



Infinite know how
for school

FREE WEBINAR

Stressed, Stretched and Scatterbrained!

Teaching Executive Function to
help our students stress less
and achieve more

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February 11, 2020



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Stress is the unknown,
the unwanted, and the
feared. It's as minor as
feeling unbalanced and
as major as fighting for
your life.

- Sonia Lupien
Centre for Studies on Human



Reasons To Feel Stressed Out

**Overworked,
overbooked & stretched**

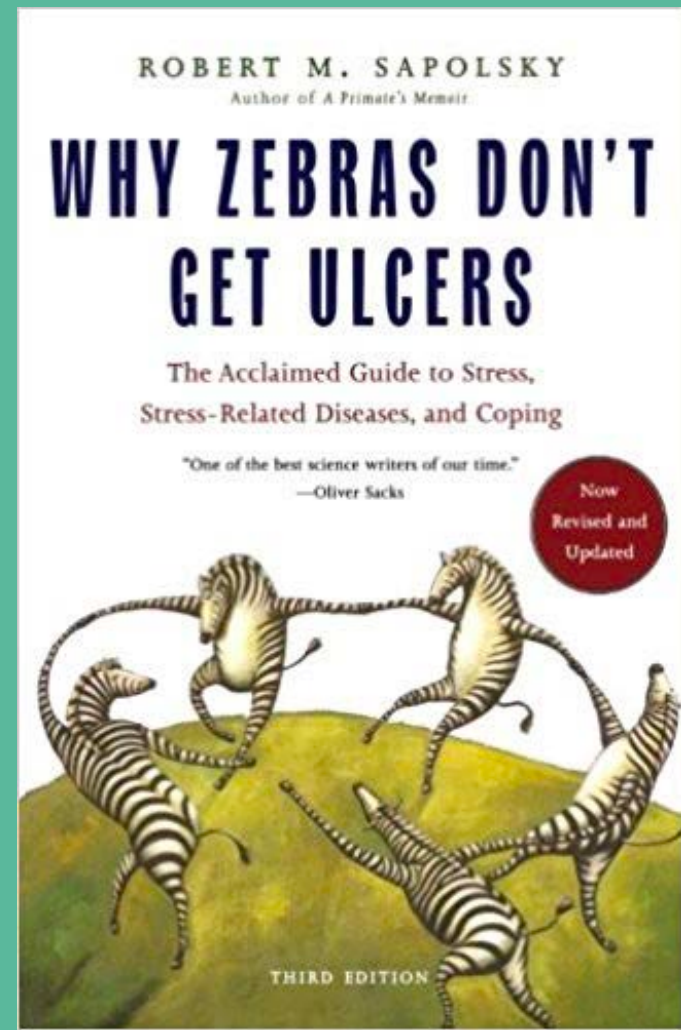
**Not enough breaks,
downtime or playtime**

**Lack of sleep, poor
eating choices & general
Imbalance**



Robert Sapolsky talks about impact of stress on body & brain:

- Cardiovascular functions
- Metabolism
- Growth & Reproduction
- Immune system
- Pain perception
- Learning and memory
- Sleep
- Mood & Psychosocial adjustment



- Stress not only disrupts the the total amount of sleep but can reduces the quality of sleep
- It disproportionally reduces the restorative deep sleep
- Trigger of insomnia
- The vicious cycle of poor sleep



- 35% of teens report that stress caused them to lie awake at night and
- For teens who sleep fewer than 8 hours per school night, 42% say their stress level has increased over the past year.

- American Psychological Association (2009)



The childhood freedom for unstructured and unsupervised play is often off limits!



Wealth as a new risk factor!

- Suniya Luthar



CASA's 2012 survey indicated, "the number one source of stress for teens is academic pressure, including pressure to do well in school and to get into college,"

- Shimi Kang Article in Psychology Today



For children, being unskilled and having challenges in getting things done is perceived as an emotional threat which can cause stress!



Growing up in overprotected or unstable environments, many kids encounter limited opportunities to practice their social-emotional skills



Short-Term Stress is Welcome



N.U.T.S = Stress Acronym

N Novelty

U Unpredictability

T Threat to
the Ego

S Sense of
Control

Stress acronym for what makes life stressful - N.U.T.S.

