.
- Use a wipe board calendar on the back of your door
- Use a regular wipe board – some type of visual representation
- Did you know? A large body of research indicates that visual cues help us to better retrieve and remember information
- Also good news: Based upon research outcomes, the effective use of visuals can decrease learning time, improve comprehension, enhance retrieval, and increase retention.

# Help with focus



- Use ear plugs
- Layer your learning - on separate occasions - read it, annotate it, highlight it, read it out loud, if you can, listen to it, repeat!
- Set windows of work time and windows of break time For example 45 minutes of work 15-20 minutes of “off time” – rotate
- When you are struggling ask for help
- On a group project see what can be delegated or traded when necessary

# “Forest App”



**Forest by Seekrtech**

Stay focused, be present

**\$1.99**

In-App Purchases



**4.8** ★★★★★

175 Ratings

**#1**

Productivity

**4+**

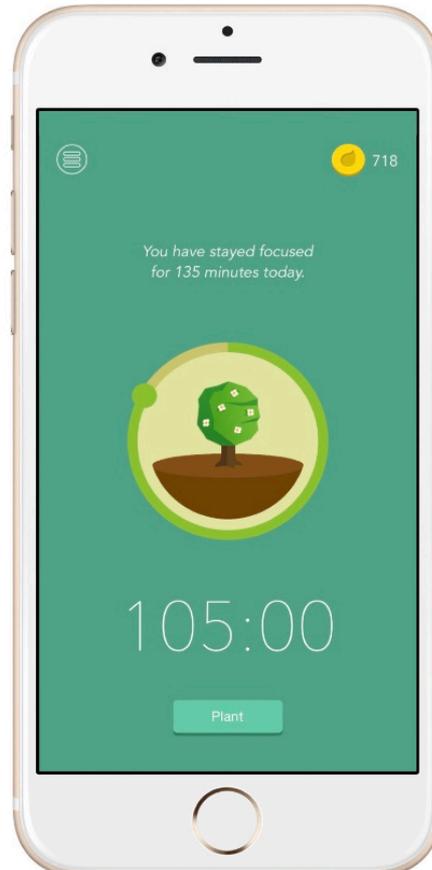
Age



Whenever you work your work, plant



Whenever you want to focus on your work, plant trees



In the following time, it will grow when you are working.



The tree will be killed if you leave this app.



# Let's talk sleep!



- Research: What do we know?
- National Sleep Foundation:
  - Naps
  - Avoid caffeine and alcohol close to bedtime
  - Exercise
  - Diet
  - Get at least 15 minutes a day
  - Have a bedtime routine
  - Sleep hygiene

# More sleep Hygiene



- White noise
- Sleep mask
- Dimming of lights
- Screentime/blue light
- Notebook on side of the bed
- Blackout shades

# Caring for yourself



- Be gentle on yourself.
- Adjust expectations.
- Self care
- Self-regulation
- Notice your thoughts. Are they generally negative or positive? Be aware of any negative automatic thoughts.
- Schedule downtime

# Negative automatic thoughts



- **Automatic:** They come into your mind without any effort.
- **Distorted:** They are not always supported by evidence.
- **Unhelpful:** They keep you feeling down.
- **Plausible:** You accept them as fact.
- **Involuntary:** You do not choose to have these thoughts and they are difficult to push out of your mind.

From: Central Manchester and Manchester Children's University Hospital NHS Trust

# Changing Negative automatic thoughts



- Become aware of your negative thoughts, make note of them.
- Identify themes
- Weigh out the evidence for the truth in these thoughts
- Replace with positive more accurate thoughts

# Nutrition and fuel for your brain



- The key here is planning ahead
- Eat breakfast: students do better on tests when they eat breakfast. It's a fact.
- Make sure you eat something every 2-3 hours to keep your blood sugar up, otherwise you might not think as clearly and you may overeat at your next meal or eat something that will make you crash. Not efficient at all.
- Eating right helps with thinking clearly and feeling good.

