

Health

School_Nurse Daily Newsletter

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Devotional Highlight

“So Beautiful”

- Ephesians 2:10

Extract
from
Our Daily
Bread

Have you ever looked at something and said, ‘eww, that’s ugly’, yet, someone else looked at it with complete adoration in their eyes and said, ‘oh, how beautiful is this’?

It’s similar to the proverb that says ‘one man’s trash is another man’s treasure’.

Imagine that being how God looks at us (because it really is). Ephesians 2:10 says that we’re His ‘handiwork’, His masterpiece. He knows our flaws, but He still sees the value in us. At times it may be hard for us to see how true this is, but regardless of what we think, IT IS TRUE. God loves BECAUSE He is love (1 John 4:8)

God’s love is constant, He’s there to lift us up. We’re His treasure, and we’re so beautiful to Him.

Prayer: Dear God, thank you for your everlasting love for me.

Diagnosis of the Week



“Anxiety”

Hey everyone! So, we are nearing the end of the month of November. We’ll be ending November with the diagnosis of ‘Anxiety’.

I’m sure we all face anxiety from time to time, especially with exams nearing for your term ending. Though we face anxiety periodically, not all of us have Anxiety Disorder. With that clarified, we will be discussing anxiety this week.

Anxiety is a common and natural part of life. Everyone feels anxious sometimes.

Anxiety is what we feel when we worry, feel like something bad is going to happen, or we cannot cope. Physical reactions accompany it as well, such as ‘butterflies in the stomach’, tension, shakiness, nausea, sweatiness, and even dry mouth. Whenever anxious, we tend to avoid the cause of the anxiety, or may need a lot of reassurance that a particular situation will play out favourably.

Anxiety may happen because of specific situations or events, but it continues after the situation has passed. It may even happen without a specific situation or event as well. However, for adolescents it's a little more complicated. Adolescence is a time of emotional, physical, and social change; happening at the same time of the change of the teenage brain.

They are now discovering themselves and deciding who they are. With that, they will feel anxious about these changes, opportunities, and challenges.

Anxiety may strike in these instances: starting secondary school, looking a particular way, fitting in with friends, starting your first job (if you seek out one), performing in school plays or going to school events. Also, as independence increases, you might feel anxious about responsibilities, money and employment.

Contrary to popular belief, anxiety isn't always a bad thing. Feeling anxious helps to keep teens safe by getting them to think about the situation they're in. It can also motivate them to do their best. And it can help them get ready for challenging situations like public speaking or sporting events.

With that said, parents and guardians can help their children in this moment of transition in many ways.



Encourage your child to talk about anxieties

Talking about the things that make them anxious can reduce the anxiety the child is feeling. This also helps you as the parent, understand what your child is experiencing. Through understanding, you'll be better equipped to help them manage their anxieties.

Acknowledge your child's feelings

The anxiety is real. No matter what caused it, or what they are fearing, it is important to remember that. Remind them that you will help them handle the situation. NEVER tell them 'not to worry' - this conveys that their feelings are invalid, thus minimising how they feel. Let them know you understand how they feel and encourage them to hope that the best outcome will come to pass.

When you acknowledge your child's feelings with warmth and compassion, it helps your child to use self-compassion in challenging situations.

Encourage brave behaviour

Gently encourage your child to set small goals for things they are anxious about, BUT ensure to not push them to face situations they feel they aren't ready to face.

For example, your child might be anxious about performing in front of others. As a first step, you could suggest they practise their lines in front of the family.

You can also help your child by encouraging them to use:

- positive self-talk – for example, 'I can handle this. I've been in situations like this before.'
- self-compassion – for example, 'It's OK if I do this differently from other people. This way works for me.'
- assertiveness – for example, 'I need some help with this project.'

It's also good to praise your child for doing something they feel anxious about, no matter how small it is.

I can do this

Making our Children feel safe



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Though anxiety is a part of our everyday life, there is a limit to which anxiety is regarded as 'normal'. Additionally, if you are concerned about the extensiveness of the anxiety, it is best to seek professional help - namely your school's guidance counsellor or school nurse, where they can refer you if required.

So, if your child is:

- constantly feels nervous, anxious or on edge, or can't stop or control worrying
- has anxious feelings that go on for weeks, months or even longer
- has anxious feelings that interfere with their schoolwork, socialising and everyday activities.

Seek professional help.

When anxiety is severe and long lasting, it might be an anxiety disorder. The earlier anxiety disorders are treated, the less likely they are to affect young people's mental health and development in the long term.



