

Self-Regulation and Anxiety

Ian Landy @technolandy

pdf of presentation at:
technolandy.wordpress.com



the me



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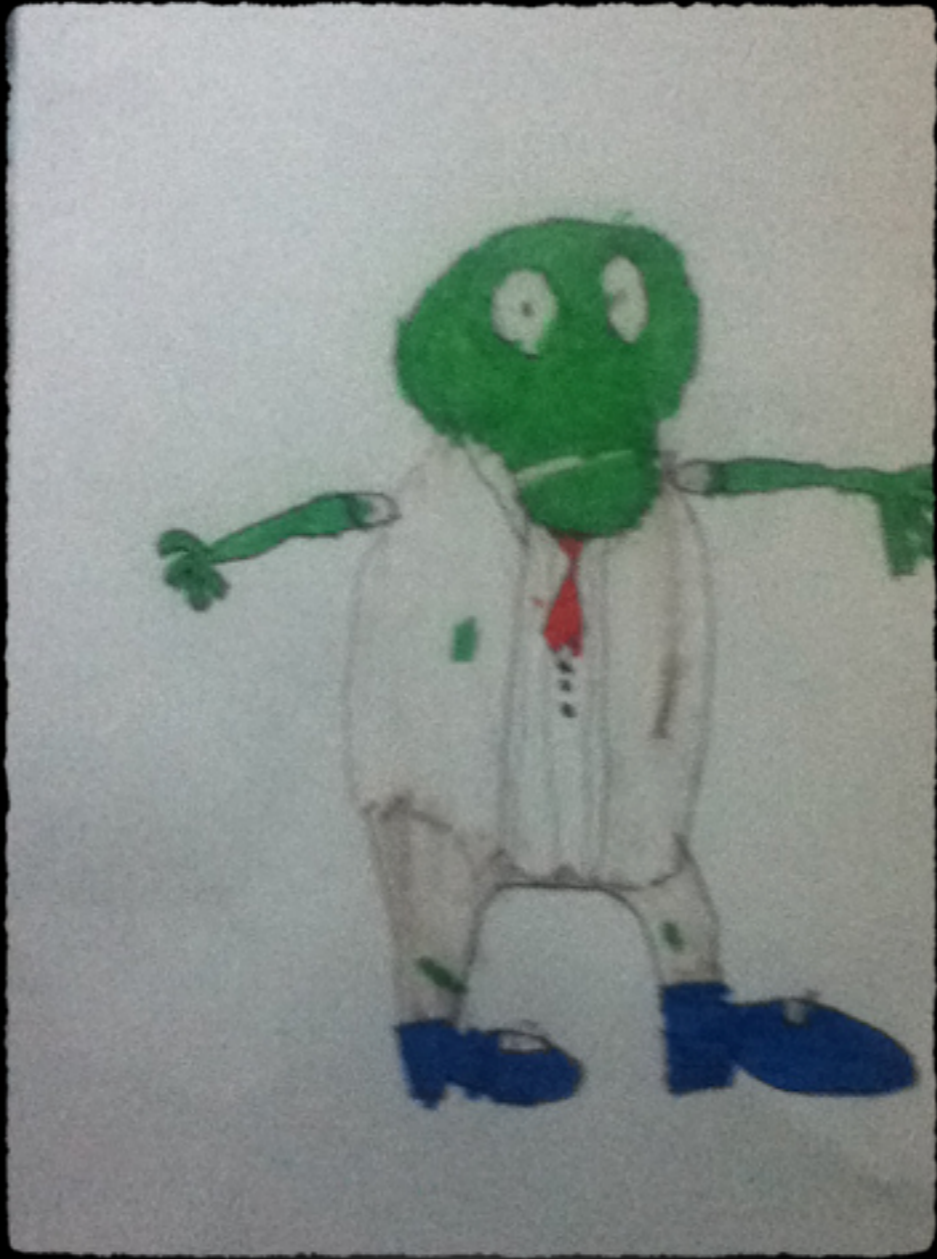
it

connection

anxiety

“If schools are preparing us for the future why isn't there a course about youtube?”

