



# Stress and It's Friends

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Cle Elum-Roslyn School District

# Session Overview

Today, we will be:

- Unpacking the importance of staying balanced, healthy, and grounded.
- Providing you some tools to use for your own self care
- Connecting you with an accountability partner
- Providing you an opportunity to set attainable goals to use tomorrow
- Giving you time to focus on finding balance in your life and work
- And, help you to feel heard, seen, and valued

# Who's In the Room?



Superintendent

Mom

Wife

Student

Runner

Reader



Daughter, Friend,  
Sister

High School Senior

Student Board Rep

Wellness Warrior

Big Picture Learning  
Ambassador

# Research on Mental Health and COVID

Female adolescents ages 12 through 17 visited the emergency department (ED) for **suicide attempts** between February and March of 2021 at a nearly **51 percent higher rate** compared to the same time frame in 2019 before the COVID-19 lockdowns [US News report](#)

**81% of children** say they have seen or experienced **violence** during the pandemic, with **82%** saying COVID-19 has **disrupted their education** [Violence Data Report](#)

**Gun violence increased by more than 30%** in the United States during the COVID-19 pandemic, according to a new study by Penn State researchers. The researchers said that **stress, domestic violence, lack of social interactions** and greater access to firearms might have contributed to the increase. [Penn State Study](#)

More than **8 in 10 (84%)** psychologists who treat anxiety disorders said they have seen an increase in demand for **anxiety treatment** since the start of the pandemic, **compared with 74% a year ago**. Demand for treatment of depression is also up, with 72% of psychologists who treat depressive disorders saying they have seen an increase, **compared with 60% in 2020**. [APA Study](#)

In a recent survey conducted by the Centers for Disease Control and Prevention, **63% of 18-to-24-year-olds reported symptoms of anxiety or depression, with 25% reporting increased substance use to deal with that stress and 25% saying they'd seriously considered suicide**. [ABCNews](#)



**“There’s definitely a huge mental health impact from a long period of uncertainty and change that’s left people very isolated and not sure how to connect. Just being out in public and interacting in a very casual way with strangers or mild acquaintances, that’s very regulating, and norm-creating and reality affirming.”**

When we stop getting those signals, Raiteri said, **“our internal voices become stronger and it becomes harder and harder to self regulate.”**

That created a **“big pressure cooker, especially for people who already have a vulnerability,”**



One thing that keeps you  
up at night

***OR***

One thing that is causing  
you stress in your  
current role?

One thing you accomplished  
during COVID that you are  
proud of?

***OR***

One thing you are currently  
doing in your work that you  
are proud of?

# The Importance of Sleep and Managing Stress

## *Is it Chronic or Acute?*

- Cognitive
- Abuse
- Habits
- Irrational decision making
- Quick to judge or assume
- Prolonged Stress: Impacts memory





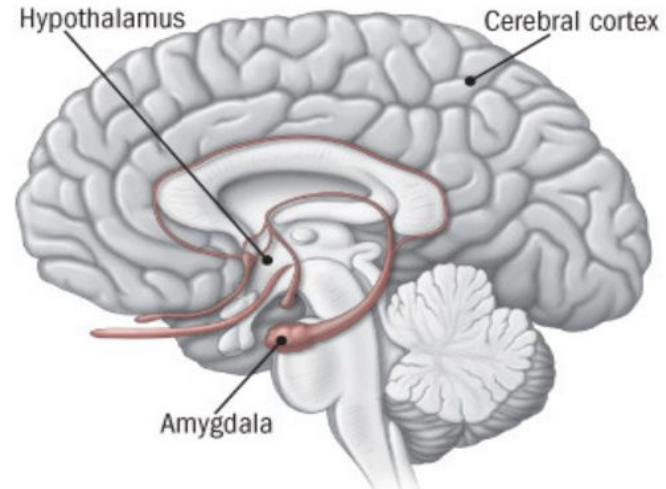
# Impact of Long Term Stress

Research suggests that chronic stress contributes to high blood pressure, promotes the formation of artery-clogging deposits, and causes brain changes that may contribute to anxiety, depression, and addiction.. More preliminary research suggests that chronic stress may also contribute to obesity, both through direct mechanisms (causing people to eat more) or indirectly (decreasing sleep and exercise).

