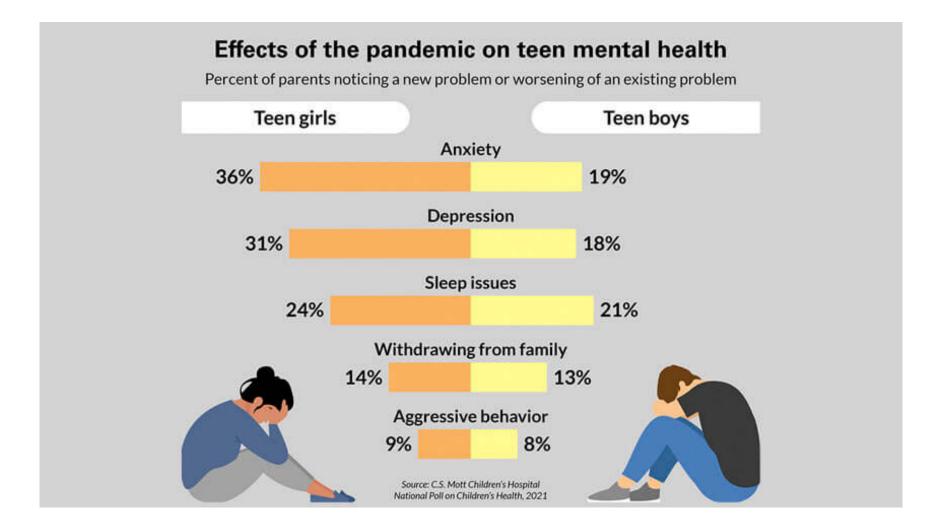
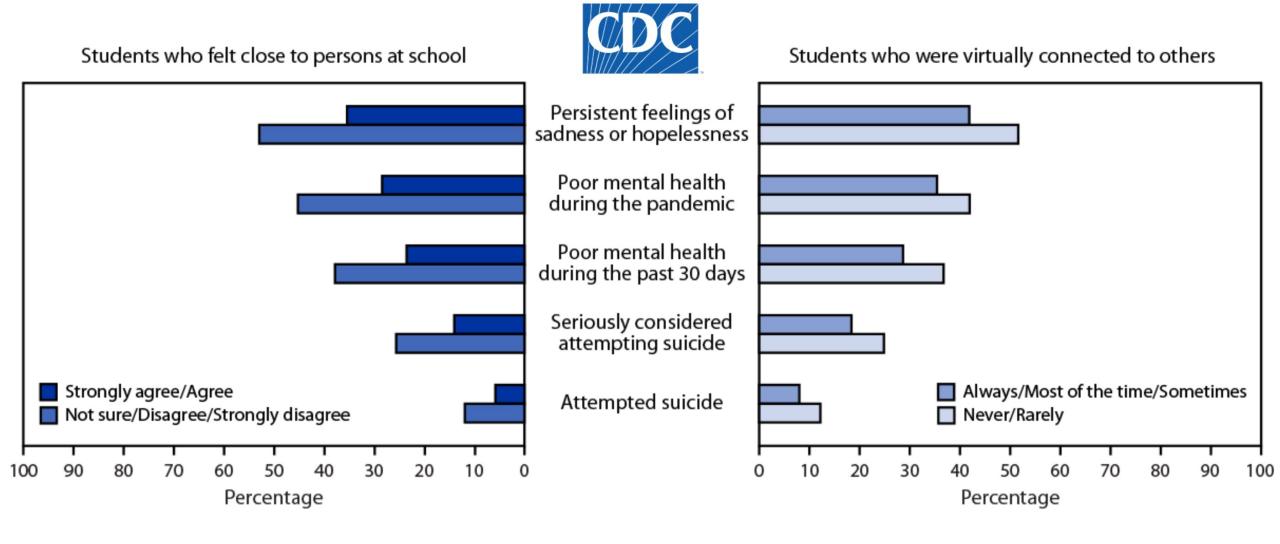
## Mental Hygiene

