



*Optimal Treatment
for Anxiety
& Mental Health*

The New Normal is Stressing Me Out: Building Resilience

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OBJECTIVE

To provide information and skills to help cope with transitioning to and navigating the New Normal.

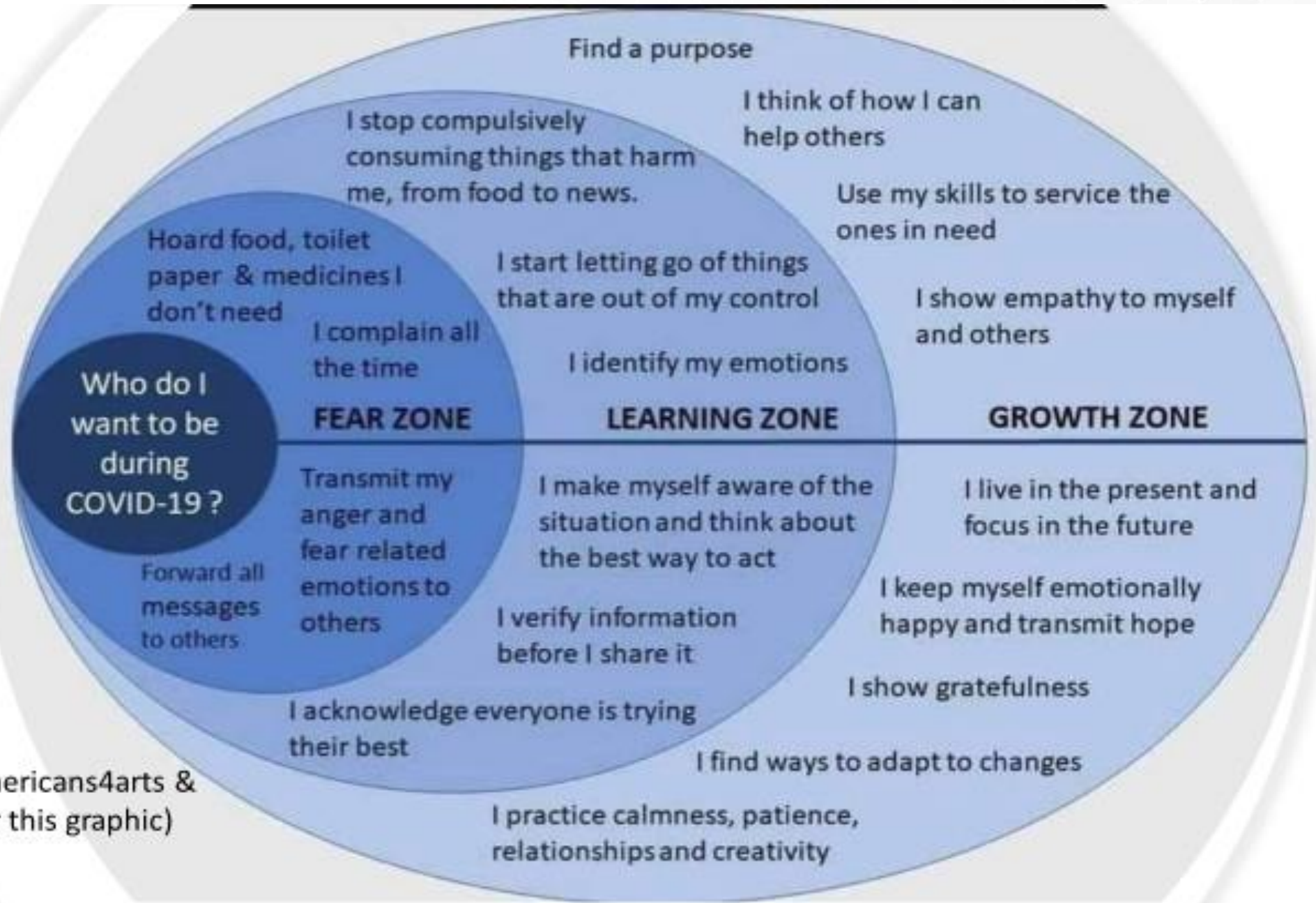
Chronic stress



Psychological

Physical

Cognitive



(Credit to @americans4arts & Beth Kanter for this graphic)