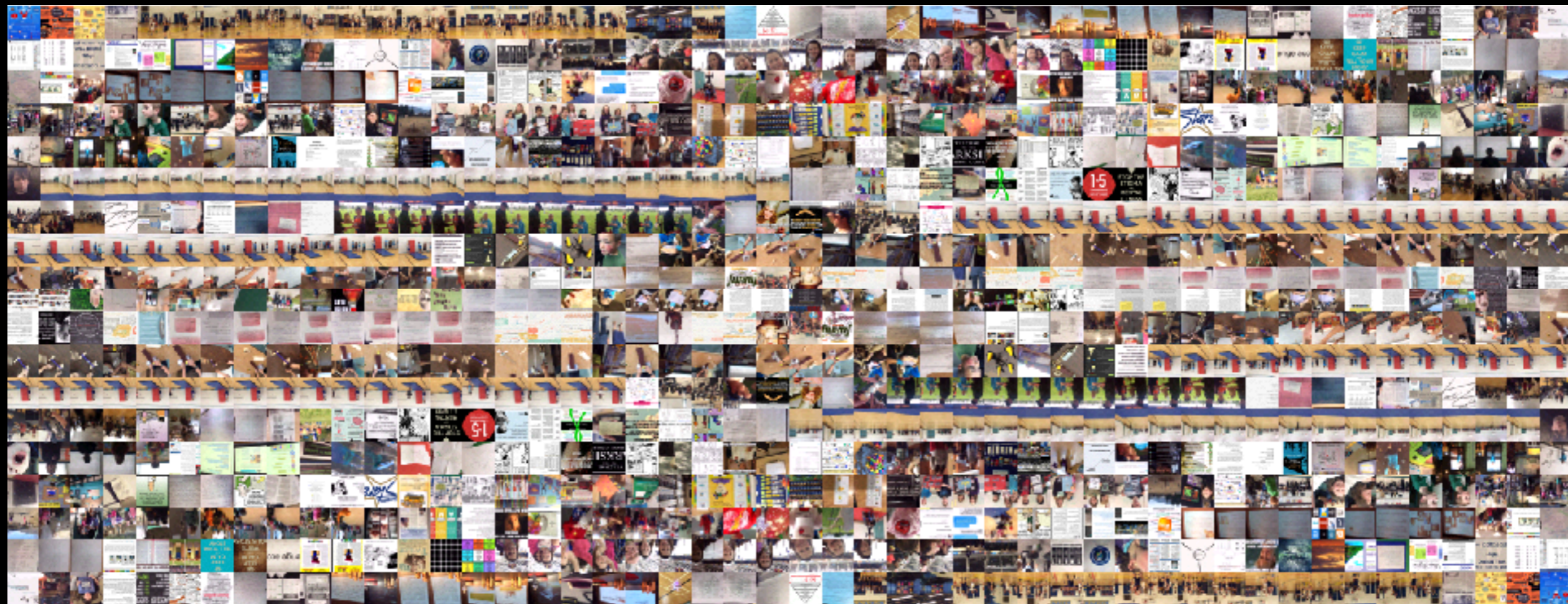
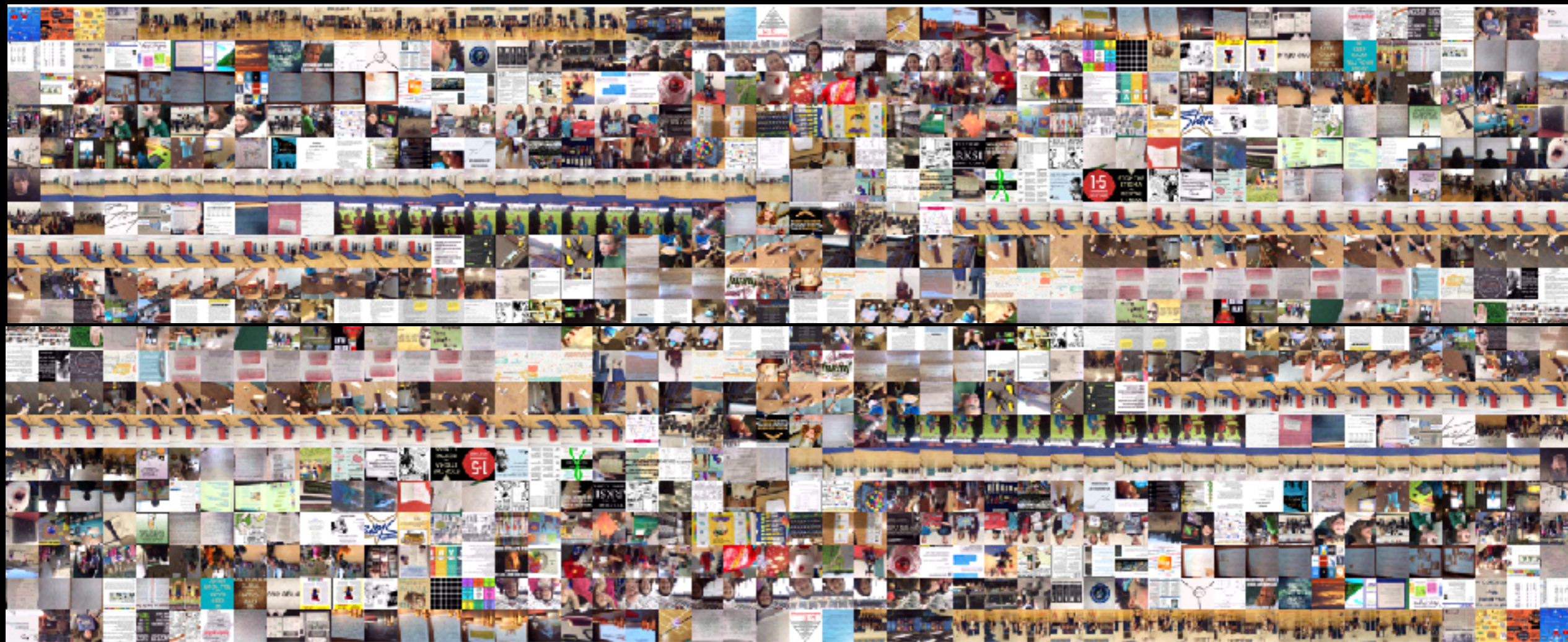
-Eric Landy