Applied Skills for Adolescent Mental Health

#### 46% of parents reported a new or worsening problem



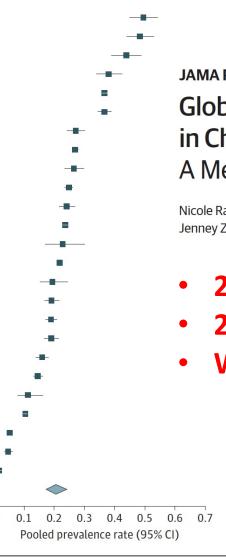
Health insurance claims up 20% for mental health



- 44% experienced "persistent feelings of sadness or hopelessness"
- 20% seriously considered attempting suicide

Figure 2. Forest Plots of the Pooled Prevalence of Clinically Significant Anxiety Symptoms in Youth During the COVID-19 Pandemic

Source	Events, No.	Population, No.	Pooled prevalence rate (95% CI)
Giannopolou et al, 13 2021	219	442	0.50 (0.45-0.54)
Murata et al, <sup>47</sup> 2021	225	464	0.49 (0.44-0.53)
AlAzzam et al, <sup>32</sup> 2021	168	348	0.44 (0.39-0.49)
Orgilés et al, <sup>48</sup> 2021	194	509	0.38 (0.34-0.42)
McGuine et al, <sup>46</sup> 2020	4772	13002	0.37 (0.36-0.38)
Chi et al, <sup>38</sup> 2021	569	1794	0.37 (0.35-0.39)
Hou et al, <sup>43</sup> 2020	233	859	0.27 (0.24-0.30)
Chen et al, <sup>37</sup> 2020	2091	7772	0.27 (0.26-0.28)
Crescentini et al, <sup>39</sup> 2020	191	721	0.27 (0.23-0.30)
Tang et al, <sup>50</sup> 2021	1080	4342	0.25 (0.24-0.26)
Ravens-Sieberer et al, <sup>49</sup> 2021	251	1040	0.24 (0.22-0.27)
Cao et al, <sup>34</sup> 2021	2650	11180	0.24 (0.23-0.25)
MacTavish et al, <sup>26</sup> 2020	36	158	0.23 (0.17-0.30)
Li et al, <sup>44</sup> 2021	1708	7890	0.22 (0.21-0.23)
Garcia de Avila et al, <sup>41</sup> 2020	56	289	0.19 (0.15-0.24)
Zhang et al, <sup>53</sup> 2020	196	1025	0.19 (0.17-0.22)
Xie et al, 19 2020	337	1784	0.19 (0.17-0.21)
Chen et al, <sup>36</sup> 2020	196	1036	0.19 (0.17-0.21)
Zhang et al, <sup>10</sup> 2020	197	1241	0.16 (0.14-0.18)
Dong et al, <sup>40</sup> 2020	298	2050	0.15 (0.13-0.16)
Cheah et al, <sup>35</sup> 2020	26	230	0.11 (0.08-0.16)
Zhou et al, <sup>17</sup> 2020	836	8079	0.10 (0.10-0.11)
Luthar et al, <sup>45</sup> 2020	105	2078	0.05 (0.04-0.06)
Zhang et al, <sup>52</sup> 2020	47	1018	0.05 (0.04-0.06)
Yue et al, 12 2020	25	1356	0.02 (0.01-0.03)
Overall			0.21 (0.17-0.24)



JAMA Pediatrics | Original Investigation

## Global Prevalence of Depressive and Anxiety Symptoms in Children and Adolescents During COVID-19 A Meta-analysis

Nicole Racine, PhD, RPsych; Brae Anne McArthur, PhD, RPsych; Jessica E. Cooke, MSc; Rachel Eirich, BA; Jenney Zhu, BA; Sheri Madigan, PhD, RPsych

- 20% had clinical levels of anxiety
- 2x higher than pre-pandemic
- Worsening over time

Contributing studies for clinically elevated anxiety symptoms are presented in order of largest to smallest prevalence rate. Square data markers represent prevalence rates, with lines around the marker indicating 95% Cls. The diamond data marker represents the overall effect size based on included studies.

