Understanding Anxiety Amidst COVID-19 Webinar

Recorded April 2, 2020

A big thank you to Julie Bohni (Registered Clinical Counsellor) for sharing about how we are wired, and strategies to deal with anxiety in these tumultuous times.

Description of session: To say these are unprecedented times seems like an understatement. Never before has our world socially distanced in an attempt to shrink the spread and impact of a virus. But here we are…all encouraged to stay home…and feel uncertain? Anxiety is a normal response to uncertainty, but what do we do with our worry and ruminating negative thoughts? Join Julie Bohni, a registered clinical counsellor, to understand our brain's response to stress and anxiety. As well, gain practical insight and tools (for ourselves and teaching/parenting) to gain awareness and develop strategies to cope with anxiety during this COVID-19 time.

https://player.vimeo.com/video/403509407

Links from session or tools within HCOS for families

- Learning Commons Stress Management Resources
- Learning Services "Hello Anxiety" Expression of Interest form for online Therapy groups
- Well-Being BC
- SoraApp - digital books on the topic of anxiety (Please log in to Sora first before clicking this link)
- Psalms 91
- Tenth Avenue North - By Your Side (Offical Music Video hosted on YouTube)

Slides from Presentation

ANXIETY



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What makes it an anxiety disorder?

We all experience emotions like anxiety and sadness. What makes it a disorder is how severe it is and how much it intereres with out home, at school/work, and with friends and family.

Hidden Triggers

There are some things that trigger anxiety that most of us do not consider.



Lack of Sleep



Dehydration



Unbalanced Diet



Negative Thoughts

Coping Strategies: Deescalate

Deep Breathing

4 count in, pause, 4 count out.

Leader breath along side at pace. Encourage "fill your belly, expand your rib cage" "let your ribs collapse, empty your belly".

Social Connection

Take a Step into Nature

Observe what you see, how do you feel.

Grounding

Help them focus on the present.

Name 5 things that your can see. 4 things that you can touch. 3 things that you can hear. 2 things that you can smell. 1 thing that you can taste.

Splash cold water on your face. Hold a cold water bottle or ice. Sip cold water.

Identify feelings. I feel _____. Leader ask, "Can you tell me more about that?"

Journal

Writing helps decrease anxiety. *Some prompts are:*

1. I feel ..., I enjoy ..., I am ...
2. My favourite way to spend the day is...
3. Make a list of 30 things that make you smile
4. If my friend was feeling like I am I would say to them...
5. I am surprised by...
6. Make a list of things that inspire me when I am hurting (emotionally or physically)
8. The kindest thing I can do for myself is...
9. I feel most energized when...

ANXIETY

presents itself in many different ways...

The desire to control people and events.

Difficulty getting to sleep.

Feeling agitated or angry.

Defiance and other challenging behaviours.

Having high expectations for self.

Avoiding activities or events.

Pain like stomachaches and headaches.

Struggling to pay attention and focus.

Intolerance or uncertainty.

Crying and difficulty managing emotions.

Over-planning for situations and events.

Feeling worried about situations or events.

Revision #11
Created 2 April 2020 16:10:49 by Steve Bastian
Updated 10 June 2025 16:06:54 by Steve Bastian