[Harvard Review](#)

[How Stress Affects Your Brain](#)

## Command center



**Social support.** Confidants, friends, acquaintances, co-workers, relatives, spouses, and companions all provide a life-enhancing social net — and may increase longevity.



**Physical activity.** People can use exercise to stifle the buildup of stress in several ways. Exercise, such as taking a brisk walk shortly after feeling stressed, not only deepens breathing but also helps relieve muscle tension.

**Relaxation response.** People can counter the stress response by using a combination of approaches that elicit the relaxation response. These include deep abdominal breathing, focus on a soothing word (such as peace or calm), visualization of tranquil scenes, repetitive prayer, yoga, and tai chi.



# Daily Habits

- Acute- checking my email before heading into a meeting
- Chronic- checking my work cell phone before going to bed.
- Michelle's NO BAD diet

Although the mental effects are not ideal, according to the [CDC](#), there are some ways to combat symptoms including “***taking breaks from...news, taking care of your body, taking time to unwind, connecting with others...***” and “***connecting with community or faith based organizations***”. They also recommend contacting emergency services in times of immediate crisis.

# What is a daily habit that you replace?

Current practice

What is one daily habit you have that perpetuates the cycle of stress or anxiety?



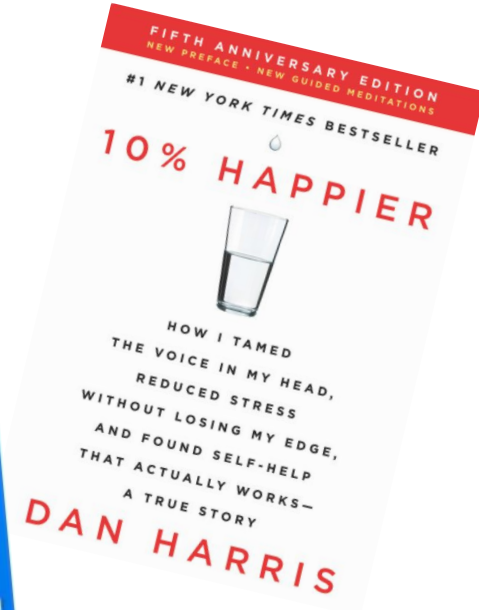
Replacement Practice

What, specifically, will you replace this habit with?