- **Novelty:** Something you have not experienced before
- **Unpredictability:** Something you had no way of knowing would occur
- **Threat to the ego:** Your safety or competence as a person is called into question
- **Sense of control:** You feel you have little or no control over the situation



N.U.T.S = Stress Acronym



#1. Highlight Predictability of Routines

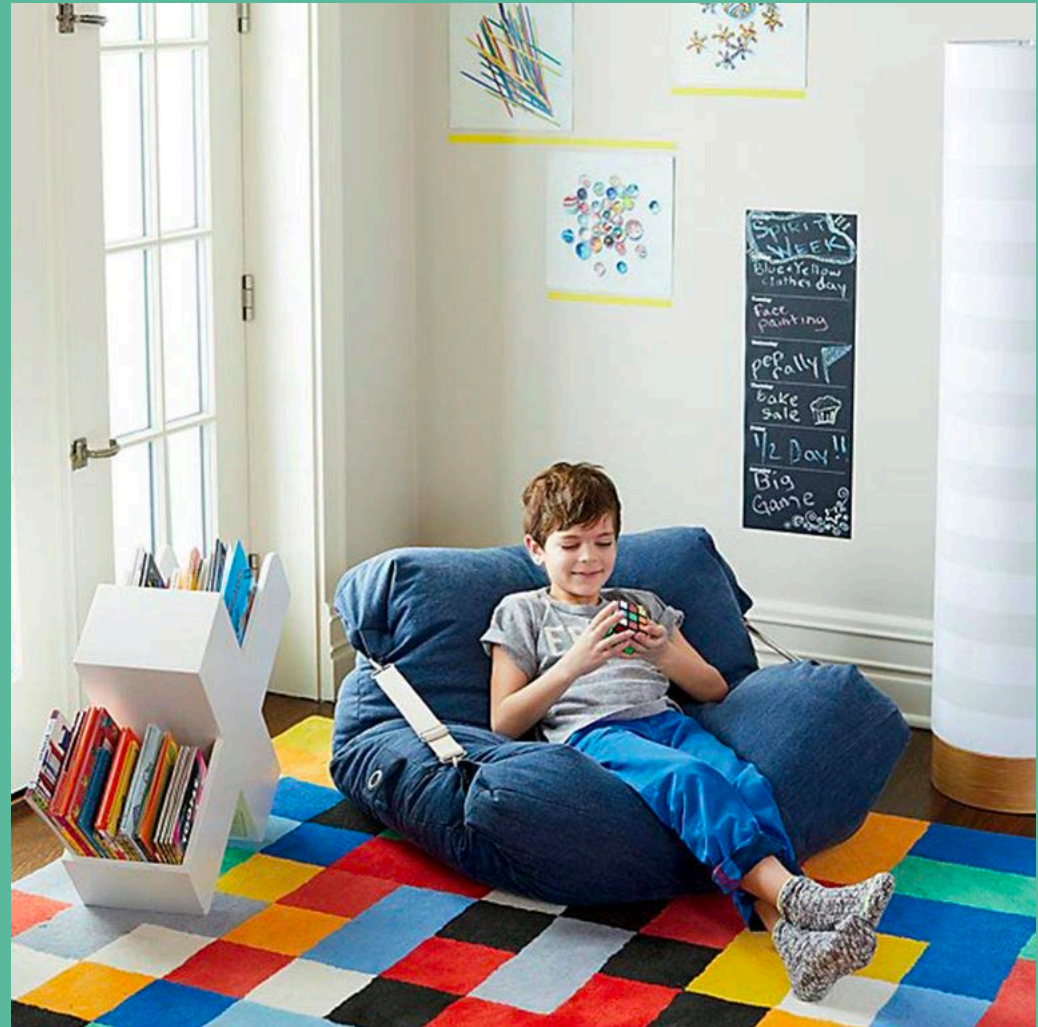
Routines and rituals are incredibly powerful, soothing and they provide psychological assurance.



Not everything kids are doing is important nor valuable. Figure out what can go and what needs to stay!



Create work-free zone in everyday routines. Find time for free play. (figure out how to hangout, chill out, or do nothing)



#4. Help Reframe The Situation

Sit down with your kids and help them find a “growth opportunity” in their difficult situations



Wei-ji Chinese word for Crisis

危机



Step into it with a Clear Plan

Danger

危机

Opportunity

Has
someone
else
handled it
better?



9/11 WIDOWS TURN TRAGEDY TO OUTREACH

Karen Mahoney, Special to your Catholic Herald | September 15, 2011

Susan Retik had every reason to hate. Seven months pregnant with her third child, Susan Retik's husband David was killed on Sept. 11, 2001. He was aboard American Airlines Flight 11 to Los Angeles, the flight that hijackers crashed into the World Trade Center.



Susan Retik

She had every reason to hate and desire vengeance as retribution for the death of her husband as well as the death of all killed and injured from the attack on the U.S. However, Retik, of Needham, Mass., is no ordinary victim. Instead, she has devoted her life to helping women in the same country where the hijackers had trained.

She and Patti Quigley, also widowed on Sept. 11, and eight months pregnant with her second child when her husband Patrick was killed while traveling on United Airlines Flight 175, directed their grief toward helping Afghan widows, who were also suffering.

"We basically became aware of Afghanistan and the plight of the women through the news media," said Retik. "We were struck by how terrible it was to be a woman and couldn't imagine what it was like. I felt a kinship toward them, and remembered about all the people that helped me when I lost David, and knew that they had no one to help them."

