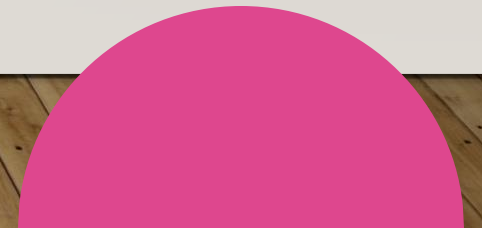




ANXIETY AND STRESS MANAGEMENT

ASHA DULLABH

SENIOR CLINICAL PSYCHOLOGIST, GLOBAL CARE HOSPITAL



FUTURE....

- **“Despite our technological abundance, depression, anxiety, loneliness, and addiction remain common. In 2030, depression passed obesity as the world’s greatest health risk. Too little has changed in the 40 years since.”**



YOUTH MENTAL HEALTH CONCERNS

WORLD HEALTH ORGANIZATION – OCTOBER 2024

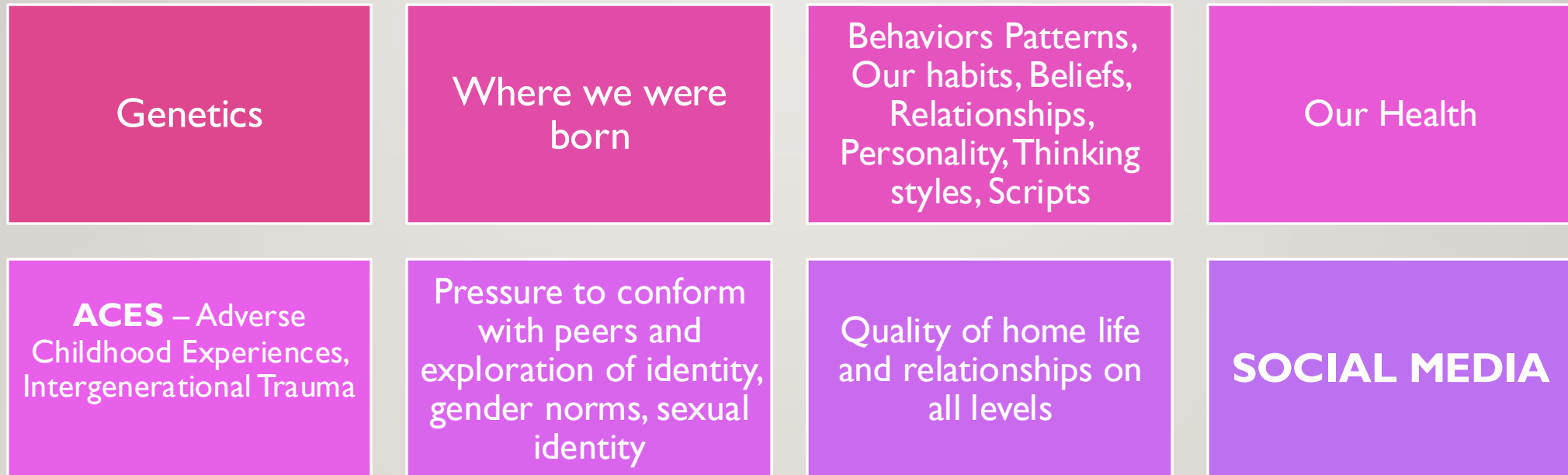
“1 in 7”
10-19 yr olds
experience a Mental
Health Disorder

Depression
Anxiety – NO 1
Suicidal Thoughts
Behavioral Disorders
Loneliness
Addiction

Suicide is the 3rd
leading cause of
death among 15-29yr
olds

Short term stress
**Medium term
stress**
Chronic Stress

HEALTH DETERMINANTS



WHAT YOUTH ARE SAYING?

“We see what's happening in society and in our world, we feel numb”

“Technology is overwhelming, we feel stressed by all the information”

“News spread so quickly, especially negative and untrue information and we need to deal with it”

“Social media makes me compare and I feel negative”

“Social media is just escapism”

“Social media makes me feel unproductive”

“I just need to vent, don't need a response, just acknowledge”

“I have an open mind, don't judge me so quickly”

“ Forget ego and pride”

SOME BASIC FACTS ABOUT OUR CHILDREN

01

They are concerned about **IMAGE** (allow mirror time)

02

They are feeling **CONFLICTED** already (choose your battles)

03

Youth don't like too many **QUESTIONS** (be interested but not intrusive)

04

They want to **SEPARATE** (encourage, embrace independence over time)

HOME IS WHERE OUR STORY BEGINS

Scripts

Values

Narratives

Conditioning

Culture

Beliefs

Trauma

01

How are children different in today's times?

QUESTIONS:

Can we believe that kids are inherently good inside?

Are kids craving boundaries?

What is your reflection of your child?

Can you be a good parent having a bad time?

COMMON QUESTIONS

The “Role” of Parenting and co-parenting

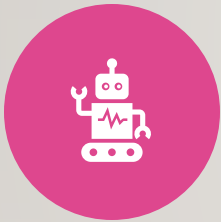
My kids don't listen and respect my boundaries, what to do?

How do I deal with rudeness?

When children say, “I hate you”, what to do?

Are you afraid of your child?

THE 5 C'S TO AVOID



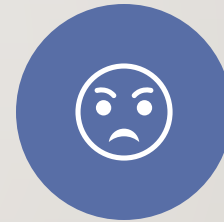
CONTROL



CRITICISE



CONDEMN



CYNICAL



CONCLUSIONS

THE 5 C'S THAT CONNECT

Compassion

Commitment

Communication

Community

Composure

WHAT WORDS CAN WE USE?

“I Trust you”

“I Believe You”

“I'm noticing”

“What was it that
made you feel
good on that day”

“Im so happy you
sharing this with
me”

“Tell me more”

“I Love you”

PARENTING TOOLS:

Use	Use Affirmations: "I am safe" This is not an emergency; I can cope with this"
Say	Say "I Love You"
Do	Do nothing
Practice	Practice Skills
Have	Have Family Meetings
Be	Be interested in their interests – be playful
Allow	Allow children to be bored

TIPS TO REMEMBER:

Rules without relationship leads to rebellion?

Feelings without skills is bad behavior

We only control what we don't trust

Trauma is not only what happens to you but what happens inside you.

MODERN DAY PARENTING



Know Yourself –
Observe Yourself



Repair Yourself
First



Stay connected



Quality time is
highly valued



Allow for silence



Set boundaries



MODERN DAY PARENTING



Move the body



More time in nature



Manage Social Media



Delay social media: it is designed for adults not teens



Improve sleep routines, diet



Be less pessimistic – more optimistic



Journaling, Breathwork, Meditation, Mindfulness

THE FOUR A'S

Affection

Attention

Appreciation

Acceptance

THANK YOU

GLOBAL
CARE
Hospital