Dan Harris 10% happier

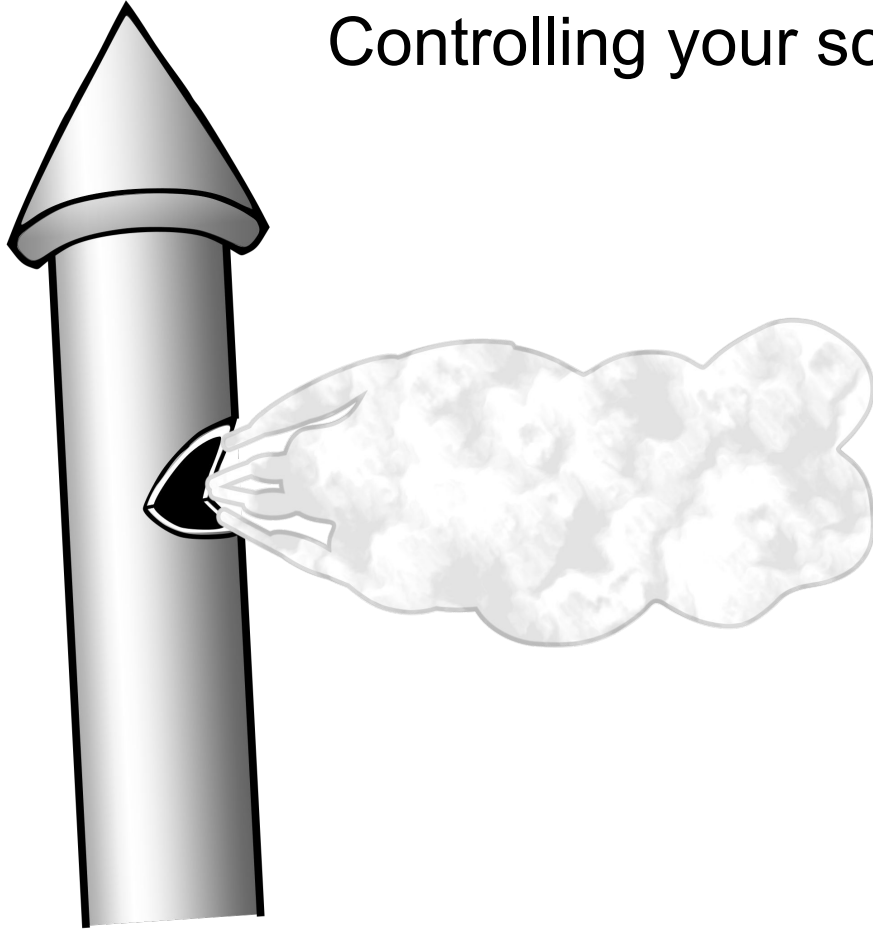
The Power of Moments- Chip and Dan Heath



- Best for beginners: [Calm](#)
- Best for reducing daily stress: [Headspace](#)
- Best mood journal: [Moodnotes](#)
- Best for reducing anxiety: [Sanvello](#)
- Best for children and teenagers: [SuperBetter](#)
- Best for seeking help anonymously: [7 Cups](#)
- Best for forming new habits: [Happify](#)
- Best for counseling: [Talkspace](#)



# Controlling your schedule



- Emails
- Communication
- Civility policy
- Daily schedule
- When to lean in
- Boundaries
- You have vacation days for a reason
- Family comes first

