

School-based Mental Health Example of Practice Webinar #4:

Supporting Student and Staff Stress and Anxiety

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Stress



External

Resolves when
stressful event has
passed

Anxiety



Internal

Persists after
concern has passed

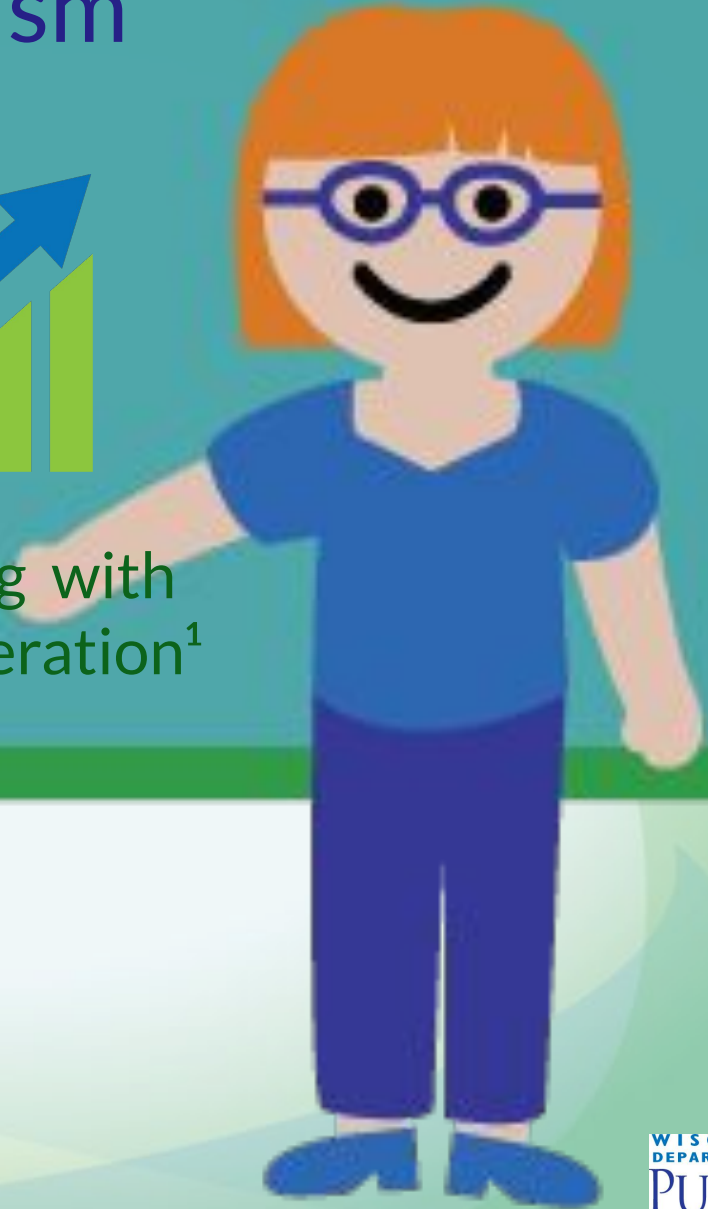
Perfectionism



Negative mental²
physical³ health
outcomes, school
achievement⁴.



Increasing with
each generation¹



Continuum of Supports



Stress/Anxiety



Anxiety Disorder



Prevention (tier 1)

Early Intervention (tier 2)

Treatment (tier 3)

SEL

Relaxation Skills

**Growth vs fixed
mindset**

CBT

Mindfulness Based Stress Reduction

**Motivational Interviewing
(for rigidity/perfectionism)**

Evidence-Based Stress Management Techniques



Progressive Muscle Relaxation



Systematically tightening and releasing muscles in order to relax the body

This technique can be used by any student without adult prompting, and during down time like waiting in the lunch line, before a test, etc.



Guided Imagery



Using mental images to recreate a sensory experience that evokes positive emotions associated with those experiences

Try imagery before a test to evoke feelings of success!



Diaphragmatic Breathing

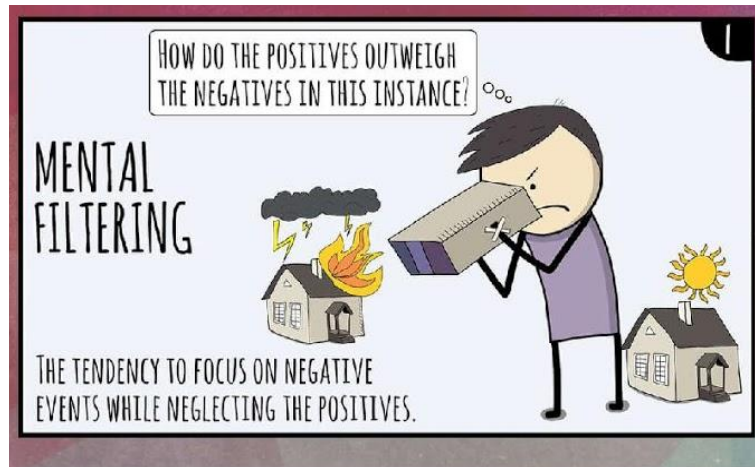


A form of deep belly breathing at a consistent rate that signals the nervous system to relax

Very effective de-escalation strategy for a triggered student, practice when calm!