How to deal with day to day anxieties:

- try talking about your feelings to a friend, family member, health professional or counsellor.
- use calming breathing exercises
- exercise – activities such as running, walking, swimming and yoga can help you relax
- Seek out professional help if you're struggling to sleep
- eat a healthy diet with regular meals to keep your energy levels stable
- consider peer support, where people use their experiences to help each other
- listen to free mental wellbeing audio guides, or calming sounds to help calm you down

With that said, stay safe and keep that anxiety in check! ♥

Herbal REMEDY

**'LET'S CALM
DOWN'**

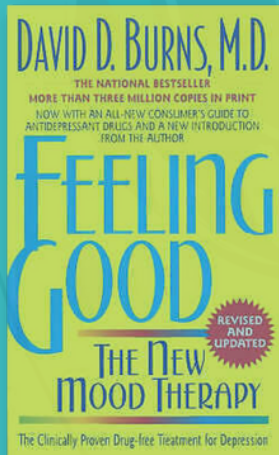
(Hurley, J.B., 1995, p 355)

It's important to keep in mind that the things that trigger us daily that cause our anxieties, are not going away, so our best is learning how to cope with them.

Drinking a cup of chamomile and valerian tea can help to soothe our nerves.

Combine half teaspoon of each herb in one cup of boiling water and steep, covered for 4 minutes.

Strain and ENJOY!



Read a book with me!

**'feeling good - the new
mood therapy'**

**The clinically proven drug-free
treatment for depression by David
D. Burns, M.D**

Chapter 5

"Do-Nothingism: How to Beat It" - Part B

Last week we reviewed how all our emotions and actions are the results of our thoughts and attitudes. We also learned how we can transform our lethargy cycle into a productivity cycle.

This week we will be learning how to understand and interpret our type of 'do-nothingism'. What we are facing, and how to beat it.

As stated last week, the relationship between your thoughts, feelings, and behaviors is reciprocal. Similarly, your feelings and behavior patterns influence your perceptions in a wide variety of ways. It follows from the lethargy model, that all emotional change is ultimately brought about by cognitions; changing your behavior will help you feel better about yourself if it exerts a positive influence on the way you are thinking.

Thus, you can modify your self-defeating mental set if you change your behavior in such a way that you are simultaneously putting the lie to the self-defeating attitudes that represent the core of your motivational problem. Similarly, as you change the way you think, you will feel more in the mood to do things, and this will have an even stronger positive effect on your thinking patterns. Thus, you can transform your lethargy cycle into a productivity cycle.

Mind-sets most commonly associated with procrastination and do-nothingism:

1. Hopelessness

When you are depressed, you get so frozen in the pain of the present moment that you forget entirely that you ever felt better in the past and find it inconceivable that you might feel more positive in the future. Therefore, any activity will seem pointless because you are absolutely certain your lack of motivation and sense of oppression are unending and irreversible.

2. Helplessness

You can't possibly do anything that will make yourself feel better because you are convinced that your moods are caused by factors beyond your control, such as fate, hormone cycles, dietary factors, luck, and other people's evaluations of you.

3. Overwhelming Yourself

There are several ways you may overwhelm yourself into doing nothing. You may magnify a task to the degree that it seems impossible to tackle. You may assume you must do everything at once instead of breaking each job down into small, discrete, manageable units which you can complete one step at a time. You might also inadvertently distract yourself from the task at hand by obsessing about endless other things you haven't gotten around to doing yet.

4. Jumping to Conclusions

You sense that it's not within your power to take effective action that will result in satisfaction because you are in the habit of saying, "I can't," or "I would but ..."

5. Self-labeling

The more you procrastinate, the more you condemn yourself as inferior. This saps your self-confidence further. The problem is compounded when you label yourself "a procrastinator" or "a lazy person." This causes you to see your lack of effective action as the "real you" so that you automatically expect little or nothing from yourself.

6. Undervaluing the Rewards

When depressed, we may feel rewards simply wouldn't be worth the effort. "Anhedonia" is the technical name for a diminished ability to experience satisfaction and pleasure. A common thinking error—your tendency to "disqualify the positive"—may be at the root of this problem.

Do you recall what this thinking error consists of? A businessman complained to the author that nothing he did all day was satisfying. He explained that in the morning he had attempted to return a call from a client, but found the line was busy. As he hung up, he told himself, "That was a waste of time." Later in the morning he successfully completed an important business negotiation. This time he told himself, "Anyone in our firm could have handled it just as well or better. It was an easy problem, and so my role wasn't really important." His lack of satisfaction results from the fact that he always finds a way to discredit his efforts. His bad habit of saying "It doesn't count" successfully torpedoes any sense of fulfillment.

7. Perfectionism

You defeat yourself with inappropriate goals and standards. You will settle for nothing short of a magnificent performance in anything you do, so you frequently end up having to settle for just that—nothing.