### Understanding Anxiety and Stress

- Threat perception/fixation leads to anxiety and stress
  - Meant to be adaptive!
- Stress = Biological / Physical
  - Driven by nervous system activation
- Anxiety = Psychological
  - Driven by thoughts
- Avoidance feels good...
  - ...but it also locks anxiety into place
- Safety behaviors
  - Prevent learning











### What does all this have to do with *hygiene*?







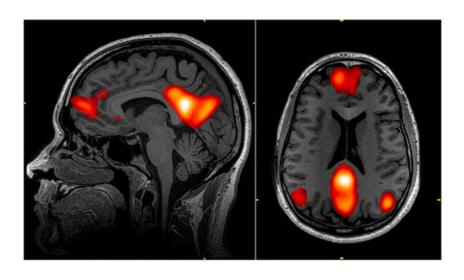






### What is mental hygiene?

- Effective self-care that targets rumination and mind-wandering
- Brain target: Default Mode Network
  - DMN activation influences anxiety, stress, depression, cravings, obsession, rumination, self-fixation
- Reduction in DMN activity through:
  - Meditation
  - Positive Psychology
  - Cognitive-Behavioral Psychology
  - Prayer
  - Nature

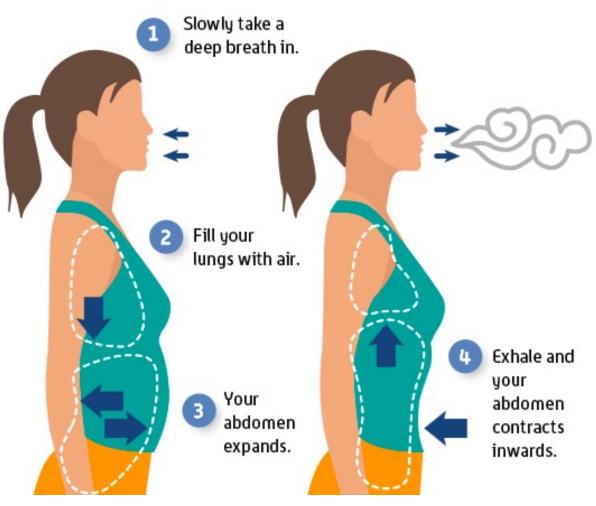


Aim for 10 minutes per day!

(Tremblay et al., 2021) 9

### Stress-Reduction: Deep Breathing

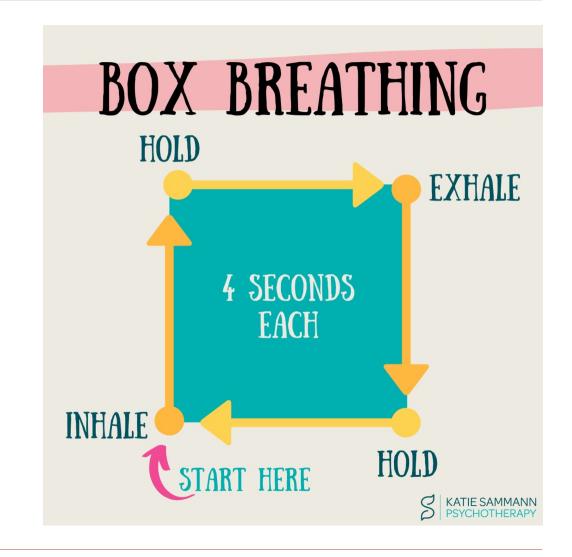
- Chest vs. Diaphragm
- Diaphragmatic breathing
  - In through the nose, out through the mouth
  - Belly movement, not shoulders
- Activates parasympathetic nervous system



Picture Credit: OnePointHealth

### Stress-Reduction: Deep Breathing

- Chest vs. Diaphragm
- Diaphragmatic breathing
  - In through the nose, out through the mouth
  - Belly movement, not shoulders
- Activates parasympathetic nervous system
- Technique: 4-Square Breathing



### Grounding: Mindfulness

- Depression and anxiety largely don't live in the here-and-now
- The current moment, on its own, can be very peaceful
- Being fully present in the moment, nonjudgmentally
- Technique: 5-4-3-2-1



#### Gratitude

- It's a choice
- Pushes out negative emotions
- Activity: Mindful Gratitude
- App Suggestion: 5-Minute Journal