“If I'm not able to sleep in class why do I have to do school work at home?”

-Destructo-Boy

overload



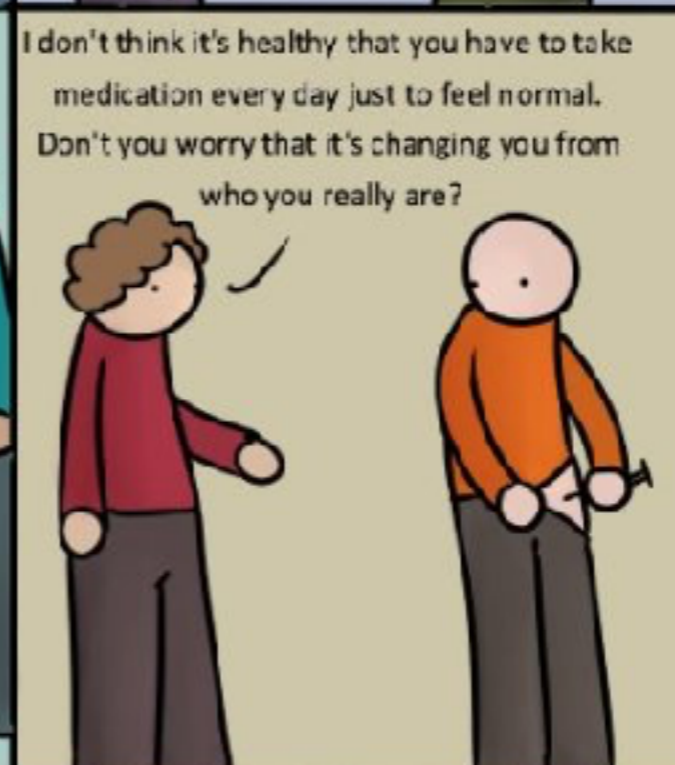
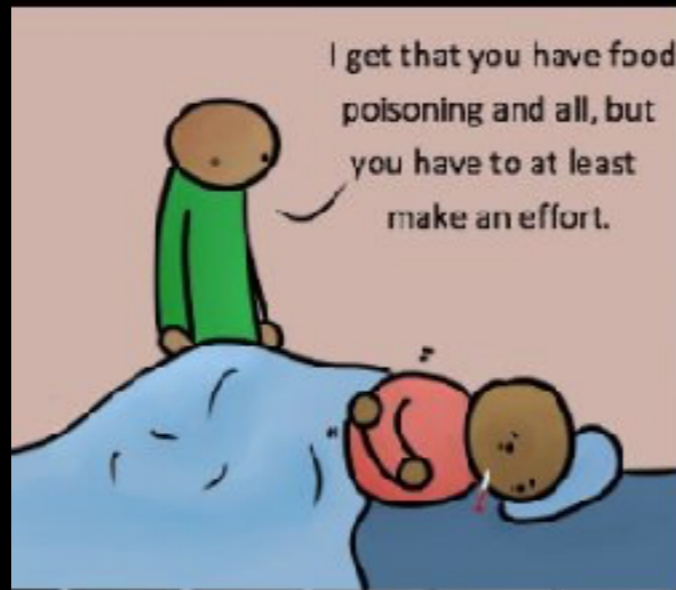


how does it feel?

why can't you just...

aka “we’ve all been anxious....”
kinderseparation vs “all the time”
worries vs anxiety

Helpful Advice



maybe it's just

separation learning disability
ptsd behaviour
autism worries
something they'll aspergers
flu grow out of thyroid
fake-out depression

it is what it is
(don't get distracted)

in school

work with person
not on behaviours

identification in grade 4

for grade 10 success

it'll be uncomfortable
for everyone

it isn't quick







it does not have to be debilitating

anxiety sucks.

