

STRATEGIES FOR MANAGING ANXIETY AND FEAR FOR YOU AND YOUR CHILDREN

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**“WE MAY HAVE ALL
COME ON DIFFERENT SHIPS,
BUT WE’RE IN THE SAME BOAT NOW.”**

– MARTIN LUTHER KING, JR.



OUR CURRENT STATE OF AFFAIRS

- NEWNESS AND UNCERTAINTY
- NEW EXPECTATIONS FROM WORK AND HOME
- RAPID CHANGE
- CONFUSING / INCONSISTENT COMMUNICATION
- HEIGHTEN LEVELS OF MENTAL AND PHYSICAL OVERLOAD
- LIVING IN THE LIMINAL IN THE LAND OF UNCERTAINTY



CHIP CONLEY SAYS...

- ANXIETY = UNCERTAINTY X POWERLESSNESS
- FEAR = LACK OF KNOWLEDGE – HOPE
- DISAPPOINTMENT = EXPECTATIONS – REALITY
- HAPPINESS = WANTING WHAT YOU HAVE ÷ HAVING WHAT YOU WANT
- JOY = LOVE – FEAR
- THRIVING = FREQUENCY OF POSITIVE ÷ FREQUENCY OF NEGATIVE



BRENÉ BROWN SAYS...

FET OR TFT

NORMALIZE IT

PUT IT INTO
PERSPECTIVE

REALITY CHECK
EXPECTATIONS



DEBORAH FARMER KRIS SAYS...

*AM I
OVERSTIMULATED?*

*DO I NEED
SLEEP?*

*DO I NEED
EXERCISE?*

*AM I
HUNGRY?*

*TURN DOWN THE
FIREHOSE*



JON KABAT ZINN SAYS...

STOP

**TAKE A
BREATH**

OBSERVE

PROCEED



JENNIFER KOLARI SAYS...

C

CONNECT

A

AFFECT

L

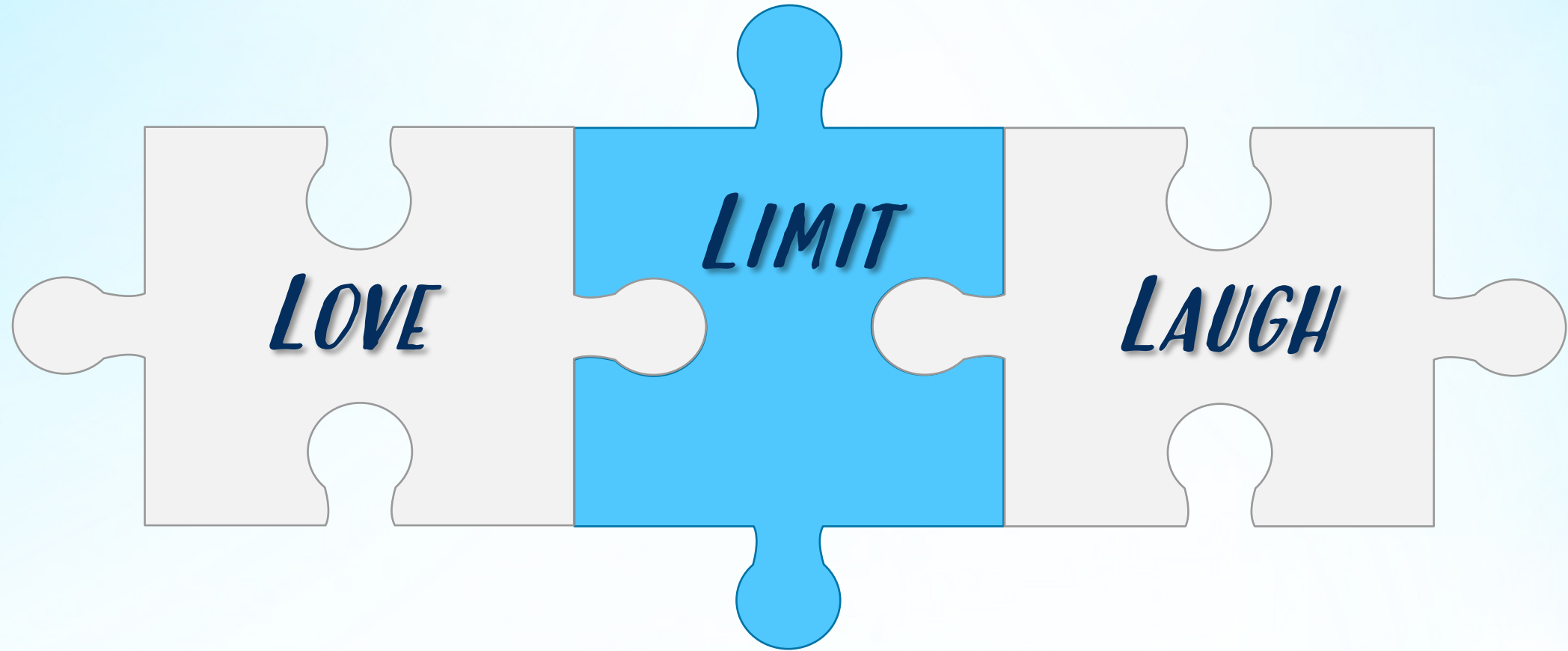
LISTEN

M

MIRRORING



JUSTIN COULSON SAYS...