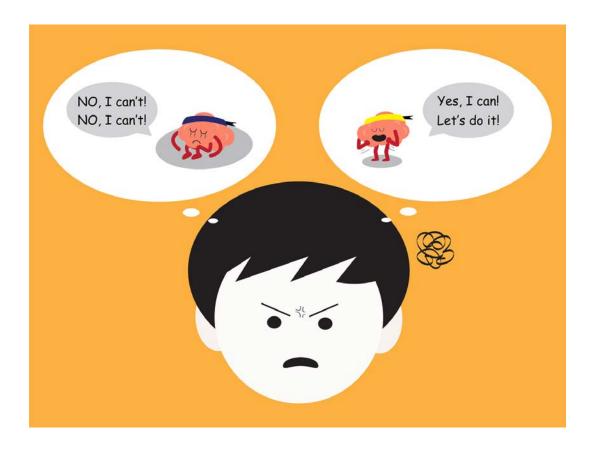
#### Positive Self-Talk

- The default double-standard
- Negative self-talk tends to be personalized, uncontrollable, and unspecific
  - Learned helplessness
- Repetition creates belief



#### Positive Self-Talk

- The default double-standard
- Negative self-talk tends to be personalized, uncontrollable, and unspecific
  - Learned helplessness
- Repetition creates belief
- Good news: it cuts both ways!
- Positive affirmations
  - A part of you needs to believe them – no empty platitudes!



### Low Self-Esteem

- Reflect on things you're proud of
- Get a second opinion
  - Think of people you value list reasons why
  - Reach out to those people and ask them why they value <u>you</u>
  - Reflect on whether they see something in you that you also value



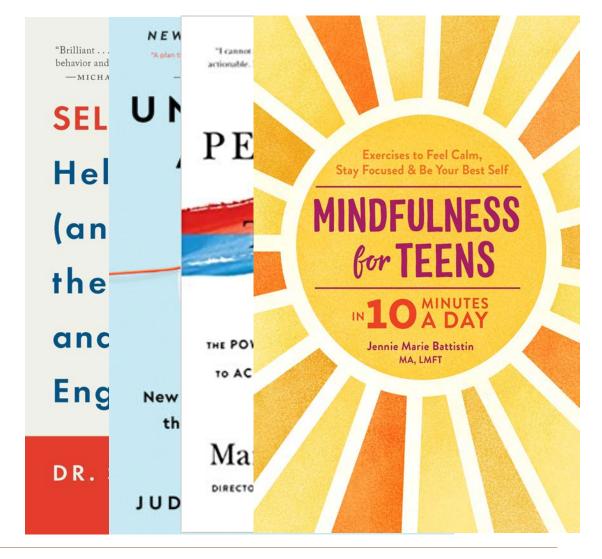
### What can I do if I think I need help?

### Apps Books













### Real Therapy is Different than DIY



#### Stop Knee Pain Now! 5 Exercises To Strengthen Your Knees

4.6M views • 1 year ago

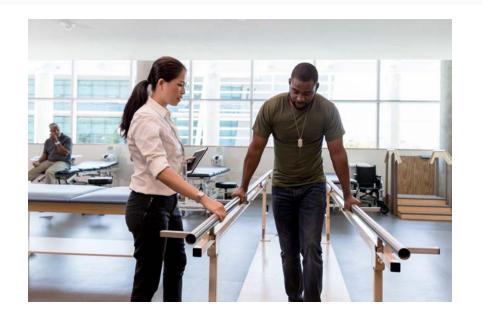


Tone and Tighten

Five of the best home exercises for knee pain presented by a doctor of physical therapy. Perfect for beginners and those ...

4K





### Therapy Directories





# Psychology Today

### Emergencies



2.1.1



### Summary

- Our kids need our support, now more than ever
- 10 minutes per day of mental hygiene makes a big difference
  - Deep breathing brings your nervous system back in line
  - Mindfulness keeps your focus on the present
  - Gratitude boosts mood and creates a positive state of well-being
  - Affirmations create a positive inner monologue
- Don't be afraid to reach out for help if necessary
- Resilience and and healthy coping skills can be built at home

For more resources, please visit weinerphd.com/resources

### Thank You!

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