*** --- ***

~~fine fine fine~~

Canadian Principals' Average Ratings of Student Emotional/ Mental Health Issues from erase bullying presentation

Issue	BC Rating	Canada Rating	Global Rating
Anger Management	2.67	4.47	3.93
Impulse Control	4.58	4.28	3.96
Bullying and Harassment	3.67	4.28	3.99
Family Dysfunction or Other	4.75	4.10	3.89
Anxiety	5.00	3.77	3.38
Other Behaviour Problems	3.58	3.72	3.49
Stress	4.42	3.61	3.21

why the increases?

Where to start?
(the home-school connection)

Tools & Rules

Self Awareness

Create Common Language

-zones

-how does your engine run

-stress management-

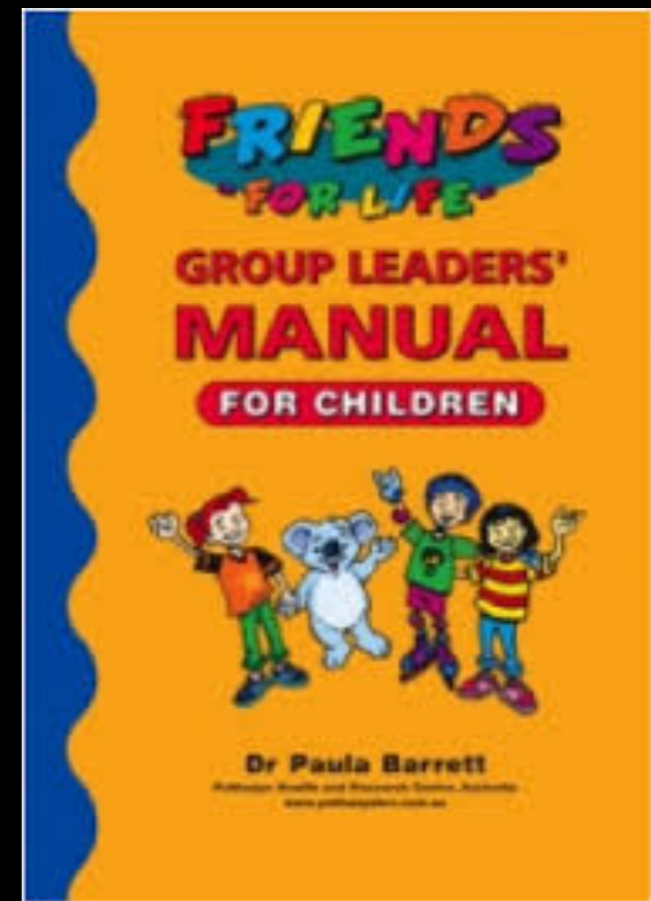
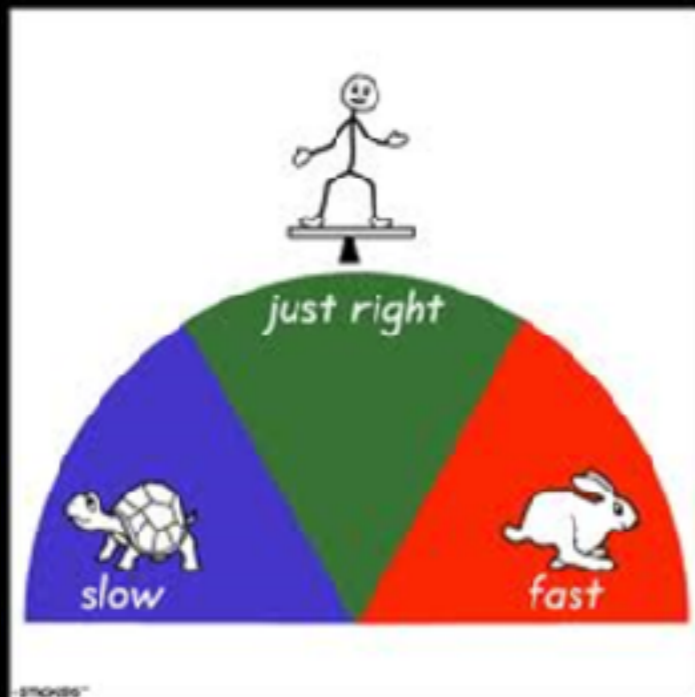
-battery

-bucket filling

-balance scales

The **ZONES** of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control



Flip the Lid (Hand Model of the Brain)

Make a Fist with your thumb tucked inside your fingers. This is a model of your brain.



Thumb = Midbrain (Stem & Limbic) = Emotional Brain. This is where emotions and memories are processed. This is where the fight, flight & freeze is triggered.

Fingers = Cerebral Cortex = Rational Brain. Houses our ability to think and reason.

Fingernails = Prefrontal Cortex = Problem-Solving

When something triggers us, we are prone to “Flip our Lid” which means the Prefrontal Cortex (Fingernails) have a very poor connection with the Midbrain (Thumb), and we’re not able to access the logical, problem-solving part of our brain. Our emotions are overriding our ability to think clearly.