Daily Mood Management Tips



DAILY STRUCTURE
AND ROUTINE



GET YOUR HEART
RATE UP



CONNECT WITH
OTHERS



ENGAGE IN ONE
PLEASURE ACTIVITY A
DAY



MAKE PROGRESS
TOWARDS ONE GOAL



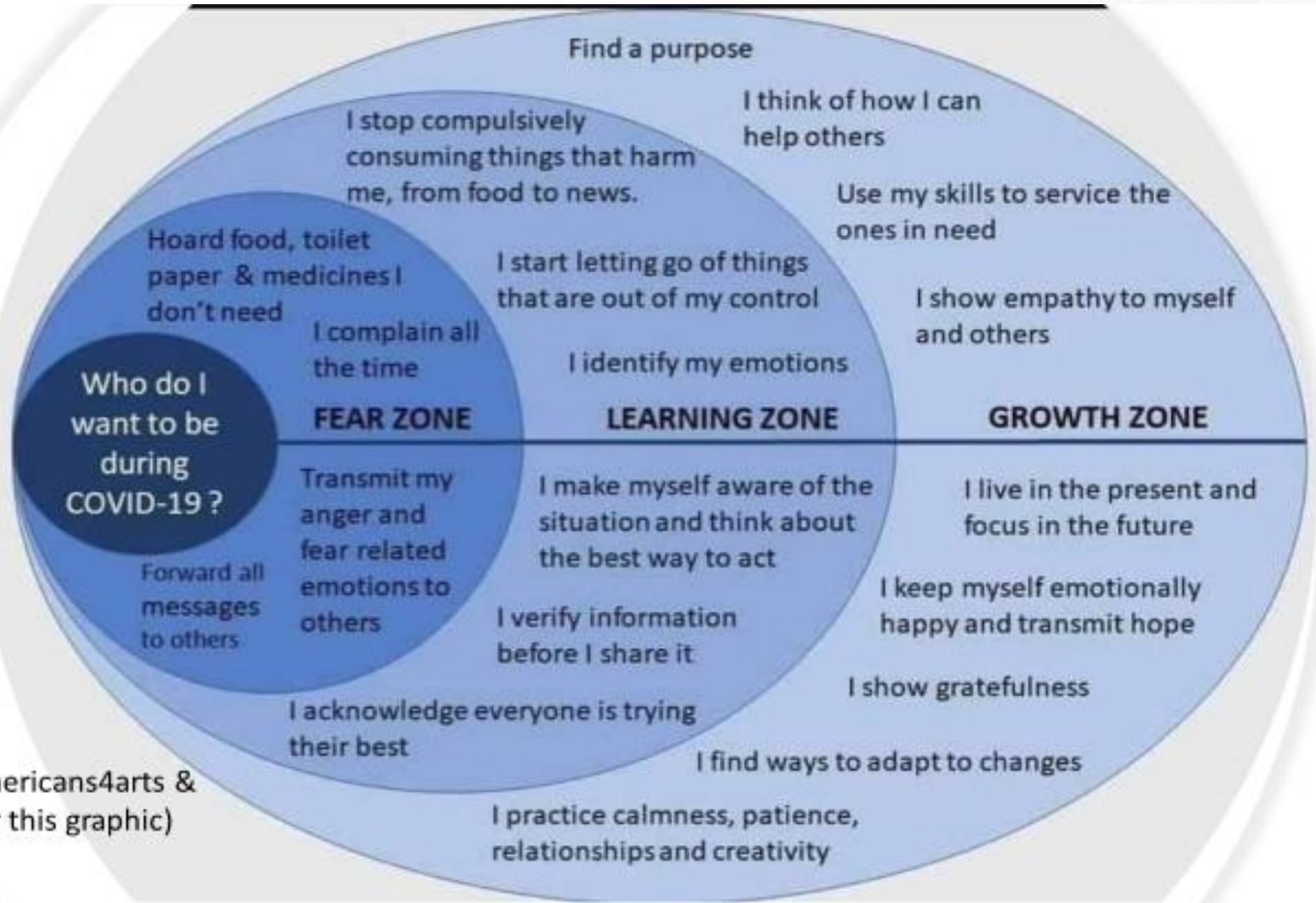
MINDFULNESS



CARE FOR
SOMETHING OR
SOMEONE ELSE



NUTRITION



(Credit to @americans4arts & Beth Kanter for this graphic)

What is resilience?

The ability to overcome and recover from adversity. A person who is resilient can “bounce back” from a hardship and is able to move forward and flourish.

Genetics, early environment, and life factors all contribute to how resilient a person is.

We can all strengthen our protective factors to boost resilience.

What does Resiliency look like?

Cognitive
Flexibility and
Adaptability

Problem Solving
and Planning

Internal Sense of
Control

Acceptance

Self Confident

Optimistic

Self Compassion

Greater awareness
of their Emotions,
Thoughts, and
Behaviors

Areas to strengthen to help us cope with “The New Normal”

Social
Support

Physical Well-
Being

Psychological
Well-Being

Finding
Purpose

Healthy and
Active Coping

Social Support

Emotional Support: genuine care for you. They provide love support, acceptance and encouragement.

Instrumental Support : practical, concrete, tangible support.



Ways to Enhance Social Support



STAY CONNECTED
(CALL, TEXT, ZOOM)



VOLUNTEER

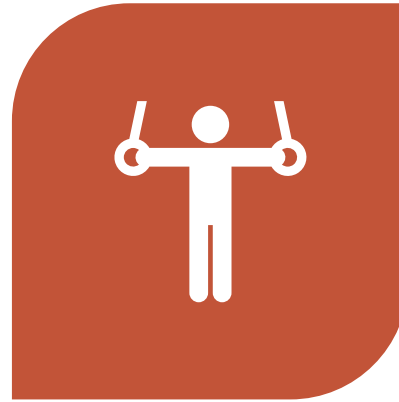


JOIN A GROUP: COMMUNITY
ORGANIZATIONS, RELIGIOUS
GROUPS, LIFESTYLE GROUPS

