



# Student Wellness Series

## Anxiety

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November 2, 2020





## **Dr. Lisa Strohman**

Psychologist, Author, and Founder of Digital Citizen Academy

[www.asklisa.com](http://www.asklisa.com)

A psychologist, attorney, author, and mother, Dr. Lisa Strohman established Digital Citizen Academy to help keep families safe from online dangers. Her background working as a visiting scholar with the profiling unit at the FBI during one of the most tragic school shootings in the U.S. helped create her passion to help proactively prevent and educate students, educators, and parents on issues related to technology.



## **Christine Ravesi-Weinstein**

Assistant Principal of Milford High School at Milford Public Schools, MA

[www.milfordpublicschools.com](http://www.milfordpublicschools.com)

Christine Ravesi-Weinstein currently serves as a high school assistant principal in Massachusetts and previously worked as a high school science department chair for four years and classroom teacher for 15. Diagnosed with anxiety and depression at 23, Christine began her journey toward mental wellness. She began a non-profit organization in June 2017 aimed at removing the stigma of mental illness and promoting physical activity as a means to cope with anxiety. As an avid writer and educator, Christine became passionate about bridging the two with her advocacy for mental health. Since March 2019, she has had numerous nationally published articles, including the number one most-read article of 2019 on eSchool News (she also had the number six and eight most read articles in that year). Christine has presented at numerous national conferences, including ASCD Empower, and has provided professional development for educators in various districts. Christine is an MASCD Board Member and Times 10 author. Her first book, *Anxious*, was published in March 2020. Follow her work on Twitter @RavesiWeinstein and on YouTube at The Runner's High.



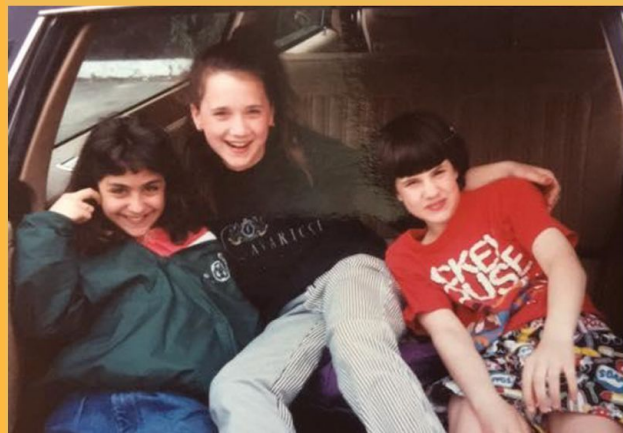
## **Paget Hetherington**

Vice President, Marketing, Gaggle

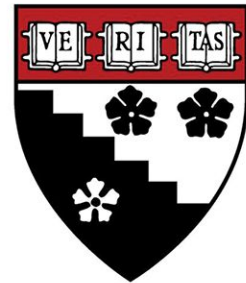
[www.gaggle.net](http://www.gaggle.net)

Paget Hetherington has helped empower children to achieve academic success her entire career, leading sales and marketing efforts for global publishing and EdTech companies. As the vice president of Marketing, Paget's focus is spreading Gaggle's message to school districts across the country, helping to ensure the safety and well-being of students.

Christine's Story:  
Childhood



Christine's Story:  
Young Adult



**Harvard**  
Graduate School  
of Education

# Christine's Story: Motherhood





## Generalized Anxiety Disorder

Generalized anxiety disorder involves persistent and excessive worry that interferes with daily activities. The worries often focus on everyday things such as job responsibilities and family health or minor matters such as chores, car repairs, or appointments.



## Social Anxiety Disorder

A person with social anxiety disorder has significant anxiety and discomfort about being embarrassed, humiliated, rejected, or looked down on in social interactions. Common examples are extreme fear of public speaking, meeting new people, or eating/drinking in public.