-Dr. Dan Siegal

Whole school approach



organic...not behavioural

but damn does it ever look behavioural....

There's a reason for the Behaviours

we are also doing a better job

120 \longrightarrow 60

SO.....



WHAT ON EARTH AM I
DOING IN HERE ON THIS
BEAUTIFUL DAY?/
THIS IS THE ONLY LIFE
I'VE GOT!!



NEXT TIME, TRY A DRINK
OF WATER AND
A FEW DEEP
BREATHS.



“The Landy Rules”

The anxious learner needs
to be at school.
Every damn day.

Being at school does not
always mean being in the
classroom

Being in the classroom does
not mean doing the same
work

You will need to push
them

it's a fine line between
supporting & enabling the
anxiety

Anxious kids are
smart.

Anxiety can be
overwhelming
(especially generalized)

Cognitive Behaviour
Therapy is important

Sometimes meds are
needed

(and week 6 sucks)

self-soothing strategies
will annoy you

transitions (and new
things) suck

staying calm also
sucks

outsiders & family members
& friends will be critical

it's a marathon, not a
sprint

Communication is Key

(neither home nor school can/
should work on this by themselves)

What is in the Day?

- bells
- gym
- music class
- hallways
- noise noise noise (not always what you think it is though)
- bus
- transitions



SCAFFOLDING CALM:

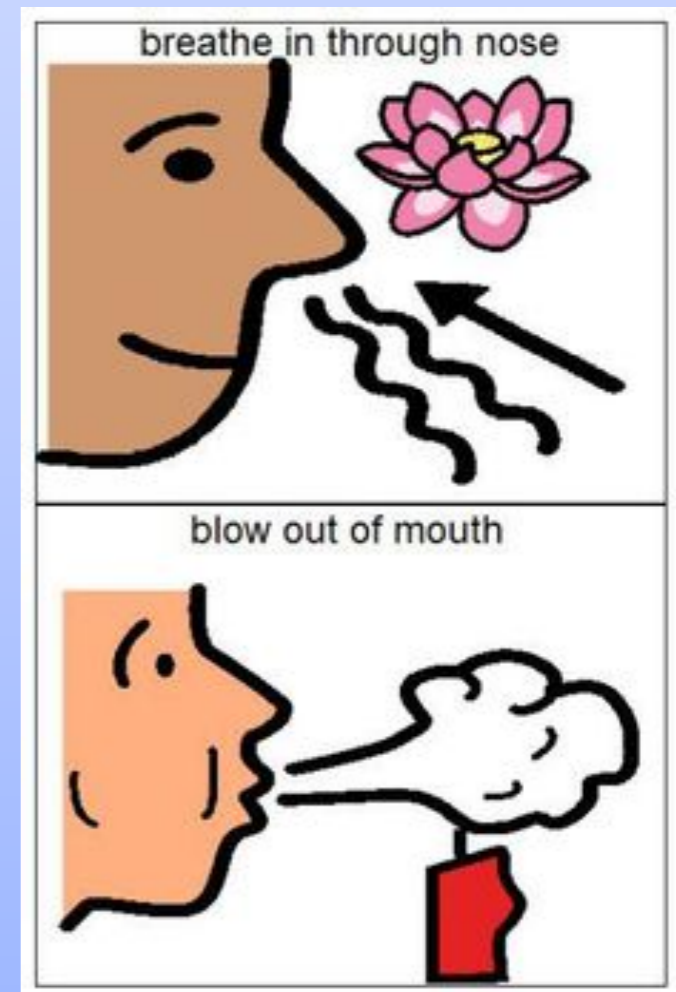
CAN'T JUST EXPECT STUDENTS TO "JUST DO IT"
(BREATHING, SITTING CALMLY, TALKING ABOUT THINGS)
WITHOUT GUIDED PRACTICE



Scaffold Calm

- Try these strategies
 - Mindful walking
 - Mindful tasting
 - Calming sequence

- How to breathe
 - Take stuffy for a ride!
 - Bubble breathing
 - Candle/flower



YOUR regulation is VERY important

We learn how to self regulate by first “being regulated” by a significant other

Relationship is key to:
Regulation,
Engagement &
Learning

Physical environment has ability to CO-REGULATE





Physical environment
has ability to stress
you or calm you



noise

(both audio and visual)