KIMMIE FINK SAYS...

P L A Y



**“IF YOUR COMPASSION DOES NOT
INCLUDE YOURSELF, IT IS INCOMPLETE.”**

– JACK KORNFELD



CONTROL FROM WITHIN

- POSITIVE SELF TALK / THOUGHT CHECKING
- GROWTH MINDSET
- SELF-CARE
- QUIETING YOUR MIND, BODY, AND SPIRIT
- DEEP BREATHING
- SLEEPING, EATING, AND HYDRATING
- SELF-SOOTHING / SELF-REGULATING



CONTROL OUTSIDE OF YOU

- ESTABLISHING ROUTINES
- SETTING BOUNDARIES
- DEVELOPING COMMUNICATION STANDARDS
- ENGAGING YOUR FAMILY
- CONNECTING WITH YOUR SUPPORT SYSTEMS
- CREATING TEMPORARY WORK EXPECTATIONS / STANDARDS
- CLEANING, ORGANIZING, AND PURGING
- LEARNING SOMETHING NEW / COMPLETING OLD TASKS



“INCREDIBLE CHANGE HAPPENS IN YOUR LIFE WHEN YOU DECIDE TO TAKE CONTROL OF WHAT YOU DO HAVE POWER OVER, INSTEAD OF CRAVING CONTROL OVER WHAT YOU DON ’ T.”

-ANONYMOUS



COMMONALITIES WITHIN STRATEGY

- LEAN INTO WHAT IS GOING ON (SELF INVENTORY)
- EXPLORE WHERE IT IS COMING FROM(IT'S ALARMING YOU FOR A REASON)
- START LOOKING FOR SOLUTIONS (ASK QUESTIONS AND TAKE ACTION)
- TRY SOMETHING AND TRY SOMETHING NEW IF NEEDED(BE DETERMINED)
- TRY TO COMMUNICATE WHAT YOU NEED (WITHOUT SHAME)



EXPLORING YOUR TOOLBOX

- DEEP BREATHING
- SOAKING / BATHING / SHOWERING
- BAKING / COOKING
- DIY / ARTS AND CRAFTS (BE KIDLIKE)
- DRAW / COLOR / WRITE / JOURNAL
- LISTEN TO PODCASTS / AUDIOBOOKS
- BINGE WATCH YOUR FAVORITE MOVIE / SHOW
- EXERCISE (MOVE YOUR BODY)
- MEDITATE (QUIET YOUR MIND / SOUL)
- PRACTICE SPIRITUALITY / RELIGION
- NAP
- CONNECT WITH FAMILY / FRIENDS
- CLEAN / PURGE / ORGANIZE
- BE IN NATURE (BAREFOOTED)
- PLAY GAMES (WITH KIDS AND ADULTS)
- LAUGH AT MEMES, YOURSELF, AND YOUR FAMILY
- ALLOW YOURSELF SCREEN TIME
- DANCE / SING / MAKE SKITS
- GIVE YOURSELF PERMISSION TO SAY NO
- DEMAND YOUR ALONE TIME
- DRINK THAT COFFEE, EAT THAT CHOCOLATE



TAKEAWAYS

- BE PATIENT
- PRACTICE GRATITUDE
- FOCUS ON QUALITY TIME
- USE ALL RESOURCES / COPING TOOLS
- ASK FOR HELP (INSIDE YOUR HOME AND VIRTUALLY)
- BE OK WITH “JUST OK”
- FOCUS ON WHAT YOU CAN CONTROL
- THIS IS TEMPORARY (REFRAME– ITS LIKE SUMMER WITH LIMITED RESOURCES)



RESOURCES

FOR YOU

- ACTION FOR HEALTHY KIDS (BLOG)
- MENTAL HEALTH RESOURCES (TEXT NAMI TO 741741) OR INFO@NAMI.ORG OR CALL 911
- SAMHSA (SB AND MH SERVICES)
- SUICIDEPREVENTIONLIFELINE.ORG
- AUDIBLE FREE BOOKS
- PODCASTS ON SPOTIFY
- TEACHERS PAY TEACHERS
- WHOLEHEARTED SCHOOL COUNSELING
 - MINDFULNESS BRAIN BREAKS
 - SELF REGULATING COPING STRATEGIES
 - MINDFULNESS BREATHING EXERCISE
 - CALM DOWN CORNERS

FOR YOUR CHILDREN

- PBS KIDS
- ABC MOUSE
- COSMIC YOGA OR ALO YOGA
- SCHOLASTIC
- KHAN ACADEMY
- ACTION FOR HEALTHY KIDS (BLOG)
- KIDLIT411
- READING ROCKETS (KIDS WHO BLOG)
- YOUTUBE / GOOGLE



WE' RE GOING TO GET TO "THE OK"