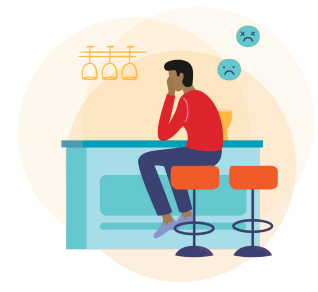
## Separation Anxiety Disorder

A person with separation anxiety disorder is excessively fearful or anxious about separation from those with whom he or she is attached. A person with separation anxiety disorder may be persistently worried about losing the person closest to him or her, may be reluctant or refuse to go out or sleep away from home or without that person, or may experience nightmares about separation.



## Phobias, Specific Phobia

A specific phobia is excessive and persistent fear of a specific object, situation or activity that is generally not harmful. These fears cause such distress that some people go to extreme lengths to avoid what they fear. Examples are fear of flying, heights, or spiders.



## Agoraphobia

The fear of being in situations where escape may be difficult or embarrassing, or help might not be available in the event of panic symptoms. The fear is out of proportion to the situation. A person with agoraphobia experiences this fear in two or more of the following situations:

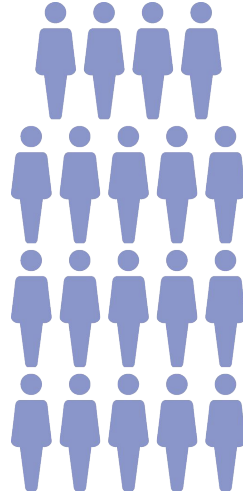
- Using public transportation
- Being in open spaces
- Being in enclosed places
- Standing in line/a crowd
- Being outside the home alone

*A person can only be diagnosed with agoraphobia if the fear is intensely upsetting, or if it significantly interferes with normal daily activities.*

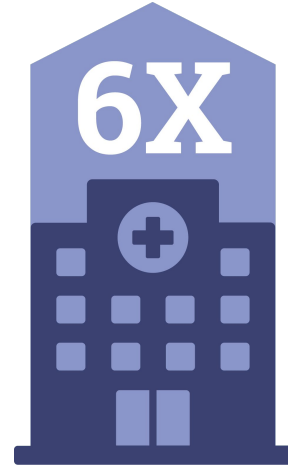
# Realities of Anxiety



11 years old  
is the mean age of onset for anxiety disorder.



19 million  
adults are affected by anxiety disorders, making it the most common psychiatric disorder in the U.S.



6X  
People with an anxiety disorder are six times more likely to be hospitalized for psychiatric disorders than those who don't suffer from anxiety.

Individuals with an anxiety disorder can experience psychological and/or physical symptoms.



## Psychological Symptoms

- ✓ Stressed out
- ✓ Burned out
- ✓ Scared
- ✓ Worried
- ✓ Frightened
- ✓ Panicky
- ✓ Irritable

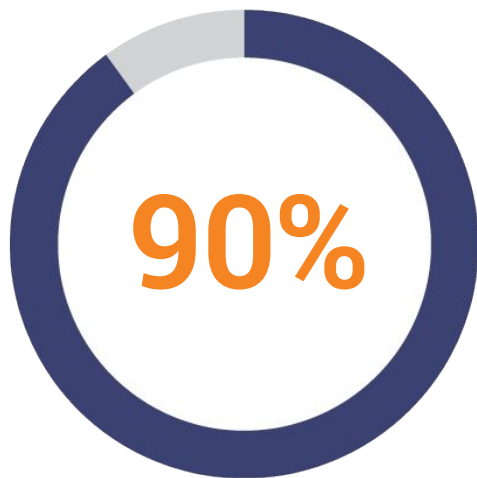


## Physical Symptoms

- ✓ Shaky
- ✓ Disturbed sleep
- ✓ Palpitations
- ✓ Headaches
- ✓ Chest tightness
- ✓ Stomach  
*"twisted up in knots"*



# Anxiety is **highly treatable**



of cases are treatable

*but only*



of those who suffer  
receive treatment

# Strategies for Anxiety



**Small, attainable goals**



**Establish a routine**



**Find creative outlets**



**Prioritize physical wellness**



**Be part of a community**



**Observe, ask, implement**



## CONTENT ANALYSIS

**Machine learning technology** blocks potentially harmful content, including language related to incels, in students' school-issued accounts