We learn through our senses

WE are stressed through our senses

we are soothed through our senses

Mouth

Touch

Listen

Smell

Movement

Sight

Connection



If it distracts you =
TOY



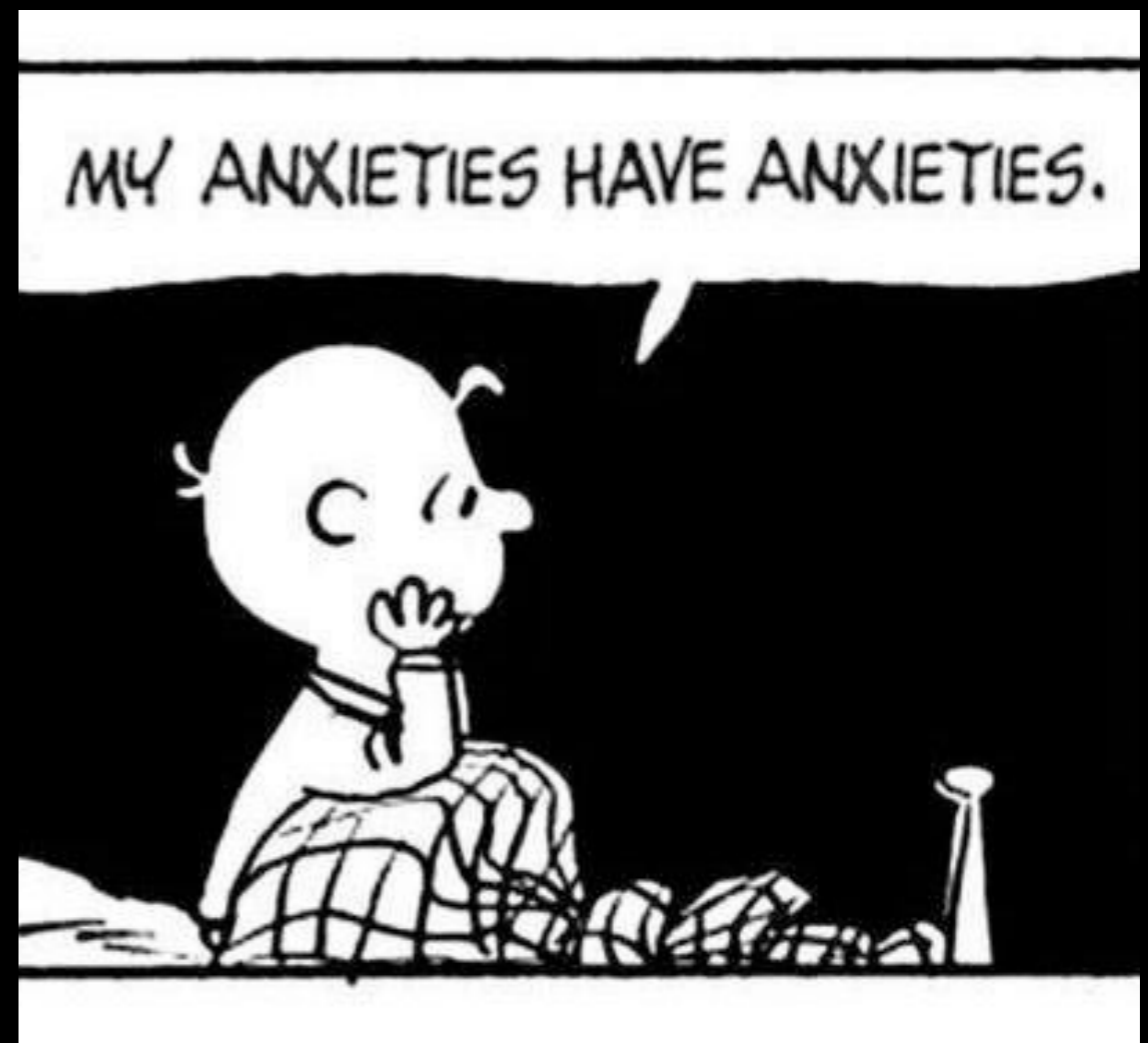
If it helps you focus =
TOOL

(and we are often
more comfortable with
the tools that work(ed) for us)



tools & toys

- Friends for Life
- Zones of Regulation
- MindUp
- iPad



yeah but.....

- good mythical morning
<https://www.youtube.com/user/rhettandlink2>
- game theory
<https://www.youtube.com/user/MatthewPatrick13>
- go noodle
<https://www.youtube.com/user/GoNoodleGames>

distraction

over-stimulation

The Technology “Discussion”