Physical Well-Being



PROPER NUTRITION



EXERCISE



SLEEP

Sleep Hygiene 101

Daily routine

Bed is for sleeping only

Exercise

Avoid caffeine in the afternoon

Limit alcohol intake

No smart phones or devices 1 hour before bed

Establish a bedtime routine

Create a comfortable sleep environment

30-minute rule



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Psychological Well-Being



MINDFULNESS

PRESENT
FOCUSED



GRATITUDE

FOCUS ON THE
POSITIVE/GOOD



HUMOR

NORMALIZATION &
FLEXIBILITY



OPTIMISM

HOPEFUL &
EFFECTIVE

Gratitude

- Individually:
 - *Writing in a journal*
- Family:
 - *Dinner time*
 - *Bedtime*
- Look for opportunities daily
 - *Thanking delivery people*
 - *7 PM Clap*
 - *Sending thank you texts*

Humor



Social support



Watching TV
shows or movies



Books



Sharing cartoons
and memes

Optimism

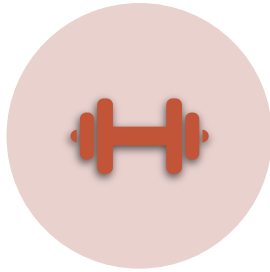
- Engage in Mindfulness, Gratitude, & Humor
- Surround yourself with people who promote optimism
- Limit your social media and news intake
- Engage in daily pleasure activities

“Pessimism is an investment in nothing; optimism is an investment in hope.” Author Unknown

PURPOSE



KNOW YOUR VALUES



STRENGTHS



HELPS OTHERS:
FAMILY, COMMUNITY,
SOCIETY, OR WORLD



DAILY INTENTION

Healthy and Active Coping

Recognizing there is a problem that needs to be addressed

- Are we worrying for the sake of worrying?
- Just because we have a thought doesn't make it true.

