Self-Regulation and Anxiety

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pdf of presentation at: technolandy.wordpress.com
the me
it
connection
anxiety
“If schools are preparing us for the future why isn't there a course about youtube?”

–Eric Landy
“If I'm not able to sleep in class why do I have to do school work at home?”

–Destructo-Boy
overload
how does it feel?
why can't you just...

aka “we’ve all been anxious....”
kindergarten vs “all the time”
worries vs anxiety
I get that you have food poisoning and all, but you have to at least make an effort.

You just need to change your frame of mind. Then you'll feel better.

Have you tried... you know... not having the flu?

I don't think it's healthy that you have to take medication every day just to feel normal. Don't you worry that it's changing you from who you really are?

It's like you're not even trying.

Well, okay in bed obviously isn't helping you. You need to try something nice.
maybe it's just
it is what it is
(don’t get distracted)
identification in grade 4

for grade 10 success

it’ll be uncomfortable for everyone

it isn’t quick

in school

work with person not on behaviours
it does not have to be debilitating
anxiety sucks.
*** ___ ***
fine fine fine
## Canadian Principals’ Average Ratings of Student Emotional/Mental Health Issues from erase bullying presentation

<table>
<thead>
<tr>
<th>Issue</th>
<th>BC Rating</th>
<th>Canada Rating</th>
<th>Global Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger Management</td>
<td>2.67</td>
<td>4.47</td>
<td>3.93</td>
</tr>
<tr>
<td>Impulse Control</td>
<td>4.58</td>
<td>4.28</td>
<td>3.96</td>
</tr>
<tr>
<td>Bullying and Harassment</td>
<td>3.67</td>
<td>4.28</td>
<td>3.99</td>
</tr>
<tr>
<td>Family Dysfunction or Other</td>
<td>4.75</td>
<td>4.10</td>
<td>3.89</td>
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<tr>
<td>Anxiety</td>
<td>5.00</td>
<td>3.77</td>
<td>3.38</td>
</tr>
<tr>
<td>Other Behaviour Problems</td>
<td>3.58</td>
<td>3.72</td>
<td>3.49</td>
</tr>
<tr>
<td>Stress</td>
<td>4.42</td>
<td>3.61</td>
<td>3.21</td>
</tr>
</tbody>
</table>
why the increases?
Where to start?
(the home-school connection)
Tools & Rules
Self Awareness

Create Common Language
-zones
-how does your engine run
-stress management-
-battery
-bucket filling
-balance scales
Flip the Lid (Hand Model of the Brain)

Make a Fist with your thumb tucked inside your fingers. This is a model of your brain.

**Thumb** = Midbrain (Stem & Limbic) = Emotional Brain. This is where emotions and memories are processed. This is where the fight, flight & freeze is triggered.

**Fingers** = Cerebral Cortex = Rational Brain. Houses our ability to think and reason.

**Fingernails** = Prefrontal Cortex = Problem-Solving

When something triggers us, we are prone to “Flip our Lid” which means the Prefrontal Cortex (Fingernails) have a very poor connection with the Midbrain (Thumb), and we’re not able to access the logical, problem-solving part of our brain. Our emotions are overriding our ability to think clearly.

- Dr. Dan Siegal
Whole school approach
organic...not behavioural

but damn does it ever look behavioural....

There’s a reason for the Behaviours
we are also doing a better job

120 → 60
early intervention
the sooner the better….and reduces after affects/effects
SO.....
WHAT ON EARTH AM I DOING IN HERE ON THIS BEAUTIFUL DAY?!
THIS IS THE ONLY LIFE I'VE GOT!!

AAAAAAAAAAA

NEXT TIME, TRY A DRINK OF WATER AND A FEW DEEP BREATHS.
“The Landy Rules”
The anxious learner needs to be at school.
Every damn day.
Being at school does not always mean being in the classroom
Being in the classroom does not mean doing the same work
You will need to push them
it’s a fine line between supporting & enabling the anxiety
Anxious kids are smart.
Anxiety can be overwhelming (especially generalized)
Cognitive Behaviour Therapy is important
Sometimes meds are needed
(and week 6 sucks)
self-soothing strategies will annoy you
transitions (and new things) suck
staying calm also sucks
outsiders & family members & friends will be critical
it’s a marathon, not a sprint
Communication is Key
(neither home nor school can/should work on this by themselves)
What is in the Day?

- bells
- gym
- music class
- hallways
- noise noise noise (not always what you think it is though)
- bus
- transitions
SCAFFOLDING CALM:
CAN’T JUST EXPECT STUDENTS TO “JUST DO IT”
(BREATHING, SITTING CALMLY, TALKING ABOUT THINGS)
WITHOUT GUIDED PRACTICE
Scaffold Calm

• Try these strategies
  • Mindful walking
  • Mindful tasting
  • Calming sequence

• How to breathe
  • Take stuffy for a ride!
  • Bubble breathing
  • Candle/flower
YOUR regulation is VERY important

We learn how to self regulate by first “being regulated” by a significant other
Relationship is key to:
Regulation, Engagement & Learning
Physical environment has ability to CO-REGULATE
Physical environment has ability to stress you or calm you
noise
(both audio and visual)
We learn through our senses
WE are stressed through our senses
we are soothed through our senses
<table>
<thead>
<tr>
<th>Mouth</th>
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</tr>
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<tr>
<td>Listen</td>
<td>Smell</td>
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<tr>
<td>Movement</td>
<td>Sight</td>
</tr>
<tr>
<td>Connection</td>
<td></td>
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If it distracts you = TOY

If it helps you focus = TOOL

(and we are often more comfortable with the tools that work(ed) for us)
tools & toys

- Friends for Life
- Zones of Regulation
- MindUp
- iPad
yeah but.....

• good mythical morning
  https://www.youtube.com/user/rhettandlink2

• game theory
  https://www.youtube.com/user/MatthewPatrick13

• go noodle
  https://www.youtube.com/user/GoNoodleGames
The Technology "Discussion"

distraction  over-stimulation

consuming vs creating

balance  blue/yellow light
Self Control is NOT the same as Self-Regulation

Self regulation allows you to have enough energy is your battery to have self control.

Examples - lack of sleep
Burns energy to deal with stress

Self control is using our thinking (PFC) to inhibit impulses, to pay attention, do what others want from us. Hard to do if our battery is drained.

Self control is a result of being self regulated.
resources

- anxietybc.com
- selfregulation.ca
- www.inspiredhealthphysio.com
- technolandy.wordpress.com
- twitter - just look up “anxiety”
- Ian’s “rant on anxiety” https://technolandy.wordpress.com/2015/05/01/day-150-of-188-my-anxiety-rant-edited-continued-blog4mh-anxiety/
Challenges and Screams

talk about mental wellness

you’re not alone

yes, it’s tricky

there is no “one” fix
(but can’t “not” do something)
What do you see? Questions?

from early-learners on up....
“Here’s to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes…”

Steve Jobs  
(1955-2011)

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