

Self-Regulation and Anxiety

aka mental wellness in the classroom/school

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pdf of presentation at:
technolandy.wordpress.com



the me



*** _ _ _ ***

fine fine fine

it

connection

anxiety

“fine fine fine”

what are worries?

what are anxieties?

what is mental wellness?

why is there so much of it?

we are doing a better job

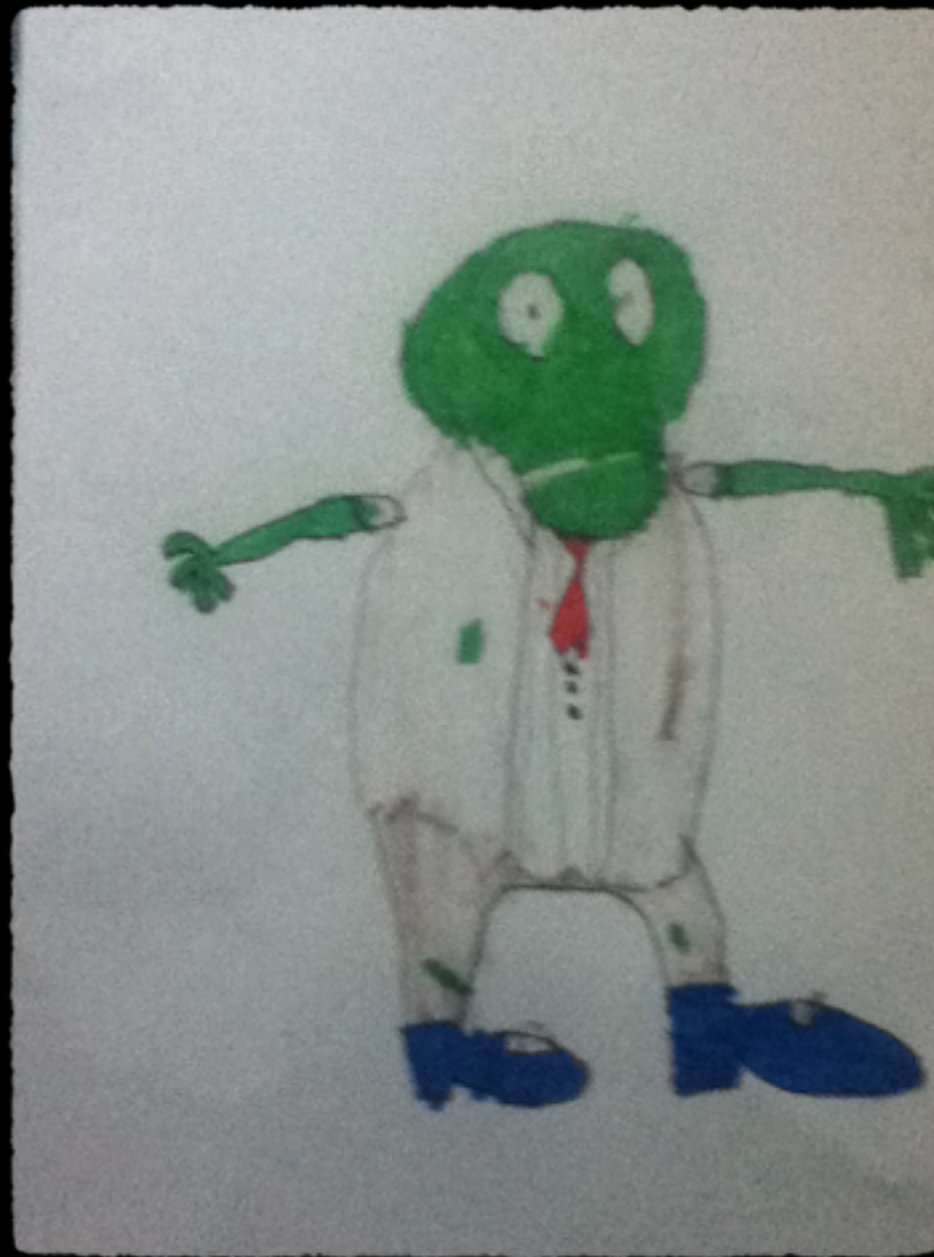
120 \longrightarrow 60

Now it can be.....New Media 11/12

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

-Eric Landy

Breathing Break #1



I am F'n breathing - otherwise I'd be dead!!!

more seriously...
panicked breathing



calmed breathing

more more thinking...
theres gotta be more than breathing...right?



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

-Destructo-Boy





Your PC ran into a problem and needs to restart. We're just collecting some error info, and then we'll restart for you.

0% complete



For more information about this issue and possible fixes, visit <http://windows.com/stopcode>

If you call a support person, give them this info:
Stop code: MANUALLY INITIATED CRASH

empathy

“what will the others think-it is”

overload





how does it feel?

why can't you just...

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

TheLonelyDivorcee @Divorcee... · 23h
Replying to @hattiegladwell
"You don't LOOK like there's anything wrong" no, I'm pretty damn good at hiding it now but I'm screaming inside!

2 25

TheLonelyDivorcee @Divorcee... · 23h
Replying to @hattiegladwell
Actually, my mum said to me "have you tried just being happier?" That was pretty special 😂

4 23

1 more reply

Vicks @vickstar182 · 23h
Replying to @hattiegladwell
'Why can't you just enjoy food?' At the height of my eating disorder when I was going through recovery. Trust me, now I do, a lot!, but then, I was ready to drop kick her. We didn't stay 'friends'.

11

Yvette Schroeder @lamaViking · 1d
Replying to @hattiegladwell
You don't look depressed.
#PeopleWhoDontUnderstandMentalIllness

Rue de La La @laurellsteven · 1d
Replying to @hattiegladwell
"Don't be so sensitive. I'll give you something to cry about!"
#PeopleWhoDontUnderstandMentalIllness

4 4 33

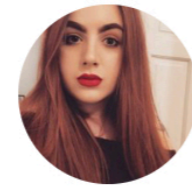
2New2MN @Jnelson0220 · 23h
Replying to @hattiegladwell
Said to me often by my father. The words still haunt me.

9

The Sunshine Gal @miss... · 1d
Replying to @hattiegladwell
" you don't seem unwell. Do you need to go to one of those clinics. Like in the movie, Girl interrupted or will antibiotics fix it " 🙄
#PeopleWhoDontUnderstandMentalIllness

8

Stephen Gillatt @talkingcl · 1d
Replying to @hattiegladwell
"I hope you get some help soon for the sake of everyone around you"
#PeopleWhoDontUnderstandMentalIllness



hattie gladwell ✓
@hattiegladwell

Quote this tweet with the worst thing a 'friend' or family member has ever said about your mental illness.

I'll start: 'You're just an attention seeker, you need to work on your attitude.'

