

The difference between stress & anxiety

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Anxiety is probably one of the biggest mental health concerns, period, and yet we're much more likely to say we'll look at depression and post-traumatic stress disorder.

*-Dr. Robin Gurwitch,
Duke University Medical Center*

STRESS



What does stress look like
or feel like for you?

What does stress look like
or feel like for your kid?

Stress: The non-specific response of the body to any demand for change

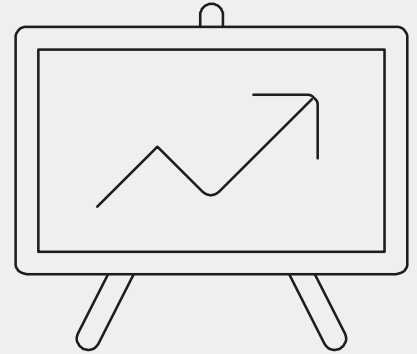


How common is stress?

Teens reported their stress level was 5.8 on 10-point scale, compared with 5.1 for adults.

Most common source of stress?

School - 83%



Coping with Stress

Make a Plan

Talk it Out

Self-Care

Step Away

Breathe

Laugh

Chronic Stress?

Gastrointestinal problems

Skin and hair problems

Obesity and other eating disorders

Cardiovascular disease

Mental health problems

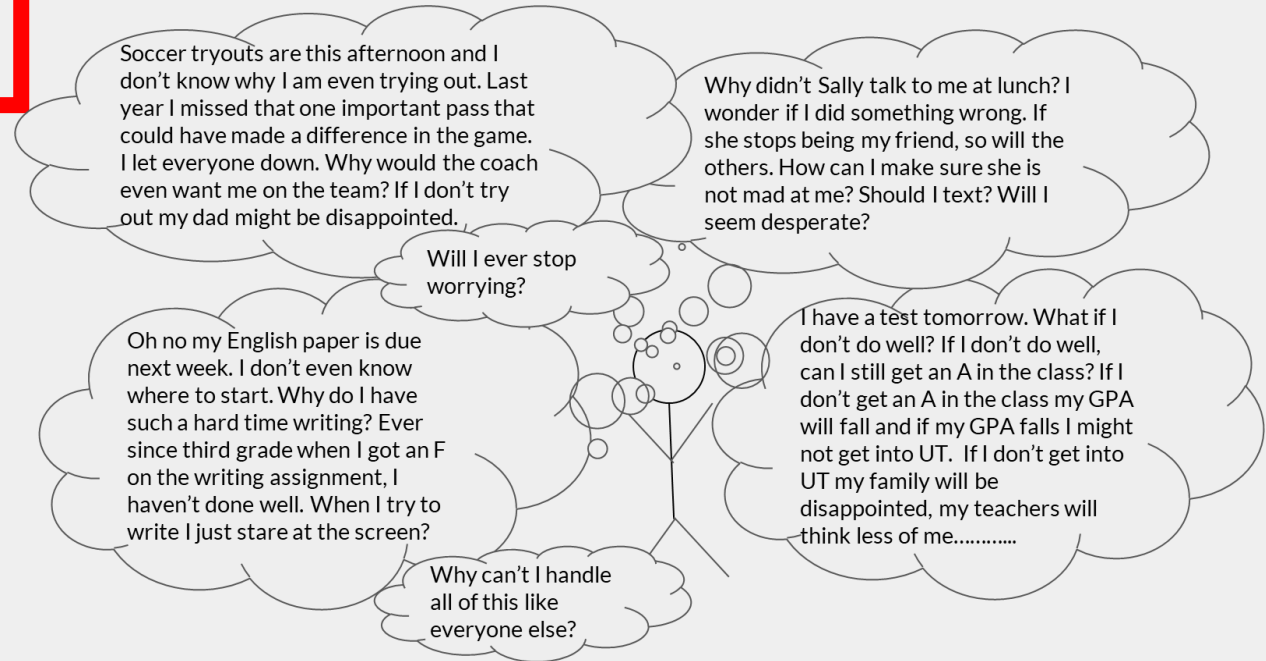
Anxiety



What does anxiety look like
or feel like for you?