# Smartphones



- 2012: more than 50% of Americans owned a cell phone
- Rates of teen depression and suicide have skyrocketed since 2011
- Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on nonscreen activities are more likely to be happy
- Disrupts sleep
- Longitudinal Research: Jean Twenge, psych professor at SDSU, “Have Smartphones Destroyed a Generation”, The Atlantic

# Find a healthy outlet



- What helps you? Yoga? Sports, music, dance? Writing? Jump rope?



# What's not a healthy outlet?



- Alcohol
- Drugs
- Cutting
  
- All of the above really affects your frontal lobe brain development (which by the way is still happening until age 25)

# If you are struggling...



- Talk to someone

100

# Friendships



- What makes a healthy relationship?
  - A sense of mutual respect
  - The freedom to communicate honestly
  - Trust that is built over time.
  - Boundaries

# Healthy Boundaries



- First step is identifying your own feelings.
- Second step is learning what you are ok with and what you aren't ok with
- Next, clearly communicate to the other person what you are ok with and what you are not.
- When boundaries are violated you can feel anger and frustration.

# “I statements”



- What if someone else is creating drama?
  - ✦ Use “I” statements
  - ✦ I feel \_\_\_\_\_ when you \_\_\_\_\_.
  - ✦ You are taking responsibility for your feelings – no one can “make you feel” a certain way.
  - ✦ Clarifies both of your roles – what you feel and their actions, but is not blaming.

# “I statement” text examples



# What does it take to be a good friend?



- Be honest.
- Be physically present.
- Be emotionally present.
- Don't be afraid to ask how they are doing and actually mean it.
- If they need help, offer options

# Parents and adults



- Listen more than talk.
- When your daughter comes to you in distress, before jumping in and problem solving for her:
  - 1) first ask if they want to hear your thoughts
  - 2) help them to sort out their thoughts and feelings, guide them, offer options – this is an opportunity for her to learn new skills in the area of problem solving.
  - 3) be supportive and when all else fails reflect back to them how they may be feeling or repeat their concerns as this will help them to feel heard.