Use the hashtag

#PeopleWhoDontUnderstandMentalIllness

12:29 PM · 2019-03-15 · Twitter for iPhone

71 Retweets 440 Likes



hattie gladwell ✓ @hattiegladwell · 1d
This can be anything that has ever been said about your mental illness or

Leonidas @Leon1das11 · 1d
Replying to @hattiegladwell
"It's just an excuse"
#PeopleWhoDontUnderstandMentalIllness

1 20

1 more reply

Janine Moyse @Kernowmummy · 22h
Replying to @hattiegladwell
"I need one of you OCD people to come and clean for me"! 🙄
#PeopleWhoDontUnderstandMentalIllness #OCD #MentalHealthMatters xx

1 23

1 more reply

sophie @sophxemarie · 23h
Replying to @hattiegladwell
"You can be normal for just one day can't you?"
#PeopleWhoDontUnderstandMentalIllness

1 24

Donna Casabonne @Chandalia... · 23h
Replying to @hattiegladwell
"Oh just get over it already!"

27

I Don't Feel Well @Jeffnowmos · 23h
Replying to @hattiegladwell
Depression? Oh, I had that once and I kicked it no problem.

26

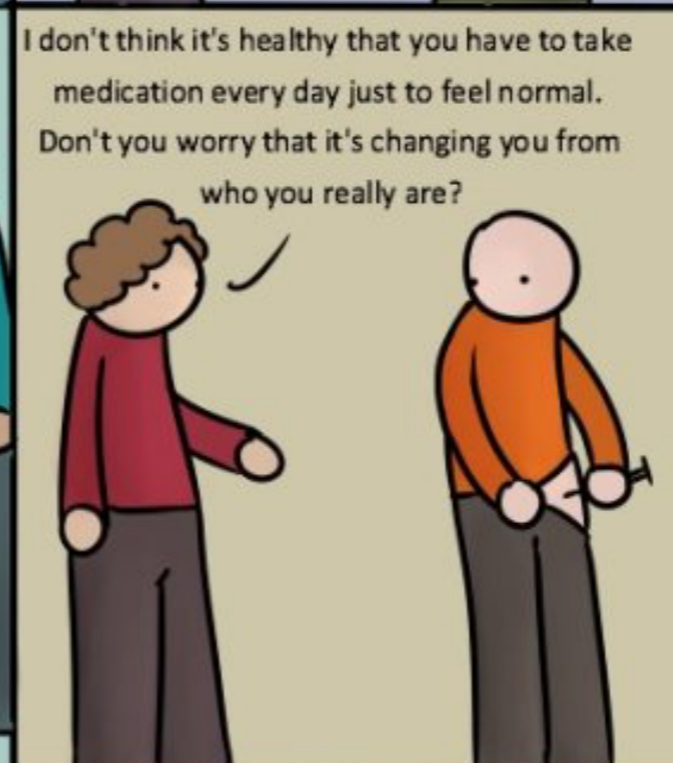
Emma Jones @fussytarts · 1d
Replying to @hattiegladwell
When I told a close family member, I had been diagnosed with bipolar, they told me not to be so stupid and that I was being dramatic.
#PeopleWhoDontUnderstandMentalIllness

27

Ali Tonge @AliTonge · 1d
Replying to @hattiegladwell
"You just need an early night and a hot bath, you'll feel better tomorrow" 🙄🙄

32

Helpful Advice



A wonder....

How do you / your school / district / teachers / etc adapt and adjust to a student with a broken leg, getting surgery and going to be in a wheelchair for several months?



I ask because I was at a school where 150 kids were in wheelchairs.

Admittedly

Not physical wheelchairs, but that was the visual we needed to provide to share complexities.

Sharing Time?
who heard something
“interesting” re Mental Wellness?

Why do “we” do more for short term physical
supports than long term mental health
challenges?

Is “inclusion” only for challenges we can “see”?
(Hint: one goes away easier...the other...well...)

A Landy-ism

Sometimes the hardest doorway to go through is the open one.

maybe it's just

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

it is what it is

probably heard: the tip of the iceberg...

(don't get distracted by the flipping
iceberg)



This famous photo is a composition of four different images. One half of the iceberg was taken in Alaska and the other in Antarctica (neither was underwater). The sky and underwater components were shot separately off the coast of California.

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



*** --- ***

~~fine fine fine~~

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

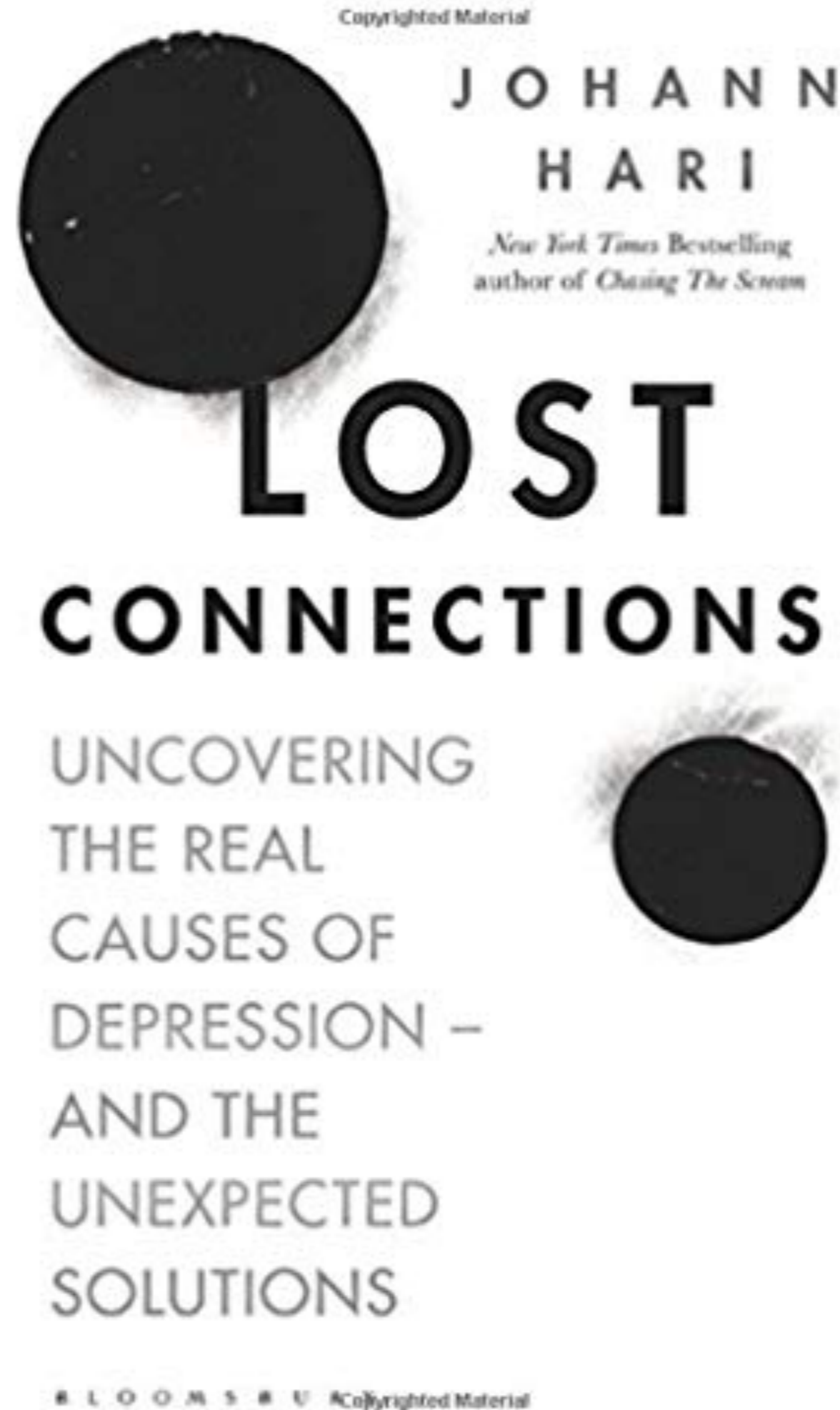
Issue	BC Rating	Canada Rating	Global Rating
Anger Management	2.67	4.47	3.93
Impulse Control	4.58	4.28	3.96
Bullying and Harassment	3.67	4.28	3.99
Family Dysfunction or Other	4.75	4.10	3.89
Anxiety	5.00	3.77	3.38
Other Behaviour Problems	3.58	3.72	3.49
Stress	4.42	3.61	3.21

