Nuestra Salud Entera (Mental, Emocional, Fisica, y....)

Our Whole Health (Mental, Emotional, Physical, and...)
Agenda

• Introductions
• Change to Chill™
• What is stress?
• Coping with Change
• What are we dealing with as a community?
• Q & A
• Resources
Poll ~ What are you hoping to talk about today?
Who are we?

“Never forget where you come from, where you have been and how you got here; so when you see a young person you can share what you learned, not just judge and criticize. You have to earn the right to be heard.”

Adalinda Sanchez (She/Her/Hers)
Who are we?

- Karina Lara
  (She/Her/Hers)

Brought to you by Allina Health Change to Chill
Powered by Hennepin County Public Health
What is Change to Chill™?

• Change to Chill is a teen mental well-being resource that has three components:
  • Website, changetochill.org
  • Community Trainings (In-Person & Online)
  • Change to Chill School Partnership & Chill Champion Program
Change to Chill™

- Free online educational resource
- Designed and tested by teens – BUT everyone can benefit
- Focus: identify stress and build resiliency
- Prevention based
- Linked to National Health & Physical Education Standards
Poll ~ What is your biggest stressor?
What is stress?

- **Physical response to external stimuli** - loud noises, violence, limited food and resources, trauma, accident, illness, any scary situation.

- **Physical response to perceived danger** - what is stressful is different for everyone.

- Stress makes the body go into **Flight, Fight, or Freeze** mode
  - [https://youtu.be/i3agHc02aPo](https://youtu.be/i3agHc02aPo)

- **Stress reactions are completely normal** - means your body is working the way it was designed to work to stay alive and survive
Physical responses to stress

**Stress Response**
- Cortisol level increases
- Pupils dilate
- Heart rate increases
- Bronchioles dilate, increase oxygen to lungs
- Blood flow to internal organs is slowed
- Digestion slows
- Intestinal and urinary sphincters constrict
- Blood moves to limbs to prepare for fight or flight

**Relaxation Response**
- Pupils constrict
- Heart rate decreases
- Bronchioles constrict
- Blood flows back to organs
- Digestion resumes
- Intestinal and urinary sphincters dilate
- Blood moves away from limbs
Cortisol and adrenaline are stress hormones.

Adrenaline is used to give you a quick boost of energy.

Cortisol can be constantly secreted into the body with chronic stress causing mental, emotional and physical changes such as a "Cortisol Belly."
Effects of stress and other choices
Selfie Sabotage: How long-term stress affect our appearance

- Hair loss
- Greying hair
- Bags under eyes
- Skin spots and rashes
- Acne, Blackheads
- Increase chances of unhealthy coping (smoking, alcohol, sugar)
- Dull Complexion
The Future YOU

• Picture yourself when you are your parent/grandparent/aunt/uncles age

• Picture waking up on a “regular day”
  • Do you hop out of bed excited?
  • What does your body feel/look like?
  • Where do you live?
  • What job are you getting ready for?
  • Are you living alone or with family?
  • How do you feel about your life? Satisfied? Lonely? Happy? Proud?

• The way we handle stress NOW can significantly impact the way our life will look like when we are their ages. What you do now matters!
Good news: We CAN change

• Our brain is neuroplastic: meaning it is always changing and adapting.

• Beliefs and perceived stress—We can change our beliefs about something that in turn can reduce our stress reaction.

• Thoughts and feelings- they are only electrical impulses. They are not solid, they not forever. IT IS ONLY A THOUGHT AND A THOUGHT CAN BE CHANGED.

  • https://youtu.be/rvWIlnU9Vqo

• So, if we change our beliefs, thoughts and brain connections we can change our lives! This is resilience; you keep going, keep growing.

• RESILIENCY-The antidote to stress
Exercise that changes your brain

1) Name it: Notice the thought/feeling/belief and name it
2) Notice the body: Pay attention to what happens to your body
3) Calm the body: Use deep breathing to calm your body down if necessary.
4) Reality check: Am I safe now? What can I do now that would be more helpful? What can I control? What can I let go off? How can I better prepare myself?
5) Change Magic: It is only a thought/feeling/belief and not permanent (can be changed) and WHY you are doing this.
6) Introduce the new thought
Real Life Practice: I want to stop being afraid of bugs.
• **Notice and Name it:** When I see a bug I feel afraid.

• **Notice my body:** Heart rate increase, faster breathing, chills, muscles get tense, I want to run away or kill it. FREAK OUT!

• **Calm the body:** If I am freaking out, stop and take 5 very deep breaths.