## EXPERT REVIEW

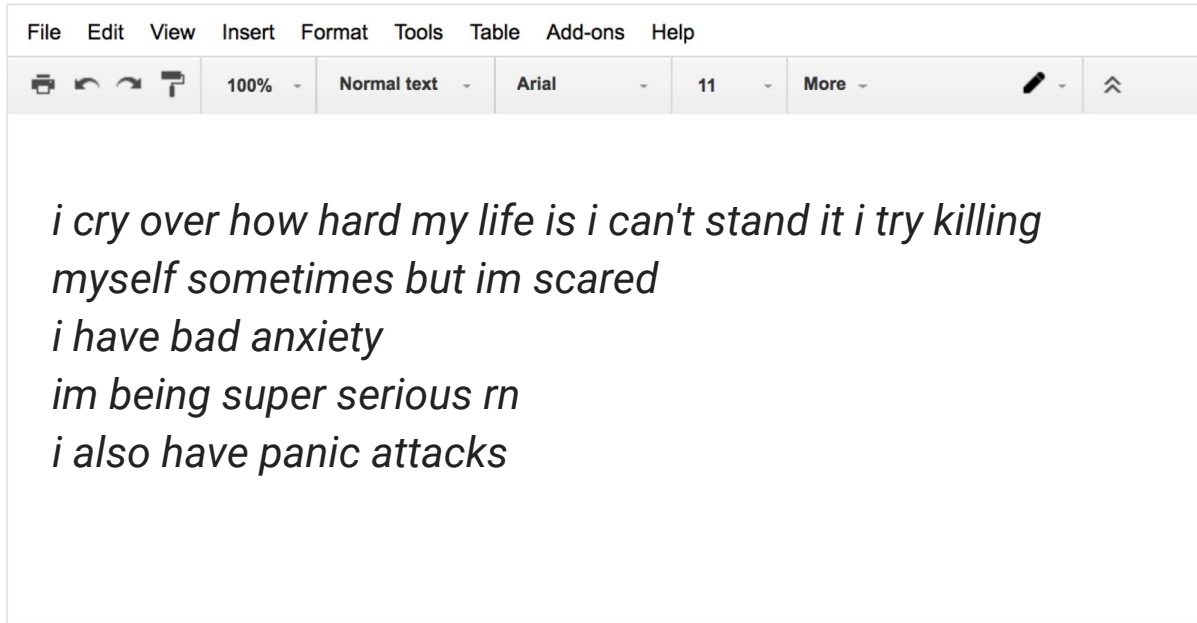
Gaggle helps districts **see the early warning signs** so they can take action to protect students from harming themselves or others—before it's too late



## RAPID RESPONSE

In severe situations, district-appointed contacts are **immediately notified** by phone, even after standard business hours

## Example of student's comment on anxiety:



The image shows a screenshot of a text editor interface. At the top, there is a menu bar with the following items: File, Edit, View, Insert, Format, Tools, Table, Add-ons, and Help. Below the menu bar is a toolbar with several icons: a printer, a refresh/cancel icon, a redo/undo icon, a text box icon, a zoom percentage of 100%, a text style dropdown set to 'Normal text', a font family dropdown set to 'Arial', a font size dropdown set to '11', a 'More' dropdown, a pencil icon, and an upward arrow icon. The main text area contains the following text, which is italicized in the original image:

*i cry over how hard my life is i can't stand it i try killing myself sometimes but im scared  
i have bad anxiety  
im being super serious rn  
i also have panic attacks*

# Find Out More

*Dr. Lisa*

[www.drlisastrohman.com](http://www.drlisastrohman.com)

Follow Dr. Lisa:



Christine  
Ravesi-Weinstein

[www.ravesiweinstein.com](http://www.ravesiweinstein.com)

Check out her book, *Anxious: How to advocate for students with anxiety, because what if it turns out right?*

Follow Christine Ravesi-Weinstein:



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**Anxiety Resources**

[The National Alliance on Mental Illness](#)

[The Anxiety and Depression Association of America](#)

**National Suicide Hotline:** Call 800-273-TALK (8255)

**Crisis Text Line:** Text HOME to 741741

# Questions & Answers



# Thank you

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