why the increases?

Boredom Break

Are kids

- Has there been a rise in depression?
- Is there a link between depression and learning?
- Is learning loss a symptom of depression?
- Is school a barrier to mental health?
- Disempowerment of students with physical disabilities



their

on?

school?

hoops?

or health;

Is tech to blame?

Or is tech where people
go...?

Causation/Correlation

A doctor told me about copper bracelets - not sure how many with pain have a bracelet, but every bracelet is on someone with pain...

A Landy-ism

While my classrooms/schools have been (and will be) “tech-heavy” they have also been the most connected to the outdoors - nature matters!

or is it commercials?

(Sorry - but interesting correlation about self-worth and misconceptions about “they/he/she had it all”)

can you ever “keep up with the Joneses” ...
should you ever?



Anxiety is not something
that just happens.....

Nor is any mental
wellness disconnection....

This is why inclusion matters

You can't exclude someone to a meaningful solution (as a consequence nor as a way to "make them learn")

Presence Matters!

Where and how can we best
include this student
- even if an aid/support is away -

unless part of plan/discussion
(but then that is not exclusionary)

Where to start?

(the home-school connection)

BUILDING TRUST

Tools & Rules

Self Awareness

Create Common Language

-zones

-how does your engine run

-stress management-

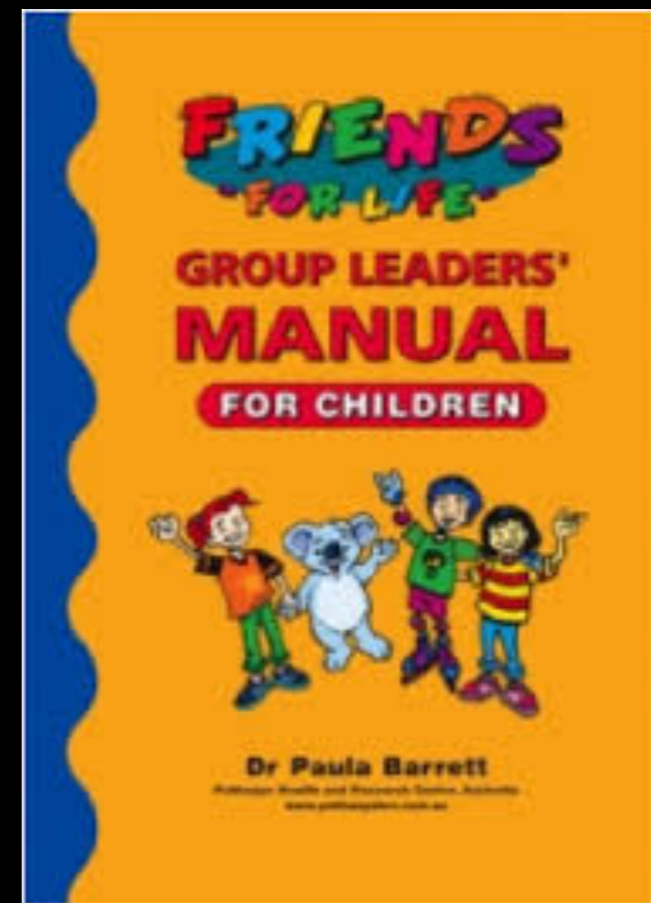
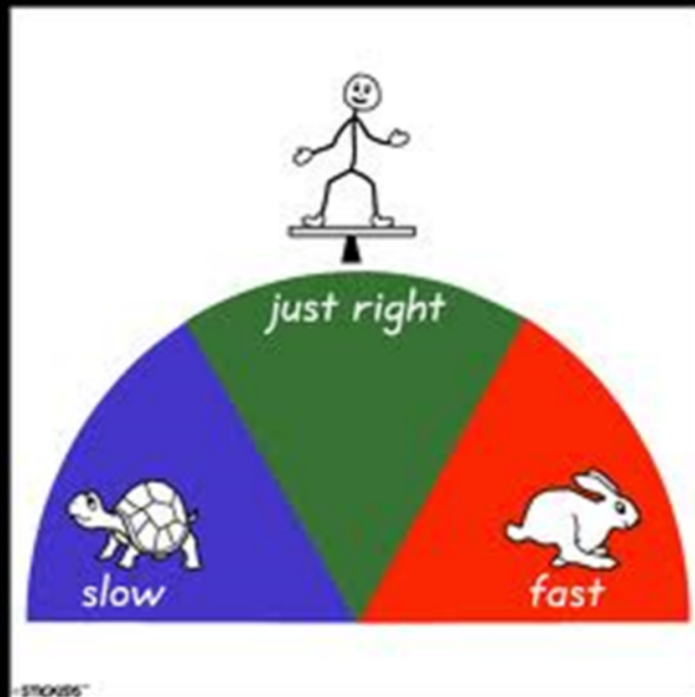
-battery