• **Reality Check:** Does this bug bite? No, this bug does not bite. Can this bug hurt me? No it cannot hurt me.

• **Change magic:** “this is only a feeling, but nothing will happen. I am safe. This feeling can be changed”

• **New belief/thought:** This bug is not so bad. Minnesota has no poisonous bugs, so maybe most bugs in Minnesota are not so bad. I do not have to freak out.

• **Changing beliefs, thoughts and feelings takes practice!**
Other Activities to help up cope with stress

Things to do that help increase happy chemicals in the body:
• Exercise and movement
• **Meditation or breathing better**
• **Laughing, smiling**
• Doing something creative
• Being around friends or loved ones
• Nature, fresh air
• Certain types of music/movies
• **Drinking water**
• Finishing a project or work
• **Trying something new**
• Eating healthy
• **Having a consistent sleep schedule**
• Prescribed Medications

• They increase happy chemicals like serotonin, which is the best way to decrease depression, anxiety and emotional pain

• Touch and hugging increase oxytocin, which is called the "Love chemical" and creates feelings of connection and less feelings of loneliness

• Consistent sleep, drinking water and breathing better can help reduce cortisol almost immediately (No cortisol belly!)
Things that can help us feel better at first, but can actually make things worse:

- Oversleeping
- Eating candy, chocolate, sugar
- Dangerous activities
- Drug use
- Social Media
- Certain types of music
- Netflix binges

Some things that can help us feel better at first BUT can eventually create more stress and make things worse.

- The only way to really feel good long term is to work on the underlying problem or belief that is creating stress
- Every second is a chance to make a choice, to do something different.
- Start small. Sometimes VERY small.
- As long as you have breath, you have the ability to change.
- ONE SECOND AT A TIME. ONE BREATH AT A TIME.

This is all it takes to change. And change is the only thing that is constant and real.
What are we dealing with today?

• COVID-19
• Distance learning & school
• Stigma in the Latinx communities
• Civil unrest
• Trauma & immigration
• First generation student experience
COVID-19

- Sickness
- Loss
- Uncertainty
- Isolation & Loneliness
- Lack of Motivation

Ways to cope
- Journaling
- Watch a movie
- Positive affirmation
- Meditation
- Facetime friends/family
- Go for a walk
- Get perspective
- Explore new hobbies

Resources
- Staying connected: Minnesota Department of health
- Virtual Chill Zone: Changetochill.org
- Watching movies with friends: Netflix Party
- Covid-19 Resources for Teens/Parents: Society for Adolescent Health and Medicine

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Distance Learning and why we worry

↑ Stress

↓ Social Interaction

↓ Feeling of belonging

↑ Suicide Ideation
Distance learning & school

• Lack of Motivation
• More Assignments and Stress
• More Procrastination
• Excessive screen time
• Repetitive

Ways to cope
• Change your setting (Park, coffee shop, etc.)
• Stay organized with a planner
• Take breaks
• Meditation

Resources
• Productive Learning: Khan Academy
• Daily Scheduling: Remember the Milk, Toggle, Evernote, etc.
• Virtual Chill Zone: Changetochill.org
Our community: We are not alone (even when we feel that way)

- Therapists and mental health resources are everywhere!

- Safe adults: Who do you know that has survived or been through things?

- Nature: sometimes being outside is all you need to clear the head

- Relationship building: reaching out to each other is key. You never know who else might need or learn from your experience and story. We learn and live through stories, yours is just as important.
Stigma in the Latinx communities

• Not seen as a concern
• Dismissed as "not real" or "get some sun / take a walk"
• Parents and children live through different experiences
• Medical costs & accessibility
• Language barriers
Civil unrest

• BLM protests
• Racial inequality
• Political climate
• Elections
• News & the media

Ways to cope
• Support your peers
• Educate yourself
• Get involved in your communities
• Sign petitions
• Talk to someone
• Become politically aware
Trauma & immigration
First generation student experience
Chancetochill.org—A great resource at your fingertips

• Stay calm during uncertainty
• Mindfulness
• Mindful movement
• Guided imagery
• Stress & mental health
• Living with grief & loss
Everyone is unique. That means we all have different challenges, and different things that help us cope with those challenges. Use this self-assessment tool to help you better understand your unique stress factors. You'll learn where your stress is coming from, what's causing it, and how you can Change to Chill.