Take productive steps to address problems

- Do not avoid.
- Problem solve and plan.

Knowing when to accept that things are out of your control

- Serenity prayer – “...Grant to us the serenity of mind to accept that which cannot be changed; courage to change that which can be changed, and wisdom to know the one from the other...”

Healthy and Active Coping



Focus on the Facts



Productive vs. Unproductive Worry

Focus on the Facts

- Focus on the facts
 - *What is your worry thought?*
 - *What is the evidence to support your worry thought?*
 - *What is the evidence against your worry thought?*
 - *Find an alternative thought.*

Productive vs. Unproductive Worry (Robert Leahey PhD)

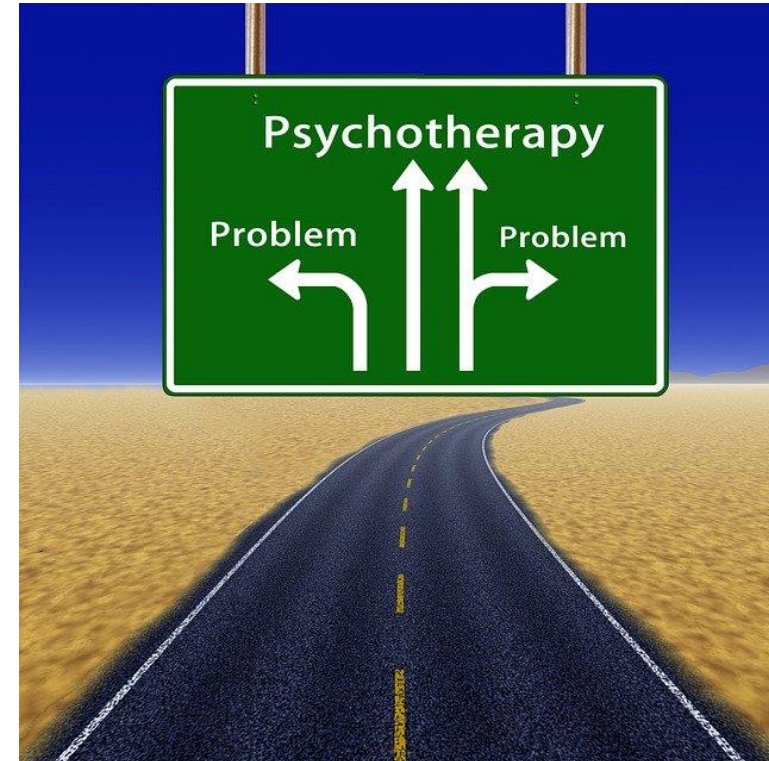
- Productive Worry: Can be put on a “To Do” List
 - *Concrete, realistic steps we can take to address the worry*
 - *Being proactive*
 - *Identifying and utilizing our resources*
- Unproductive Worry: searching for an answer that doesn't exit
 - *No direct action can be taken*

TAKE AWAY

- We will cope with the uncertainty of the New Normal by:
 - *Utilizing our social support*
 - *Focusing on our physical and psychological well-being*
 - *Taking time to self-reflect on what is important to us and how we want to engage with the world*
 - *Challenge our worry thoughts and engage in active coping*

Seek Professional Help

- If your stress and worry is impacting your ability to function.
- If you are having thoughts of hurting yourself.
- If you are engaging in self-jurious or harmful behaviors.
- If you are wondering if you need to see a mental health profession.



QUESTIONS?

THANK YOU!

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