-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



T3D

Technolandy Three Things
in Education

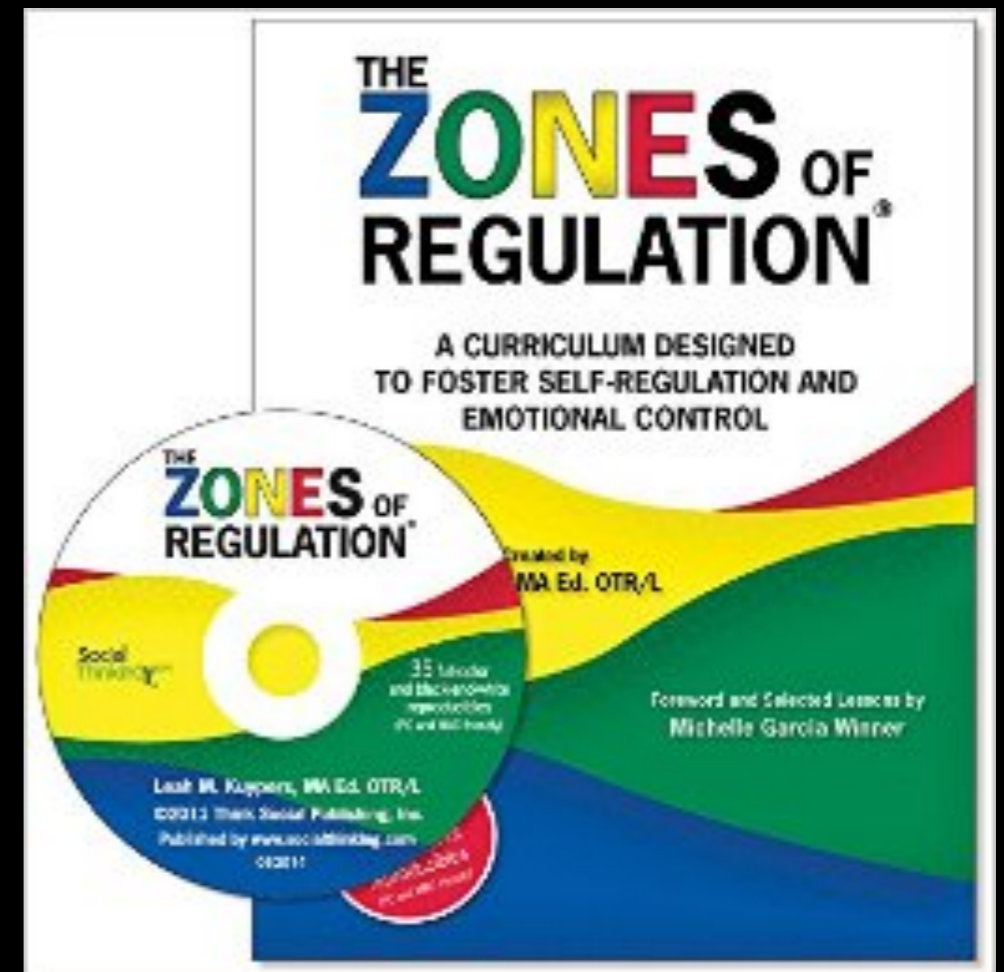
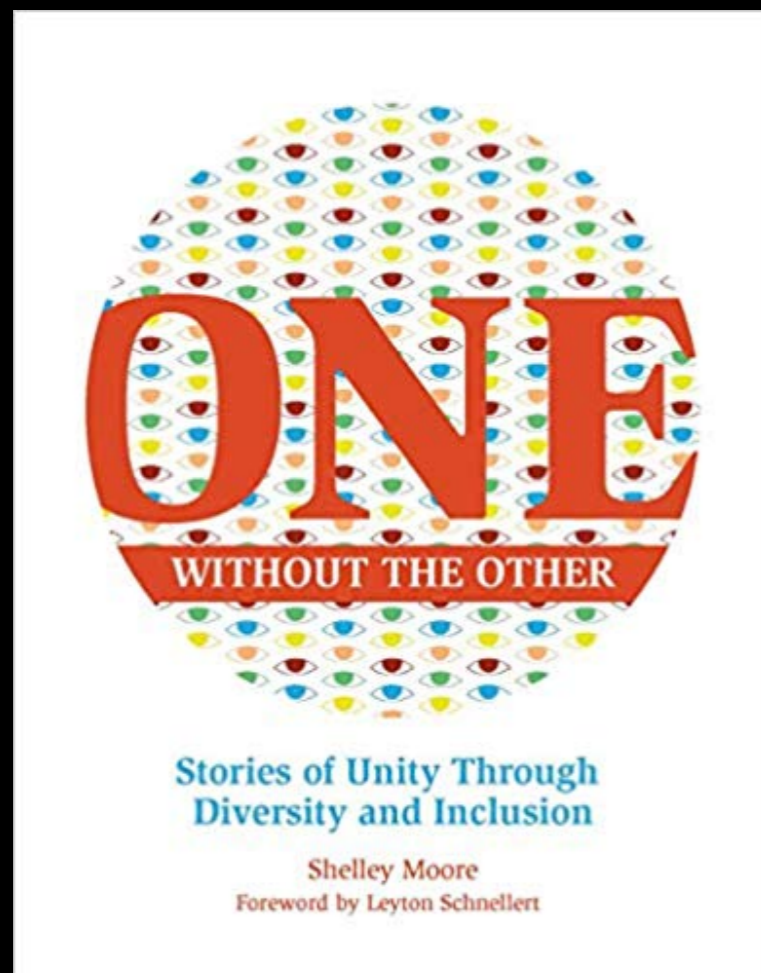


Physical environment
has ability to stress
you or calm you

Sometimes little
steps make BIG
leaps
(mindsets)



Whole school approach



WAIT!! But...

what about all the other children and their learning.....??

Polite Response

Inside Voice

A planned sidebar -
what is good for students with mental
wellness concerns is good for all...

- Project Based Learning
- Less Worksheets
- Choice (geniushour/SOLEs)
- centers
- eportfolios

What if every student was on an
IEP?

Brain Break (and Q&A break):
shoulder conversations - what are
good tools for mental wellness?

Quick List!

great tools

awful tools

Tool VS Toy

(don't remove a strategy without
providing a replacement)

((even if it's super annoying))

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)



supporting
VS
enabling



YOU KNOW, HOBBS,
SOME DAYS EVEN
MY LUCKY ROCKETSHIP
UNDERPANTS DON'T HELP.

WELL, YOU'VE DONE
ALL YOU CAN DO.

organic...not behavioural

but damn does it ever look behavioural....

There's a reason for the Behaviours

creating/composing

VS

consuming

VS

connecting

SO.....



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



“The Landy Rules”

The anxious learner needs
to be at school every day.

Every. Damn. Day.

There is no “better program” to send them to!

Dutch educators came to visit to see how we do inclusion because their “cluster schools” aren’t doing what can be done in “regular schools”

Being at school does not
always mean being in the
classroom

Being in the classroom does
not mean doing the same
work

Parallel work/play
is important!