Start Your Quiz
Quiz Results

MY CHANGE TO CHILL PROFILE
8/30/2020

THE TOP THREE THINGS THAT STRESS ME OUT RIGHT NOW ARE:

Stress Fitting in Homework

WAYS THAT STRESS AFFECTS ME INCLUDE:

Body aches Love my vacations Sleep more than usual I feel anxious

WHEN I NEED TO DE-STRESS I USUALLY PREFER TO BE WITH:

My significant other

ACTIVITY I CAN DO THAT USUALLY HELPS ME CHILL INCLUDE:

Listen to music

THE THINGS IN MY LIFE THAT MATTER MOST TO ME RIGHT NOW—MY PRIORITIES—are:

Dog Family Friends

You did it! Now check out your personalized stress-relief guide.

Inspire

Different days call for different inspiration. Visit the Change to Chill Instagram to be inspired.

Relax

Thanks to stress management tools we printed just for you. This is a great resource that will help you learn how to slow down and avoid during overwhelming times.

Learn More

Prioritize

Making tough to the things that are important to you is a huge part of stress management. With this exercise, list out your most important values and begin to understand how your time is spent. Use these to help you chart your course for a healthier and more balanced life.

Learn More
Coping with Change

1. Coping with Change
2. Coping with Change Tip #1: Still Do You
3. Coping with Change Tip #2: Focus on Things that Matter
What is stress?

The first step in managing stress is to know what causes it.

Causes

Different things cause stress for different people. Some might think that an upcoming math test is a big deal, while others won't give it a second thought. The same is true at different ages and stages of our lives. What bothers us at age 2 won't be the same as what gets us filled up at age 12, 20 or 30.

Being aware of what causes you stress is one step in learning how to handle it well. Use this worksheet to write or draw things that caused you stress when you were younger, things that stress you out now and what you think might be stressful when you're older.

Watch the "Stress Test" video and learn how one's body responds to stressful situations. For more information on the causes of stress, check out this article about stress or this one about anxiety.

Symptoms

There is so much pressure to "do and be your best" in school, at home, online, in after-school activities and your social life, just about everywhere. Yet many of the things people do to try to be their best actually work against them and cause stress. Stress, it turns out, is a HUGE BARRIER to almost everything.

We've all had times when our bodies react to stress. We can feel it. It's the sensation known as fight or flight. Our bodies' natural way of coping with being frightened or challenged is to release chemicals into our bloodstream that provide extra short-term energy and alertness.
Stay Calm During Uncertainty

Subscribe now for more helpful ways to cope with stress and anxiety.

EVERYONE GETS STRESSED.

Change to Chill is here to help you figure out what stress is, what causes it and how you can manage it.

Learn More

Help Others

Resources for parents, educators and adults to positively impact the mental health of someone they care about.

Learn More

YOU'VE GOT THIS.

LEARN HOW TO TAKE THE FIRST STEP TOWARDS BUILDING RESILIENCY WITH OUR STRESS QUIZ.

There are many ways that you can de-stress your life, but everyone is different. Take our quiz to find out the best ways to manage your stress.

TAKE THE QUIZ
Living with Grief & Loss

Whether you’re experiencing loss related to changes in school, work, relationships or the death of a loved one, it’s important to understand your feelings and your body’s response to the loss.

Grief is the natural response to the loss of something or someone important to you. It is how your whole self responds to loss. It can include emotions, thoughts, physical sensations (heartache is real), and changes in the way you think. It is something everyone inevitably experiences eventually and it is completely unique to individuals and each situation. No two experiences of grief are the same.

Understanding Loss

Grief is often related to a death, but not always. People grieve when:

- losing their health
- changing relationships
- moving to a different home
- experiencing trauma
- ending an era of life
- changing routine
- and much more.

There are no rules about what is or is not OK to grieve.

- Refection
- Grief Support System

change to chill by Allina Health
Virtual Chill Zone

We're all adjusting to the “new normal” juggling online and in-person classes while seeing our friends in different ways than we're used to. While having a physical space to de-stress and relax is important, a virtual chill zone – a hub for mental well-being – can help you chill any time.


Choose from the options below or take our stress quiz and get personalized results created just for you! You can also follow these helpful tips and tricks to set up your own chill zone in your home. Check out our Virtual Care Package for more ideas!

Play a Video
Choose from over fifty videos including mindfulness, mental health information, stress management instructions and webinars to find the best fit for you and your students.

Try Something New
Try these activities and tools including guided meditations, coloring pages, audio meditations and more to de-stress instantly.

Show Your Friends
Lead a lesson in mindfulness, life balance, mindful movement, guided imagery, mental remix or Change to Chill for athletes.
Question & Answer

• Pre-Populated with Audience-submitted questions