

Stress Management Techniques - Video Curriculum

(Total credit is 8 hours for this assignment)

An at-home partnership activity available to supplement hours worked on-site and at Restores

Instructions: You will be given 8 hours for completing ALL videos and turning in the brief written work. If you prefer to complete fewer videos, I will adjust accordingly. **To receive credit**, write a short paragraph about what you have learned and what you liked most about the video (or disliked). Be sure to include the video name or number. Send to amy@capefearhbitat.org, or take a picture of the written material and email or text to 910-777-7096.

Click the links below to take you directly to the video content:

1. [Video](#) : 5 Ways to Manage Coronavirus Anxiety
2. [Video](#) : Managing Stress and Anxiety in the Face of COVID-19: Mental Health Tips
3. [Video](#) : 7 Strategies For Managing Stress In The Workplace
4. [Video](#) : Returning to Work During COVID-19
5. [Video](#) : Should I send my kids back to school? How to decide
6. [Video](#) : Helping Children and Families Manage and Cope with Stress During COVID-19
7. [Video](#) : Tips for helping kids cope during COVID-19 pandemic
8. [Video](#) : How Asking For Help Can Help Depression
9. [Video](#) : What is loneliness and how to deal with it
10. [Video](#) : Simple Ways to Improve Your Mood
11. [Video](#) : The three secrets of resilient people
12. [Video](#) : The Power of Mindfulness

See below for further descriptions of the above videos:

Managing stress during COVID 19

1. 5 Ways to Manage Coronavirus Anxiety - COVID-19 (6:48)

<https://www.youtube.com/watch?v=TtZaMdOy4K8>

The current state of things with the fast spread of COVID-19 puts everyone in a place of heightened anxiety and fear. Dr. Tracey Marks touches upon the 3 negative reactions to this pandemic: fear of getting sick or spreading it to someone in your life who is vulnerable, financial fear, and depressed or low mood from the social isolation. In addition, she also speaks about 5 things you can do to help manage the anxiety, fear and loneliness

2. Managing Stress and Anxiety in the Face of COVID-19: Mental Health Tips from Dartmouth-Hitchcock (9:16)

<https://www.youtube.com/watch?v=u-gctBOMMBA>

All of us are feeling stressed and anxious in these unprecedented times. Chief Human Resources Officer Aimee Giglio sits down with Robert Brady, PhD, the director of D-H's Anxiety Disorders

Service, to talk about the anxiety we're all feeling these days, in our personal and professional lives. Dr. Brady has some strong advice on anxiety, what it is, what it isn't, and how to manage it.

Managing stress AT WORK during COVID 19

3. 7 Strategies For Managing Stress In The Workplace (10:45)

<https://www.youtube.com/watch?v=VWVujQP3TwI>

Over the next several minutes, Dr. Frita goes into giving you 7 strategies for managing this type of stress in the workplace. Frita McRae Fisher is a triple-board certified M.D. and motivational medical speaker advocating healthcare excellence for all.

4. Returning to Work During COVID-19: An Interview with Dr. Angela Drake (35:04)

<https://www.youtube.com/watch?v=oVOedd8nXFfs>

UC Davis Health's Dr. Angela Drake goes in depth and explains how to safely return to work during COVID-19 and manage stress and anxiety in this interview. Very informative and filled with plenty of helpful tips and advice.

Managing stress related to school changes during COVID 19

5. Should I send my kids back to school? How to decide. | Ask CIDD (7:43)

<https://www.youtube.com/watch?v=PWTzNZOXCoY>

Penn's States Elizabeth McGraw, Director of the Center for Infectious Disease Dynamics, goes into detail about how to navigate and decide what is best for both parent and child when figuring out about whether to return to school or not. Elizabeth does a good job at covering all bases when it comes to deciding what is a smart decision for your child's education during these unrepresented times we live in.

6. Helping Children and Families Manage and Cope with Stress During COVID-19 (1:05:07)

<https://www.youtube.com/watch?v=cqMx05u-tiU>

This is an *ask the expert* podcast on "Helping Children and Families Manage and Cope with Stress during COVID-19." The podcast begins with the experts giving stress management techniques for adults and children experiencing stress due to the COVID-19 pandemic. The experts discuss homeschooling and parenting, how to manage family dynamics, and ways to practice self-care.

How to help children handle stress during these times

7. Tips for helping kids cope during COVID-19 pandemic (7:03)

<https://www.youtube.com/watch?v=fWCZTkrO2SU>

In this video, Dr. Amanda Heins, the supervising psychologist at Rogers Behavioral Health's OCD and Anxiety Center Adolescent Residential Care in Oconomowoc, WI, gives tips on how you can help school-aged kids during the COVID-19 crisis.

How to ask for help

8. How Asking For Help Can Help Depression | Janesha Bull | TEDxWilmingtonWomen (10:30)

<https://www.youtube.com/watch?v=WnNCOvYYT14>

Janesha Bull struggled with depression and anxiety for years but didn't know what to do in order to get better. She had always been the type of person who was "always on top of her game," and struggled with vulnerability her entire life. Through her suffering and pain, she finally learned to ask for help. Through patience, love, and understanding from an amazing support system she now stands firmly on encouraging others to be brave enough to ask for help as well.

What to do if you're feeling isolated and lonely.

9. Loneliness (12:29)

https://www.youtube.com/watch?v=n3Xv_g3g-mA

Everybody feels lonely sometimes. But only few of us are aware how important this feeling was for our ancestors - and that our modern world can turn it into something that really hurts us. This episode of Kurzgesag – In a nutshell breaks down loneliness and tries to answer the questions "Why do we feel this way? And what can we do about it?"

Healthy ways to boost your mood

10. Feeling Down? Simple Ways to Improve Your Mood (7:47)

<https://www.youtube.com/watch?v=3Y1CsXfeoDM>

In this video Visha discusses eleven simple ways that she encourages and motivates herself to improve her mood when she is feeling down. She also touches upon how depression can be treated and that if you or someone you know is depressed that they seek medical attention as our mental health is just as important as any other area of health.

Resiliency strategies

11. The three secrets of resilient people | Lucy Hone | TEDxChristchurch (16:20)

<https://www.youtube.com/watch?v=NWH8N-BvhAw>

Dr Lucy Hone is a resilience expert who thought she found her calling supporting people to recover following the Christchurch earthquake. She had no idea that her personal journey was about to take her to a far darker place. Five years ago, the sudden death of Lucy's 12-year-old daughter Abi forced Lucy to turn her academic training and professional practice to foster resilience in very personal circumstances. In this powerful and courageous talk, she shares the three strategies that got her through an unimaginable tragedy—and offers a profound insight on human suffering.

Mindfulness

12. The Power of Mindfulness: What You Practice Grows Stronger | Shauna Shapiro | TEDxWashingtonSquare (13:45)

<https://www.youtube.com/watch?v=leblJdB2-Vo&t=113s>

How do we change? In this talk, Dr. Shauna Shapiro draws on modern neuroscience and ancient wisdom to demonstrate how mindfulness can help us make positive changes in our brains and our lives.