GUIDED GRADUAL RELEASE OF RESPONSIBILITY

Secondary Consideration

small stretches in blocks

alternate work spaces

1:1 opportunities (relationships)

I quit because I felt like a charlatan when I implicitly or explicitly told my student that what we were learning reflected the heart of mathematics or that it was the core of lifelong practicality. "When are we going to use this?" has been the No. 1 whine in math classes for a few generations. We should stop trying to sell mathematics for its usefulness. It's not why you or I should learn it.

So if you asked me: why do mathematics? I would say: mathematics helps people flourish. Mathematics is for human flourishing.

math should involve beauty, truth, justice, love and play.

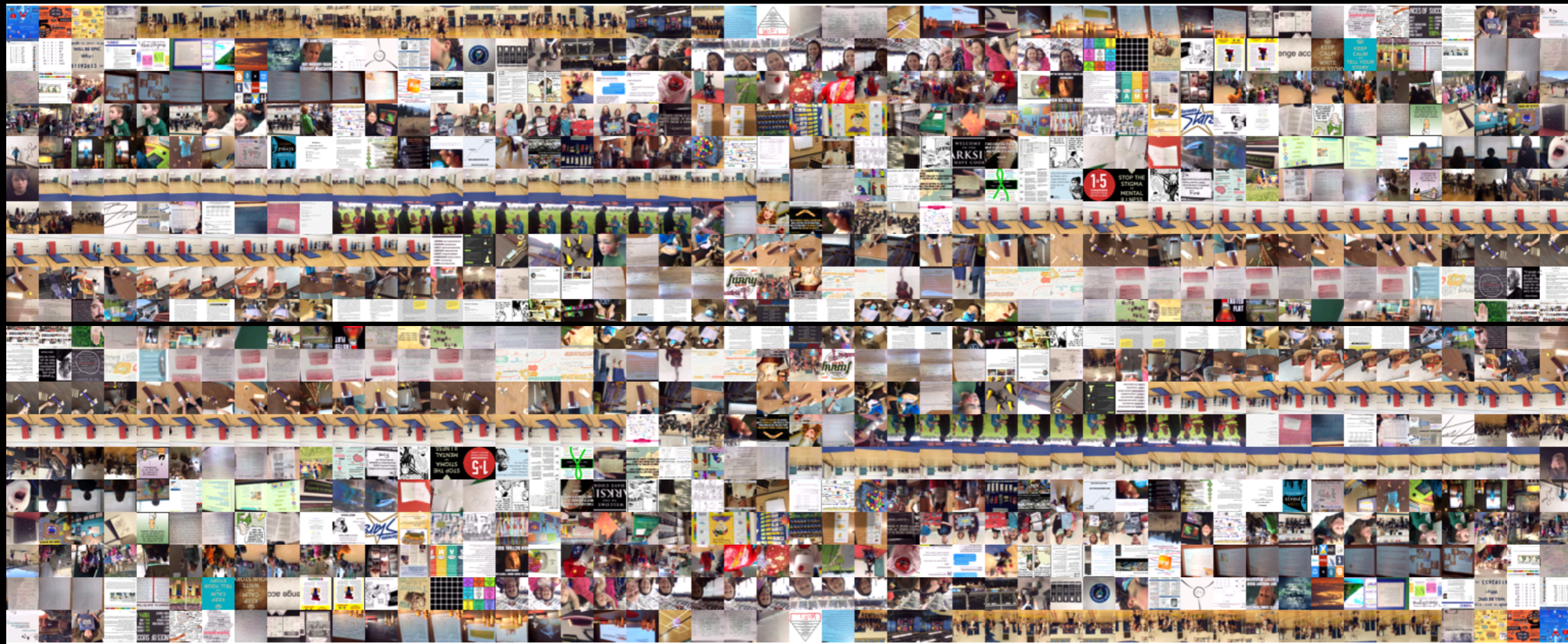
You will need to push
them

And you will (should) make
mistakes along the way

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

These relationships are key!
Studies find that deep loneliness is
as stressful to the body as being
physically attacked.

Anxious kids are
smart.




At the conclusion of Wednesday's edition of *Around The Horn*, that day's winner Woody Paige ceded his time to Reali, who had this to say:

“The Special Olympics: It’s the best in all of us. And I speak for all of us here. The power of sports lies in its ability to instill and inspire positive change, that’s exactly what the Special Olympics does. Athletes given the opportunity to discover new abilities, the joy, confidence and enhancement that comes from that goes both ways for all people. But the word is inclusion. Now I speak for myself here: I think the world would be a better place if everybody were included. Because this is a test for all of us now.

“This isn’t about public, this isn’t about private. This isn’t about budget plans, this isn’t about voting. We all vote every day of our lives, we all have a plan every day of our lives. We’re all public. I ask us to consider to look inward now. We’re asked to include all people every day. Do we? We’re in position to encourage other people every day. Do we? Think of all the ways we’re asked to unify and when we do and we fail daily, this isn’t about sides or plans. Encourage everyone, include everyone.”



A photograph of a person's open palm facing the camera. A simple smiley face is drawn on the palm with dark ink or paint. The background is a blurred green, suggesting foliage.