consuming vs creating

balance

blue/yellow light

Self Control is NOT the same as Self-Regulation

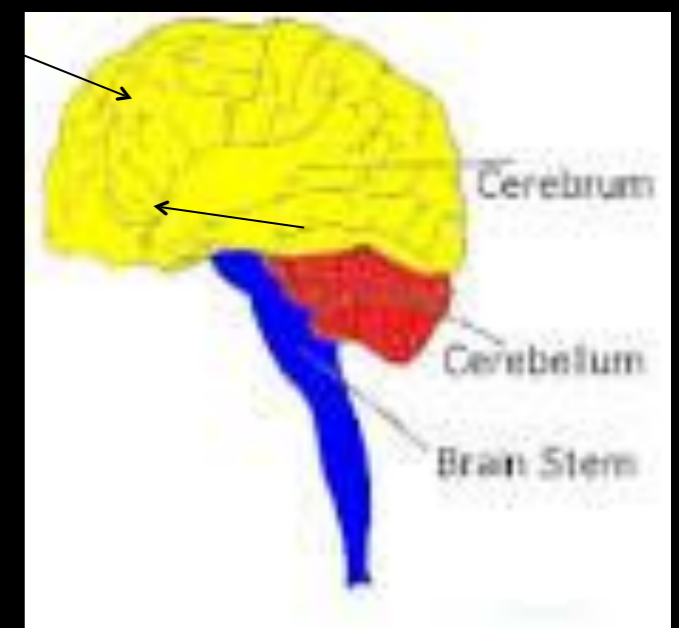
Self regulation allows you to have enough energy in your battery to have self control

Examples - lack of sleep

Burns energy to deal with stress

Self control is using our thinking (PFC) to inhibit impulses, to pay attention, do what others want from us. Hard to do if our battery is drained.

Self control is a result of being self regulated



resources

- anxietybc.com
- selfregulation.ca
- www.inspiredhealthphysio.com
- technolandy.wordpress.com
- twitter - just look up “anxiety”
- Ian’s “rant on anxiety” <https://technolandy.wordpress.com/2015/05/01/day-150-of-188-my-anxiety-rant-edited-continued-blog4mh-anxiety/>