What does anxiety look like
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Anxiety



Generalized Anxiety Disorder

Restlessness or feeling wound-up or on edge

Being easily fatigued

Difficulty concentrating or having mind go blank

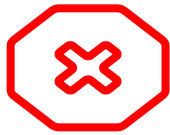
Irritability

Muscle tension

Difficulty controlling the worry

Sleep problems

Excessive anxiety or worry for months



Quit being dramatic
Come on, it's easy
You are being lazy
You need to toughen up
Pull yourself together
Grow up
You're crazy
Just try harder
Just wait for the real world



I see this is hard for you.
Take some time, breathe.
How can I help?
What do you need right now?
Want to talk?
I am here to listen.
I can't imagine what it is like.
You are more than your anxiety.
I will sit with you
I believe in you.

How common is anxiety?

1 out of 4 struggles with an anxiety disorder

6% suffer from a severe anxiety disorder

80% don't get treatment

Suicide is 2nd leading cause of death for students age 15-19 and the 3rd for students age 10-14

12% of Texas teens reported attempting suicide (national avg 7%)



There's so much focus on 'the culture' as a cause for anxiety. And I keep saying to all these adults, we're the culture.

*Lynn Lyons
licensed clinical social worker*

10 Reasons Teens have so much Anxiety Today

Amy Morin, LCSW - Psychology Today

1

Electronics

Constant access to digital devices lets kids escape uncomfortable emotions like boredom, loneliness, or sadness by immersing themselves

2

Happiness

Happiness is emphasized so much in our culture that some parents think it's their job to make their kids happy all the time.

3

Praise

Parents are giving unrealistic praise.

4

Rat race

Parents are getting caught up in the rat race.

5

Lack of skills

We emphasize academic preparation and put little effort into teaching kids the emotional skills they need to succeed.

6

Protectors

Somewhere along the line, many parents began believing their role is to help kids grow up with as few emotional and physical scars as possible.

7

Fear

*Adults don't know how to help
kids face their fears the right
way.*

8

Guilt

Parenting stirs up uncomfortable emotions, like guilt and fear. But rather than let themselves feel those emotions, many parents are changing their parenting habits.

9

Free play

Kids aren't being given enough free time to play.

10

Hierarchies

Family hierarchies are out of whack.

What parts of your home culture increases stress and anxiety?

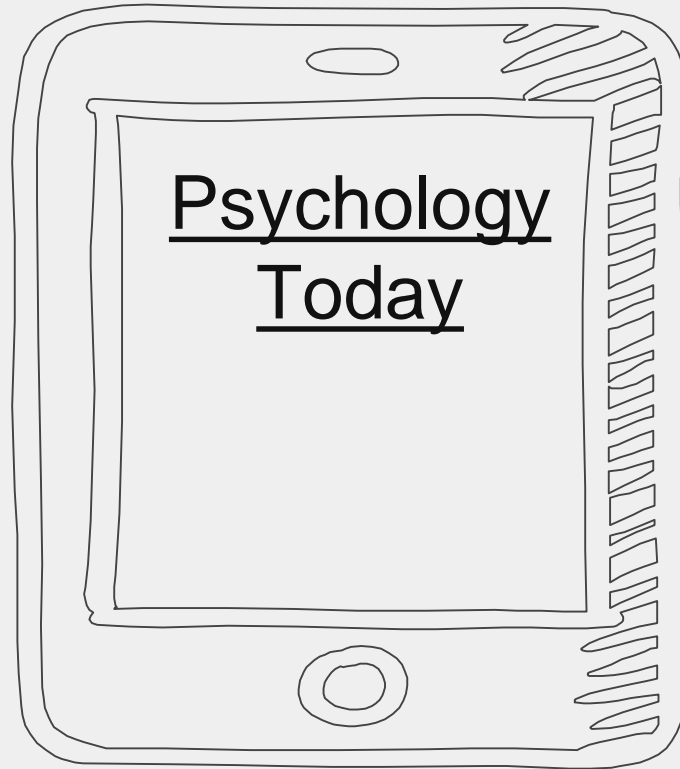
What are small changes you can make to reduce stress and anxiety?

Finding Help

Do not just google
counselors in
Austin/Round
Rock, TX. You will
be frustrated and
overwhelmed.



How to find
help



Crisis

911/Emergency Room
1-800-273-TALK
Text TALK to 741741
CrisisChat.org

Resources

Anxiety and Depression Association of America

National Alliance of Mental Illness Austin

American Foundation for Suicide Prevention

Article on Coping with Anxiety (with a podcast)

What do Anxious Teens Need?

thanks!

Any questions?

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Credits

Special thanks to all the people who made and released these awesome resources for free:

- Presentation template by SlidesCarnival
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