**My Guesstimate for
another chance for
questions or winding
things up...**

**there is always more
information...**

ian.landy@sd47.bc.ca

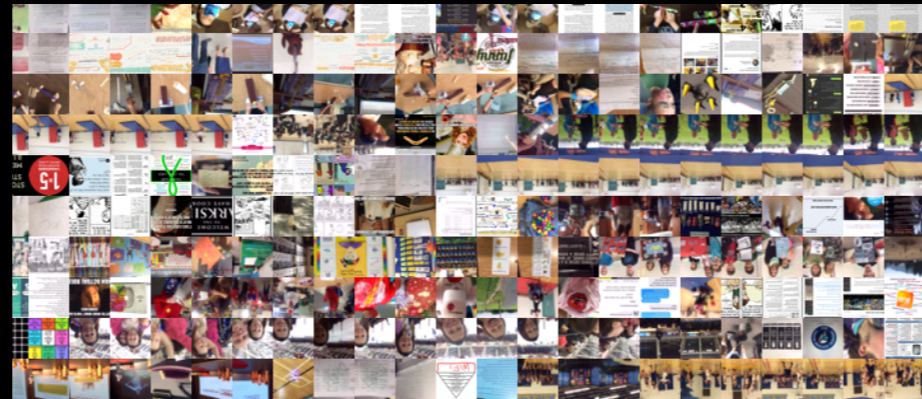
@technolandy

technolandy.wordpress.com

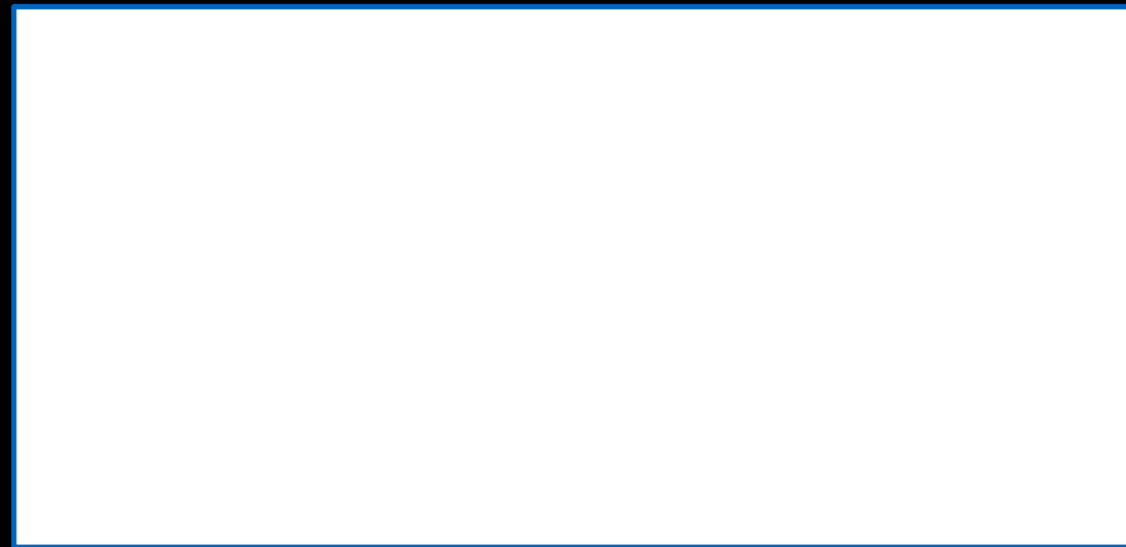
Anxiety can be
overwhelming
(especially generalized)

Cognitive Behaviour
Therapy is important

Cognitive Behaviour Therapy



coping step plan



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

And some parents are exhausted...

Communication is Key

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

Mind you.....



Close friends and families?

Or

Closed off friends and families?

Good friends important

So are family vacations

Once upon a time...

- There were limited television choices (common experiences)
- There were big newspapers (limited points of view to consider - fake news??)
- There were limited choices....and “best paths” to careers and vocations -
- even more now than ever before, we don’t know what the best careers will be in 5 years (**uncertainty!!**)

What is in the Day?

What May Be...

- mindful chime
- Finnish schedule
- rich sounds (bass)
- choice
- outside time
- breaks
- transitions
- food



SCAFFOLDING CALM:

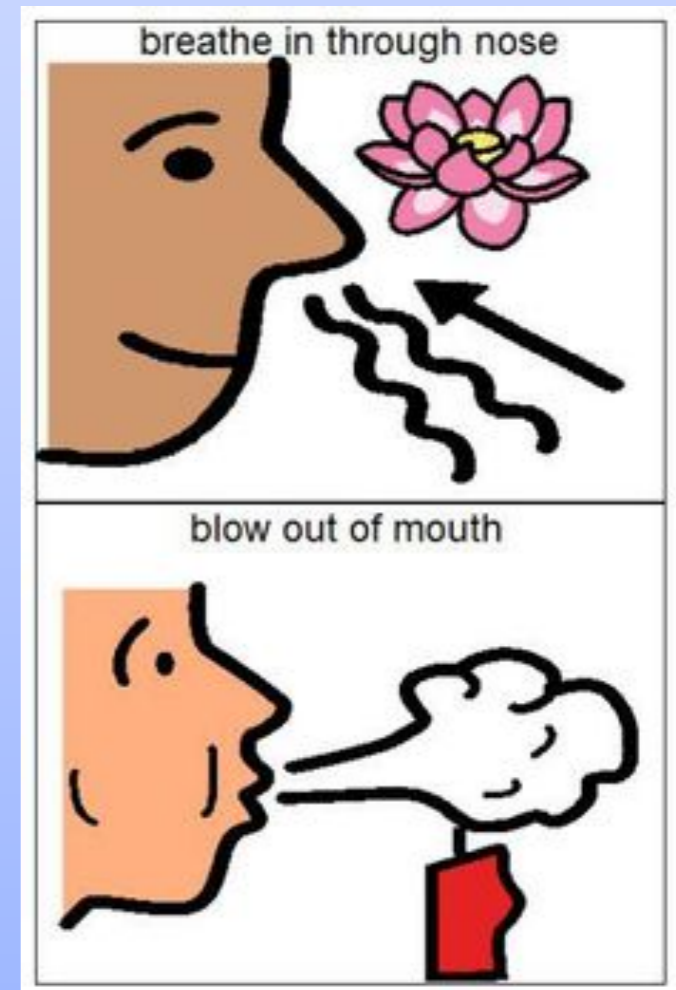
CAN'T JUST EXPECT STUDENTS TO "JUST DO IT"
(BREATHING, SITTING CALMLY, TALKING ABOUT THINGS)
WITHOUT GUIDED PRACTICE