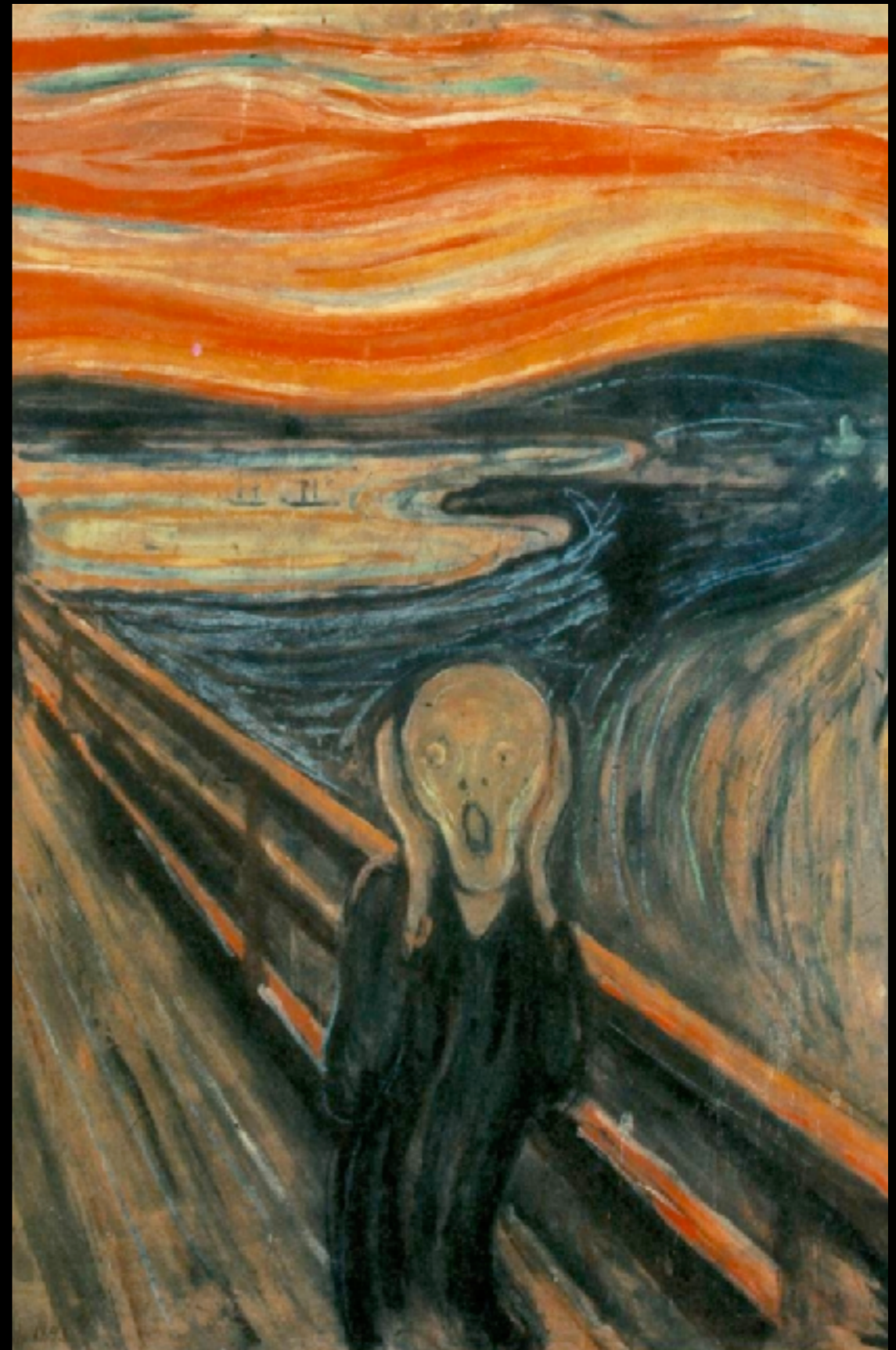
Challenges and Screams

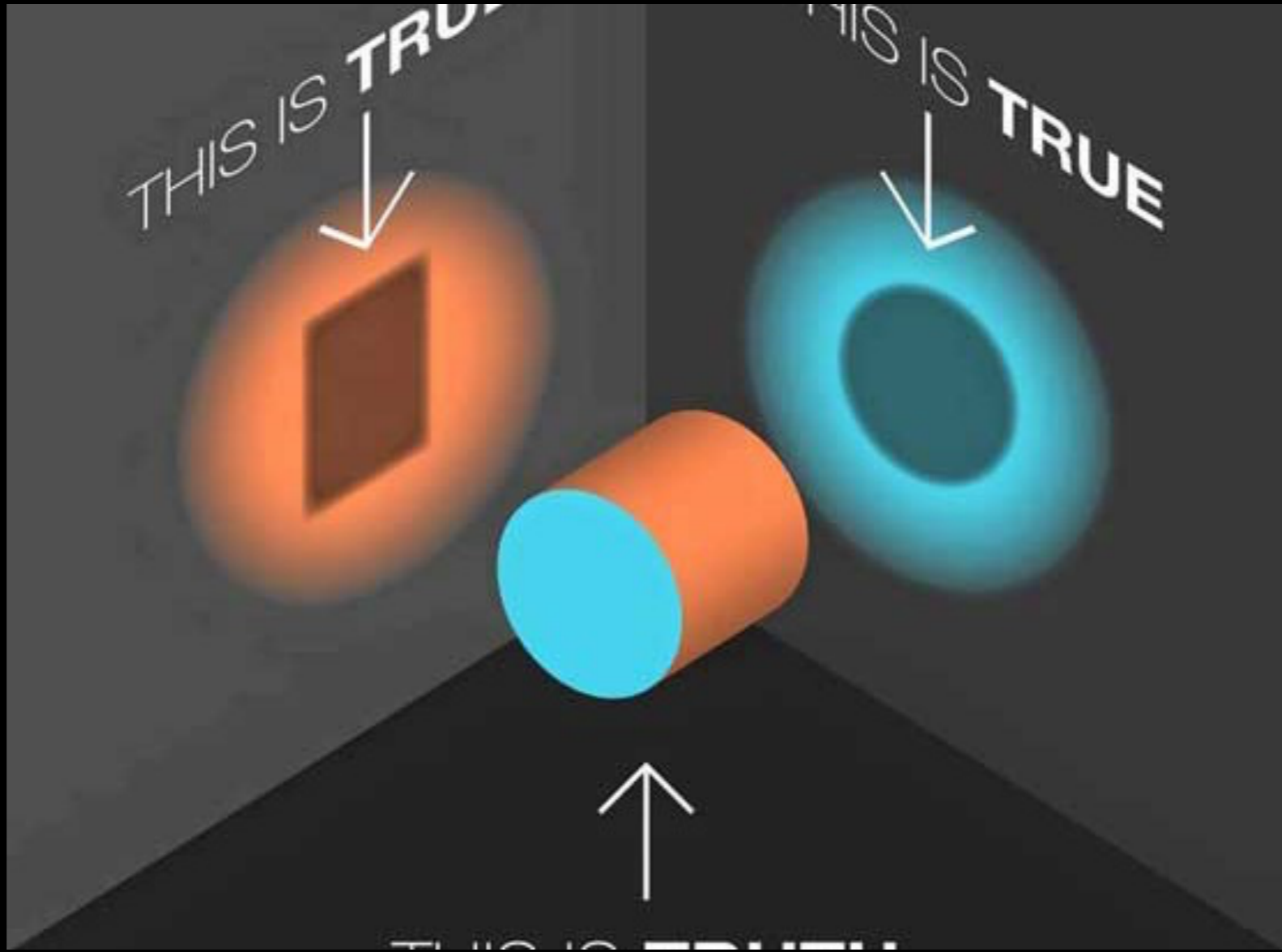
talk about mental wellness

you're not alone

yes, it's tricky

there is no "one" fix
(but can't "not" do something)







What do you see? Questions?

from early-learners on up....

"Here's to the crazy ones,
the misfits, the rebels,
the troublemakers,
the round pegs in the square holes..."

Steve Jobs
(1955-2011)



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