8. Fear of Failure

Because you imagine that putting in the effort and not succeeding would be an overwhelming personal defeat, you refuse to try at all. Several thinking errors are involved in the fear of failure. One of the most common is overgeneralization. You reason, "If I fail at this, it means I will fail at anything." This, of course, is impossible. Nobody can fail at everything. We all have our share of victories and defeats. While it is true that victory tastes sweet and defeat is often bitter, failing at any task need not be a fatal poison, and the bad taste will not linger forever.

A second mind-set that contributes to the fear of defeat is when you evaluate your performance exclusively on the outcome regardless of your individual effort. This is illogical and reflects a "product orientation" rather than a "process orientation." Let me explain this with a personal example. As a psychotherapist, the author can only control what he says and how he interacts with each patient. He cannot control how any particular patient will respond to his efforts during a given therapy session. What he says and how he interacts is the process; how each individual reacts is the product.

If he evaluated his work exclusively on the outcome or product, he would make of his emotional life a roller coaster, and his self-esteem would go up and down in an exhausting and unpredictable manner all day long. But if he admits to himself that all he can control is the input he provides in the therapeutic process, he can pride himself on good consistent work regardless of the outcome of any particular session. If a patient gives him a negative report, he would try to learn from it. If he did make an error, he would attempt to correct it, but he wouldn't see the need to jump out the window.

9. Fear of Success

Because of your lack of confidence, success may seem even more risky than failure because you are certain it is based on chance. Therefore, you are convinced you couldn't keep it up, and you feel your accomplishments will falsely raise the expectations of others. Then when the awful truth that you are basically "a loser" ultimately comes out, the disappointment, rejection, and pain will be all the more bitter. Since you feel sure you will eventually fall off the cliff, it seems safer not to go mountain climbing at all.

You may also fear success because you anticipate that people will make even greater demands on you. Because you are convinced you must and can't meet their expectations, success would put you into a dangerous and impossible situation. Therefore, you try to maintain control by avoiding any commitment or involvement.

10. Fear of Disapproval or Criticism

You imagine that if you try something new, any mistake or flub will be met with strong disapproval and criticism because the people you care about won't accept you if you are human and imperfect. The risk of rejection seems so dangerous that to protect yourself you adopt as low a profile as possible. If you don't make any effort, you can't goof up!

11. Coercion and Resentment

You feel under intense pressure to perform—generated from within and without. This happens when you try to motivate yourself with moralistic "shoulds" and "oughts." You tell yourself, "I should do this" and "I have to do that." Then you feel obliged, burdened, tense, resentful, and guilty. You feel like a delinquent child under the discipline of a tyrannical probation officer. Every task becomes colored with such unpleasantness that you can't stand to face it. Then as you procrastinate, you condemn yourself as a lazy, no-good bum. This further drains your energies.

12. Low Frustration Tolerance

You assume that you should be able to solve your problems and reach your goals rapidly and easily, so you go into a frenzied state of panic and rage when life presents you with obstacles. Rather than persist patiently over a period of time, you may retaliate against the "unfairness" of it all when things get tough, so you give up completely. I also call this the "entitlement syndrome" because you feel and act as if you were entitled to success, love, approval, perfect health, happiness, etc.

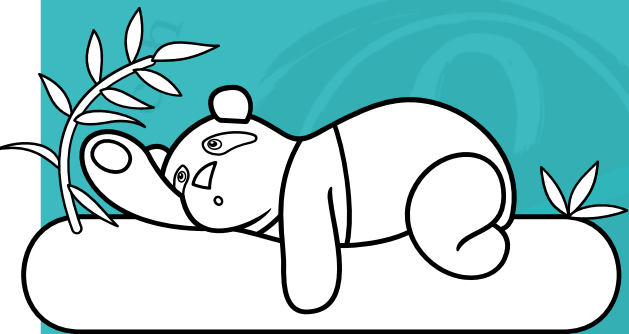
Your frustration results from your habit of comparing reality with an ideal in your head. When the two don't match, you condemn reality. It doesn't occur to you that it might be infinitely easier simply to change your expectations than to bend and twist reality.

This frustration is frequently generated by should statements. While jogging, you might complain, "For all the miles I've gone, I should be in better shape by now." Indeed? Why should you? You may have the illusion that such punishing, demanding statements will help you by driving you on to try harder and to put out more effort. It rarely works this way. The frustration just adds to your sense of futility and increases your urge to give up and do nothing.

13. Guilt and Self-blame

If you are frozen in the conviction you are bad or have let others down, you will naturally feel unmotivated to pursue your daily life. I recently treated a lonely elderly woman who spent her days in bed in spite of the fact that she felt better when she shopped, cooked, and socialized with her friends. Why? This sweet woman was holding herself responsible for her daughter's divorce five years earlier. She explained, "When I visited them, I should have sat down and talked things over with my son-in-law. I should have asked him how things were going. Maybe I could have helped. I wanted to and yet I didn't take the opportunity. Now I feel I failed them." After we reviewed the illogic in her thinking, she felt better immediately and became active again. Because she was human and not God, she could not have been expected to predict the future or to know precisely how to intervene.