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



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



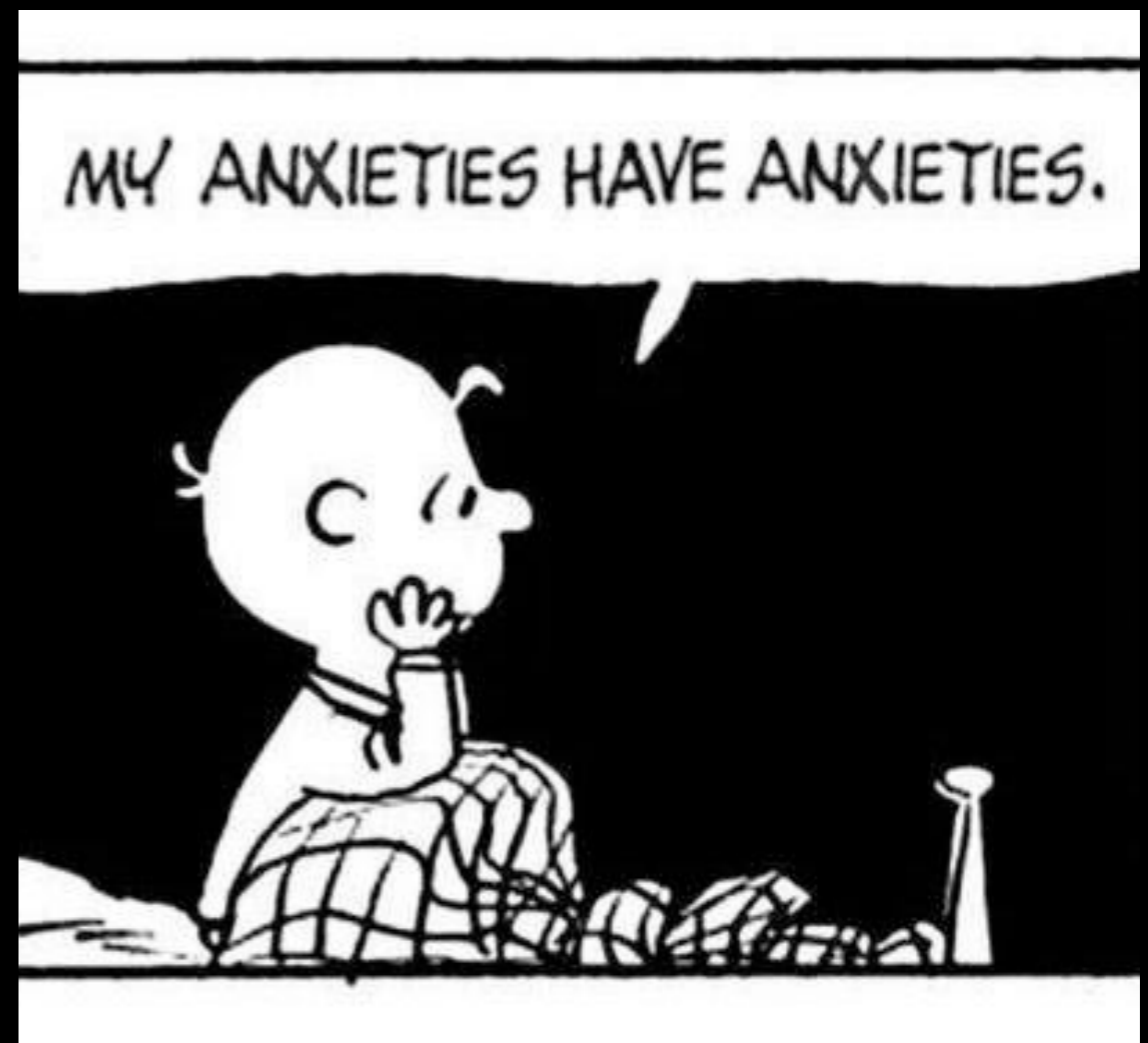
therapy fun zone

sometimes things that
“work”
don't work forever.....

especially if its organic
and not behavioural!

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>

Try things...

1 CELEBRATE!

Call out kids who have their effort & attitude dialed in.



5 SMILE

When you smile at students, they tend to smile back. (Source: Michael Linsin)



2 MAKE KIDS PROB. SOLVERS

Say, "If you have ideas to make this class better, please share them with me."



6 DON'T TOLERATE DISRESPECT

Say, "I never talk to you that way, so find a way to express that differently."

7 "I'M ON YOUR SIDE"

Tell kids that you have their best interest in mind. And win over their parents.



3 LOCK IN CLASSROOM MANAGEMENT

Kids don't respect waffling or inconsistency.



4 CARE

Ask their opinion & listen without judgement. Pick up dropped pencils. Say, "I've thought of a way to make this next part less stressful..."

8 ADD VALUE

Make class time count with significant, inspiring content. Help students perceive the topic or process as valuable.



BRAIN BLAST



HOW TO ENGAGE RESISTANT CLASSES

9 SURVEY SAYS...

"Have students fill out surveys of what is & isn't working." (Source: *We are Teachers*)



12 X-FACTOR IT!

Do something unexpected. Bring the cheerleaders Smart Water. Turn the lights off & let students watch the snow fall while playing Beethoven's Moonlight Sonata. Bring waffles!

13 ACT CONFIDENT

Swagger is compelling.



10 BE CURIOUS & HUMBLE

Start each day knowing you have more to learn about your discipline, teaching, learning, & about kids.

11 ANGELA WATSON'S 2 X 10 STRATEGY

Spend 2 min. for 10 days in a row speaking to a challenging student about non-school subjects.



14 SHOW PASSION

Excitement is contagious. Unfortunately, so is boredom



15 LOOK FOR THE POSITIVE

Look for things that delight you about individuals. It's hard to dislike someone who thinks you're awesome.



16 BE SUPER-RELAXED & SUPER-FOCUSED

This will help you be more observant & creative, with activities that count.

17 THINK ENGAGEMENT

Gamify learning, challenge kids, relate the content to students. Have kids make decisions or solve problems every class.



distraction

over-stimulation

The Technology “Discussion”

consuming vs creating

balance

blue/yellow light

Self Control is NOT the same as Self-Regulation

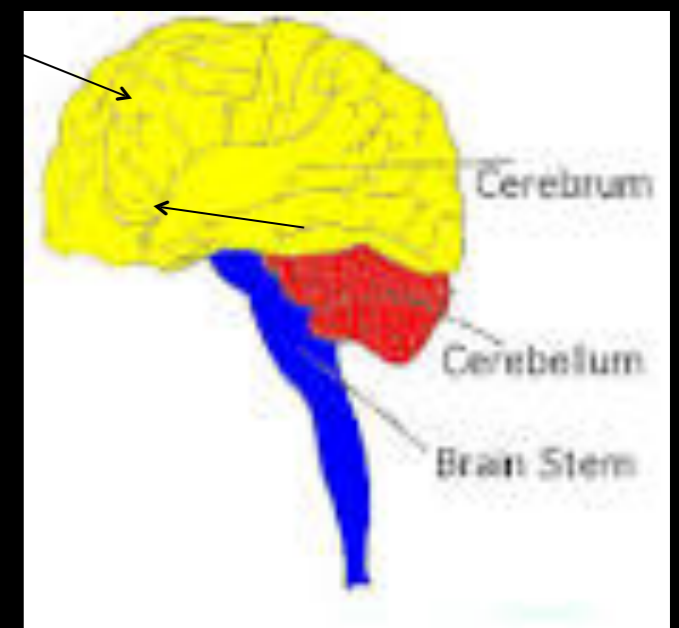
Self regulation allows you to have enough energy in your battery to have self control