“Is it
HTT?”

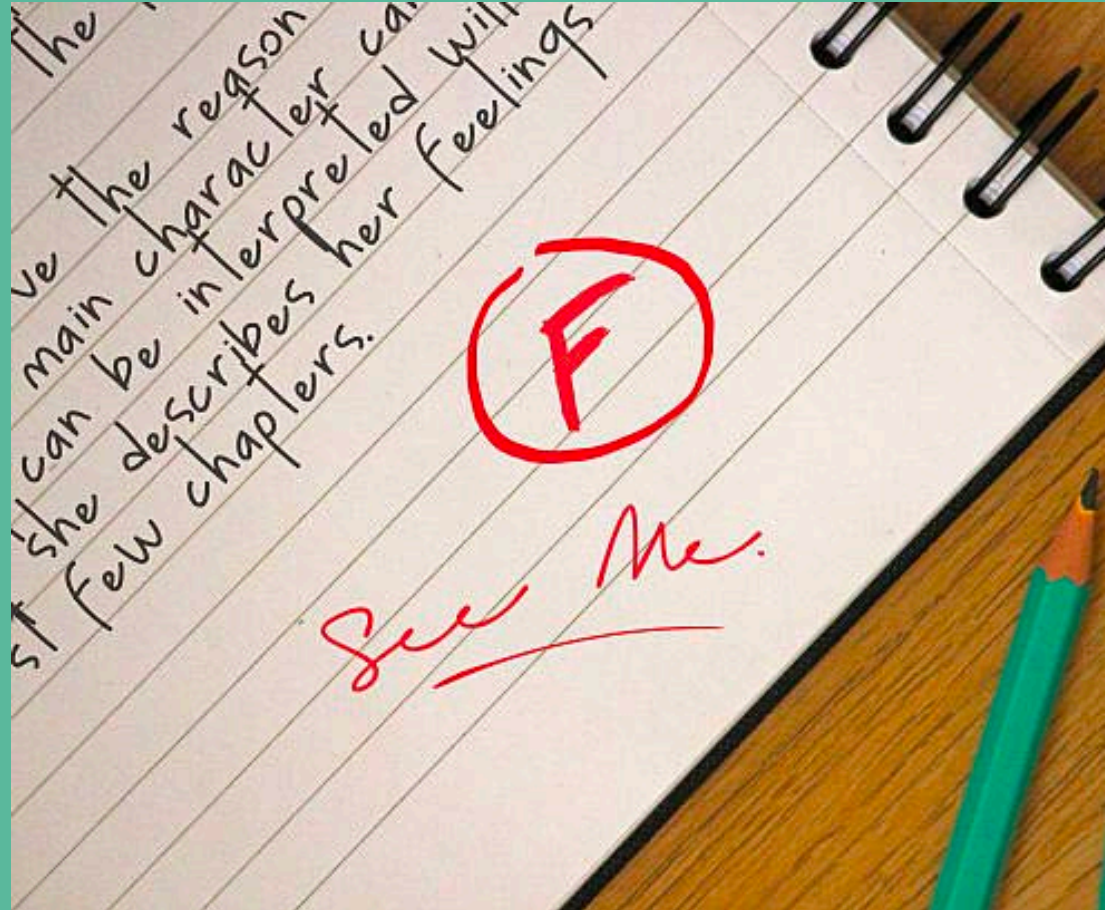
(Harriet Tubman Tough)

- Cynthia Erivo



#6. Remind kids Failures are not Bad

Discuss poor performance with great care and patience. But help kids see it can be improved.



Provide child with the language that captures his/her inner feelings and emotions.



#8. Stress Management in Action

Step By Step Process:

- Help kids step aside to regroup.
- Help them figure out the N.U.T.S. about the situation that is stressful
- Engage in problem solving
- Provide support to so that the kids can come up with a Plan B
- Facilitate “On the spot stress management” strategies
- Practice, practice, and practice



Oriole



Magpie



You decide
when you
have learned
enough!

BluJay

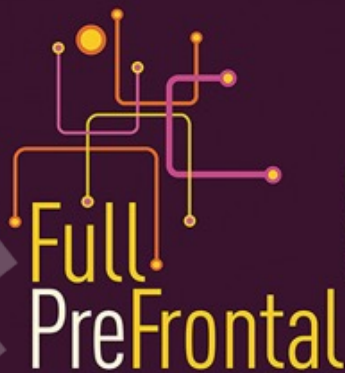
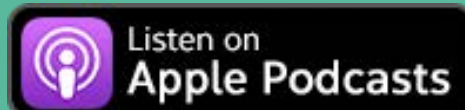


Robin



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A Podcast About
Exposing the Mysteries of
Executive Function
with
Sucheta Kamath



Sucheta Kamath

Introduction to the Full PreFrontal Podcast





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Thank You!

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