# Self Care begins with Being Empathetic with Yourself

**Physical**

**Books that are not connected to work**

**Journal**

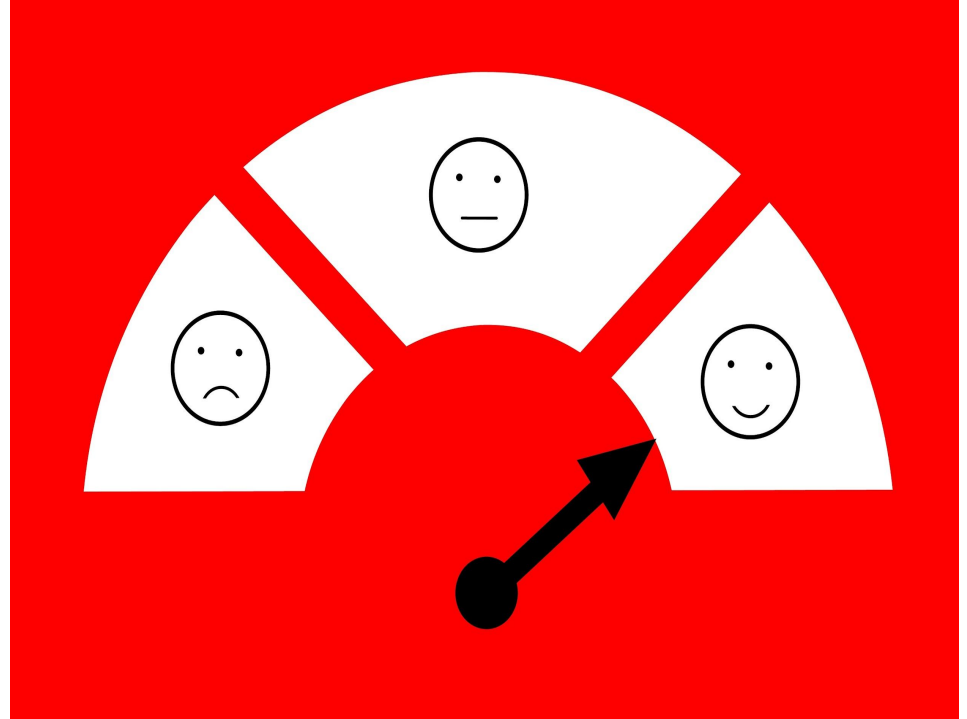
**Get outside**

**Pet therapy**

**Hot and Cold showers/bath**

**Screen time**

**Playlist**



## MORE OF

KINDNESS

SMILE

GRATITUDE

JOY

LEARNING

PRESENCE

LOVE

FRIENDSHIP

## LESS OF

HATE

JUDGEMENT

COMPLAINING

COMPARISON

EXCUSE

DISTRACTION

SELF-SABOTAGE

DISRESPECT

# Scenario

## Student

You arrive to school to find out that your teacher decides to assign you a project that is due in two days. You are already committed to work the next two nights and have another major project due on the same day.

*What do you do?*

## Adult

You are on your way to a evening parent meeting and happen to check your voice mail. A teacher leaves you a message that indicates they were bullied by another staff member and they refuse to come to work the next day until you call them back.

Knowing your parent meeting is 6-8, and you only have 5 minutes, what would you do?

# ACUTE

How to proactively manage  
temporary stress

- Thought partner- Identify
  - Leave it at work/school- Timer, schedule, cell phone, social media
- Or
- Advisory/Sunshine Circle
  - Empathy



# Scenario

## Student

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**What do you do?**

## Adult

You are on your way to a potentially heated school board meeting and happen to check your voice mail just before the meeting starts. A teacher leaves you a message saying that they were bullied by another staff member and they refuse to come to work the next day until you call them back.

**What would you do?**

## Brene Brown Empathy

1. Take the perspective of the other.
2. Stay out of judgement.
3. Recognize emotion in the other and communicate it.
4. Feel WITH people.

**“Power of empathy**  
I’m in it with you.  
I’m not here to fix you.  
I’m not here to feel it for you.  
I’m here to feel with you and  
let you know you’re not alone.”

-Brene Brown

*CreativeChild*  
MAGAZINE

# CHRONIC

Identify a situation that causes you stress on a frequent basis.

With the person sitting closest to you, share your situation and allow the partner to offer you the following:

Attentiveness

Advice

Admire

Advocate

# CAUTION

- Academic and SEL must be harmonious
- You can't lift others up if you are on the ground
- Be intentional in sharing your collective beliefs publicly
- Feed the staff- honor, celebrate, provide
- Keep student voice in the room for all decision making
- Allow leadership- rise up (Mental Health and community partners)
- Break the stereotype- we don't have the answers
- 4 A's: Attentive, Admire, Advice, Advocate



# Coming Out Of The Pandemic

Healing

Chronic Pain

Role of a leader

Importance in Student  
VOICE

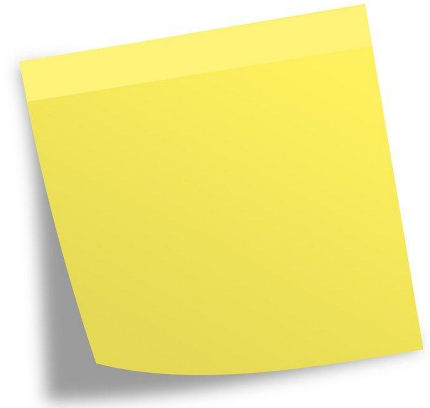
(Survey, mental health,  
community partners)





# Accountability Partner

On a post it note, write to the following prompt:



***What is one thing you can do in the next two weeks to indulge in self care?***

Grab your post it note, your cell phone, and find a trio..



Write it out

What is one tool that you can build into your daily practice to manage stress?

What is one thing you wish to celebrate, by the end of May?



# Grandma Ruth





What will your  
ripple effect be?



*Thank You!*