Cognitive Behavioral Strategies: Teaching about “Thought Holes”



Teaches students to recognize and challenge maladaptive thinking patterns in order to develop more accurate thinking!

Practice identifying “thought holes” in books or TV characters!



Addressing Perfectionism: Challenge the Myth of Perfectionism



The MYTH:

Perfectionism will lead to success

THE REALITY:

Perfectionism often gets in the way of success



Example of Practice: Menominee Indian School District



Supporting Adult Stress and Anxiety: Building Compassion Resilience



Building Compassion Resilience



- The power to return to a position of empathy, strength, and hope after the daily witnessing of the challenges families face in our community and the realities of the workplace.
- To be optimistic in an imperfect world.

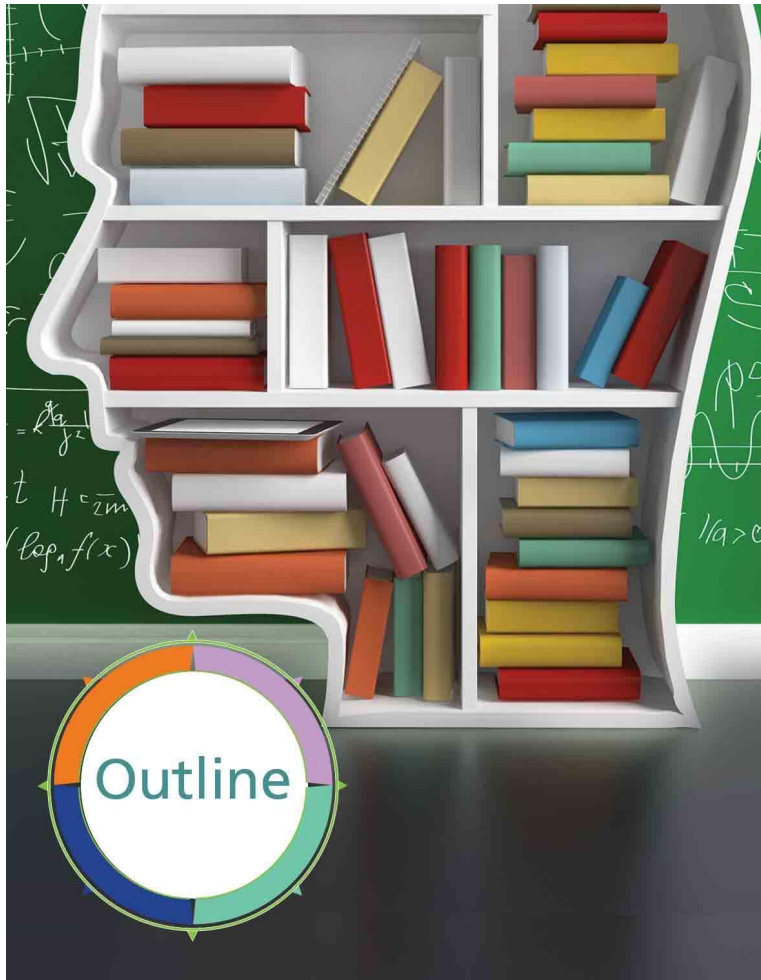
Toolkit Introduction



- A tier one approach to staff compassion resilience
- NOT an intervention for staff who “who need it most”

compassionresilencetoolkit.org





Preface

- Introduction, Rationale for the Compassion Resilience Focus and Approach, and Implementation Guidance for School Leaders and Toolkit Facilitators

Content Sections

1. Compassion in Action
2. Wellness, Compassion Fatigue, Self-Compassion, Compassion Resilience Compassion Fatigue Awareness, Connection to Trauma, and Assessment
3. Systemic Drivers of Compassion Fatigue
4. Expectations from Self and Others
5. Compassionate Boundary Setting – Personal and Professional
6. Contract for Positive Staff Culture
7. Strategies – Mind
8. Strategies – Spirit
9. Strategies – Strength
10. Strategies – Heart
11. Compassionate Connections with Parents
12. Building Compassion-based relationships with caregivers



Example of Practice: Stoughton School District



References

- [1] Curran, T., & Hill, A. P. (2017). Perfectionism is increasing over time: A meta-analysis of birth cohort differences from 1989 to 2016. *Psychological Bulletin*. <https://doi.org/10.1037/bul0000138>
- [2] Limburg, K., Watson, H. J., Hagger, M. S., & Egan, S. J. (2017). The Relationship Between Perfectionism and Psychopathology: A Meta-Analysis. *Journal of Clinical Psychology*, 73(10), 1301–1326. <https://doi.org/10.1002/jclp.22435>
- [3] Jansson-Fröjmark, M., & Linton, S. J. (2007). Is perfectionism related to pre-existing and future insomnia? A prospective study. *British Journal of Clinical Psychology*, 46(1), 119–124. <https://doi.org/10.1348/014466506X158824>
- [4] Stornelli, D., Flett, G. L., & Hewitt, P. L. (2009). Perfectionism, Achievement, and Affect in Children: A Comparison of Students From Gifted, Arts, and Regular Programs. *Canadian Journal of School Psychology*, 24(4), 267–283. <https://doi.org/10.1177/0829573509342392>
- [6] Josephs, Sheila Achar. “Reducing Perfectionism in Teens.” Anxiety and Depression Association of America, ADAA. <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/reducing-perfectionism-teens>.