# Resiliency

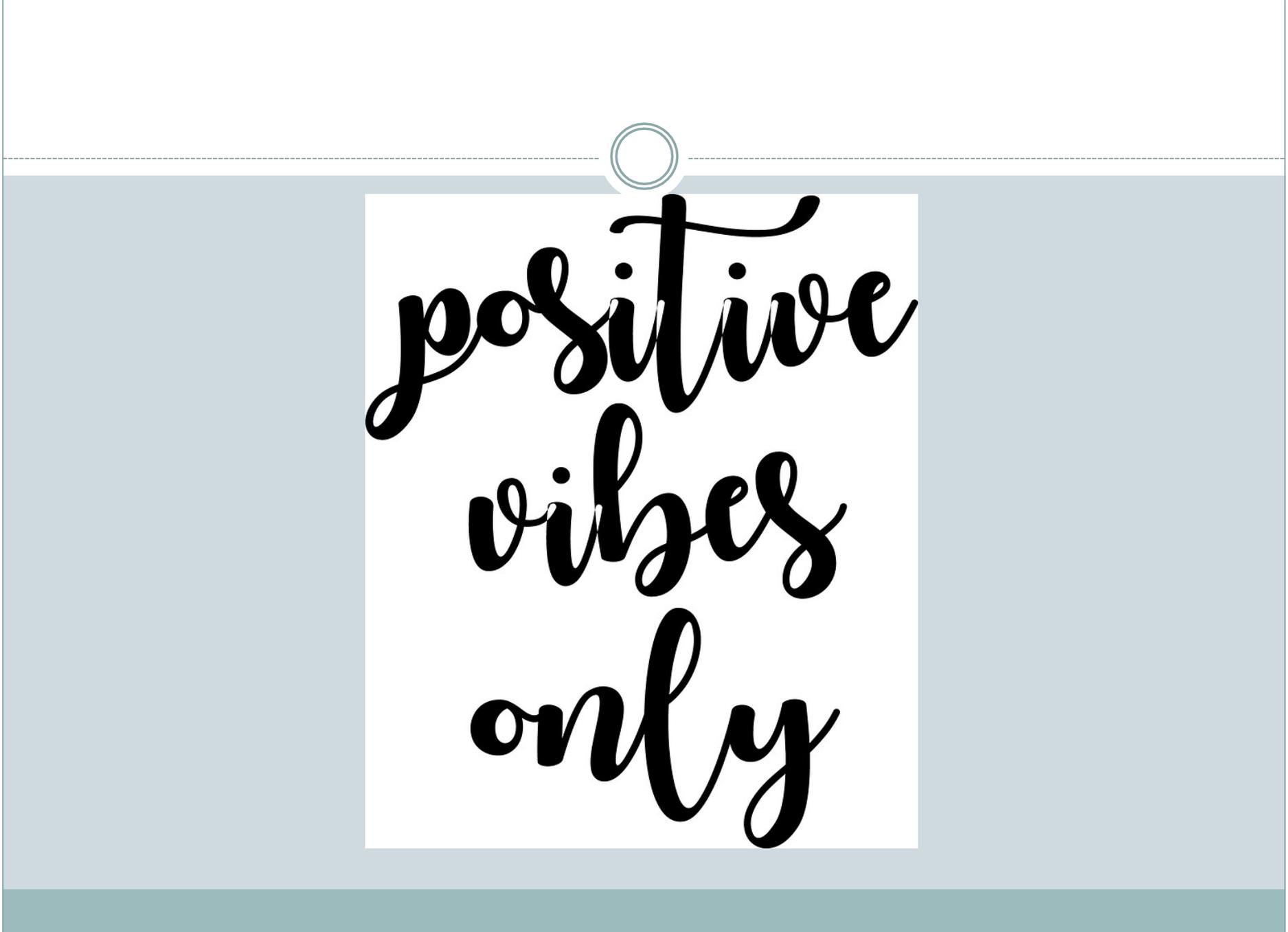


- Wait. What is resiliency?
  - Resiliency is the ability to face setbacks, failures, crises emotional and physical pain with confidence and courage and keep going.

# Becoming resilient



- Resiliency helps immensely with reducing stress.
  - 1) Be flexible when things come your way.
  - 2) Find the lesson
  - 3) Take action
  - 4) Stay connected
  - 5) Release tension
  - 6) Do activities that help you to feel fulfilled.
  - 7) Eat well, sleep well, and exercise even a little!
  - 8) Acknowledge your personal achievements and take pride in them.
  - 9) Use humor everyday
  - 10) Practice positivity and optimism
- Robert Brooks, PhD, psychologist; co-author, *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*, McGraw-Hill, 2004.
- Ani Kalayjian, EdD, DSc, DDL, BC-RN, psychologist; adjunct professor of psychology, Teachers College, Columbia University.
- Wu, G. *Frontiers in Behavioral Neuroscience*, published online Feb. 15, 2013.
- American Psychological Association: “The Road to Resilience.”



positive  
vibes  
only

# Mindfulness



- Mindfulness is a state of active, open attention on the present.
- you can carefully observe your thoughts and feelings without judging them good or bad.
- means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future.

# Everyday Thinking vs. Mindful Thinking



## *Everyday Thinking*

- Analytical
- Judgemental
- Past and future oriented
- Juggles multiple thoughts
- Distracted

## *Mindful Thinking*

- Descriptive
- Exploratory
- Present oriented
- Manages one thought only at a time
- Focused

# Mindfulness



- It is a practice, which means you need to practice



# Progressive Muscle Relaxation



- Progressive muscle relaxation is a method that helps relieve that tension. In progressive muscle relaxation, you tense a group of muscles as you breathe in, and you relax them as you breathe out. You work on your muscle groups in a certain order. When your body is physically relaxed, you cannot feel anxious
- Let's do this!

# Thanks for coming!



- Amazon “Idea List” entitled “Santa Catalina Parents’ Weekend 2017” <http://a.co/itKhWlR>