By now you may be thinking, "So what? I know that my do-nothingism is in a way illogical and self-defeating.



Do you know why virtually any meaningful activity has a decent chance of brightening your mood? If you do nothing, you will become preoccupied with the flood of negative, destructive thoughts. If you do something, you will be temporarily distracted from that internal dialogue of self-denigration. What is even more important, the sense of mastery you will experience will disprove many of the distorted thoughts that slowed you down in the first place. As you review the following self-activation techniques, choose a couple that appeal most to you and work at them for a week or two. Remember you don't have to master them all! One man's salvation can be another's curse. Use the methods that seem the most tailored to your particular brand of procrastination.

The Daily Activity Schedule

PROSPECTIVE: Plan your activities on an hour-by-hour basis at the start of the day		RETROSPECTIVE: At the end of the day, record what you actually did and rate each activity with an M for mastery or a P for pleasure.*
Date _____		
TIME		
8-9		
9-10		
10-11		
11-12		
12-1		
1-2		
2-3		
3-4		
4-5		
5-6		

This is simple but effective, and can help you get organized in your fight against lethargy and apathy. The schedule consists of two parts. In the Prospective column, write out an hour-by-hour plan for what you would like to accomplish each day. Even though you may actually carry out only a portion of your plan, the simple act of creating a method of action every day can be immensely helpful. Your plans need not be elaborate. Just put one or two words in each time slot to indicate what you'd like to do, such as "dress," "eat lunch," "prepare résumé," etc. It should not require more than five minutes to do this.

At the end of the day, fill out the Retrospective column. Record in each time slot what you actually did during the day. This may be the same as or different from what you actually planned; nevertheless, even if it was just staring at the wall, write it down. In addition, label each activity with the letter M for mastery or the letter P for pleasure. Mastery activities are those which represent some accomplishment, such as brushing your teeth, cooking dinner, driving to work, etc. Pleasure might include reading a book, eating, going to a movie, etc. After you have written M or P for each activity, estimate the actual amount of pleasure, or the degree of difficulty in the task by using a zero to five rating. For example, you could give yourself a score of M-1 for particularly easy tasks like getting dressed, while M-4 or M-5 would indicate you did something more difficult and challenging, such as not eating too much or applying for a job. You can rate the pleasure activities in a similar manner. If any activity was pleasurable in the past when you were not depressed, but today it was nearly or totally devoid of pleasure, put a P-1/2 or a P-0. Some activities, such as cooking dinner, can be labeled M and P.

Ask the Nurse

Question: I think my son doubts himself, what should I do?

Response: Doubts are normal for teenagers to have, as they are now in the phase of life where they are trying to discover themselves.

But, the upside to this is that they have us, their parents, mentors, and at times friends. We have to first help them find out why they have doubts.

Is it because they are insecure about themselves due to comparing themselves to others too much? Or maybe they feel inadequate because someone always outperforms them?

Whatever it is, it is our duty to **CONSTANTLY** remind them of their worth, of their competence, and that they are loved.

Also, once we know what is causing the issue, then we go from there to help solve it.



believe you
CAN,
and you
WILL

Dear Parents:

"Hey superstars! One more month to go before we step into a brand new phase of life! But, until we get there, we still have the troubles of today to face.

Contrary to what us, most adults, may think, children have a lot going on too. They have friendships that give them issues, annoyances of this world, school work to deal with, messy teachers to face, children at school that won't stop bothering them, assignments that keep giving them issues, and the biggest one of them all - figuring themselves out.

So, though their issues may not reflect ours, it is just as worrisome. It is just as real. It is just as hard. And they need support too. So, let's not invalidate what our children are feeling - no matter how little the problem may seem. They have feelings too, and they need help overcoming these issues just the same as us.

Thankfully, we have been there before, so it should not be too much of an issue for us to help them with.

Show your children that you care today. Lend a little compassion to them, and those around you."



Den Cu Yah!



Anxiety can cause cold hands and feet - When we feel anxious, the flight or fight response kicks in. When this occurs, blood flow is redirected from some parts of the body, such as our hands and feet. This creates the feeling of cold in your hands and feet.

Anxiety can cause physical symptoms - though most people know that anxiety causes difficulty in focusing and concentrating, restlessness, irritability and frustration; few realise that anxiety causes serious physical problems like weakness, shortness of breath, rapid heart rate, nausea, hot flashes, and dizziness.

Some persons experiencing a panic attack often end up in the ER believing they are having a heart attack.

Disclaimer: The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.

Reference

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