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/>



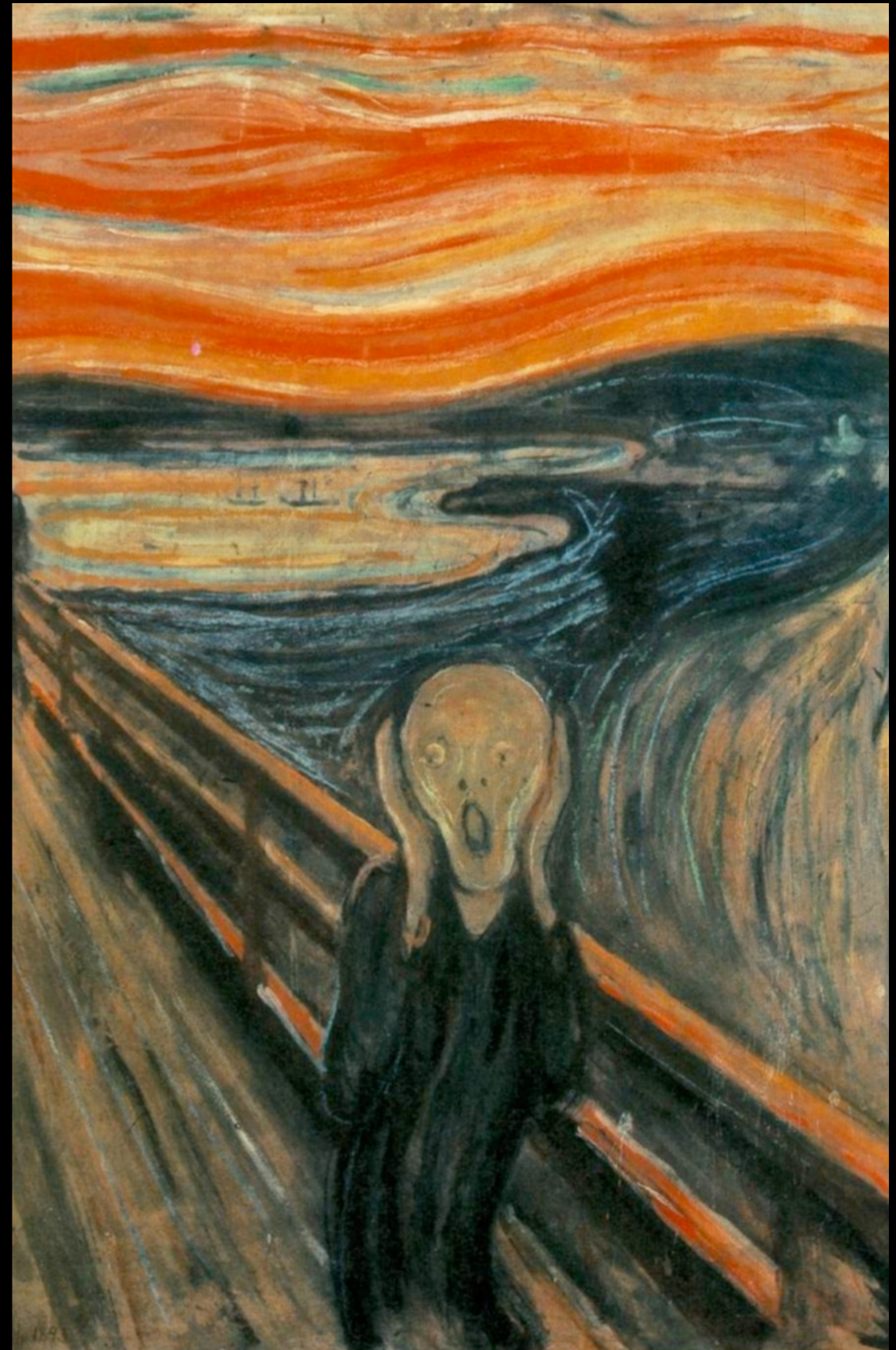
Challenges and Screams

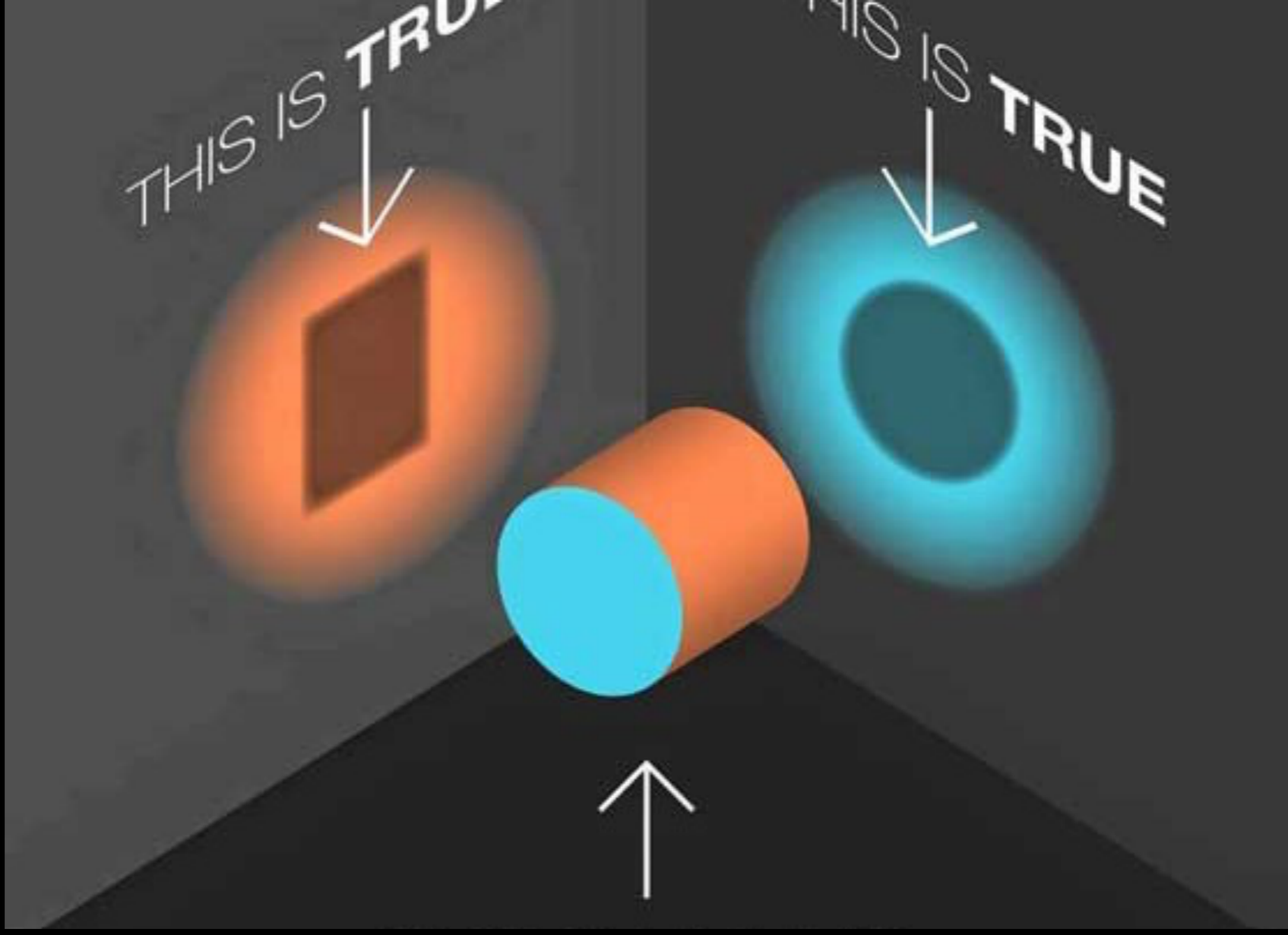
talk about mental wellness

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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