
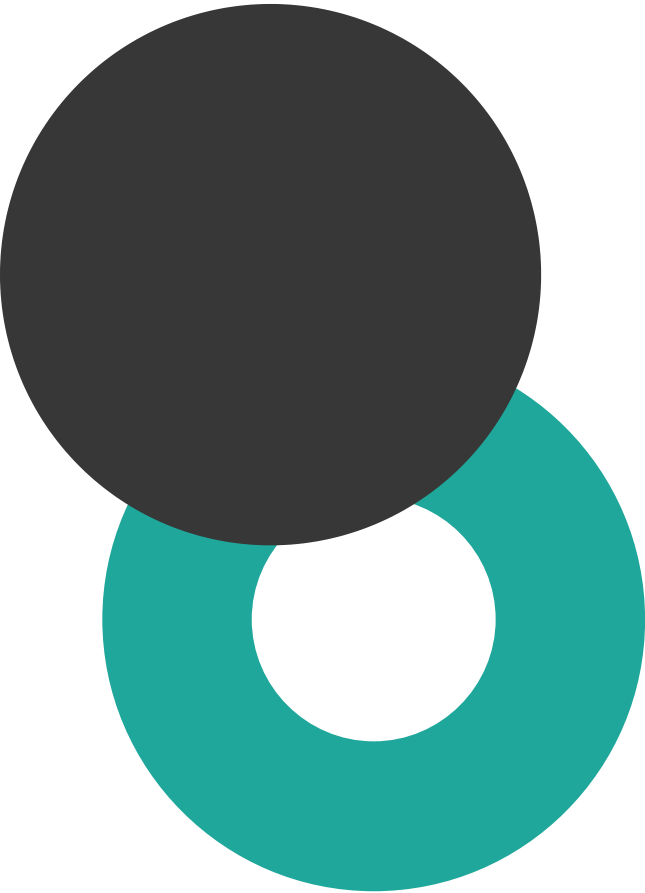


# Community Education Series

The Recovery Village and Advanced Recovery Systems





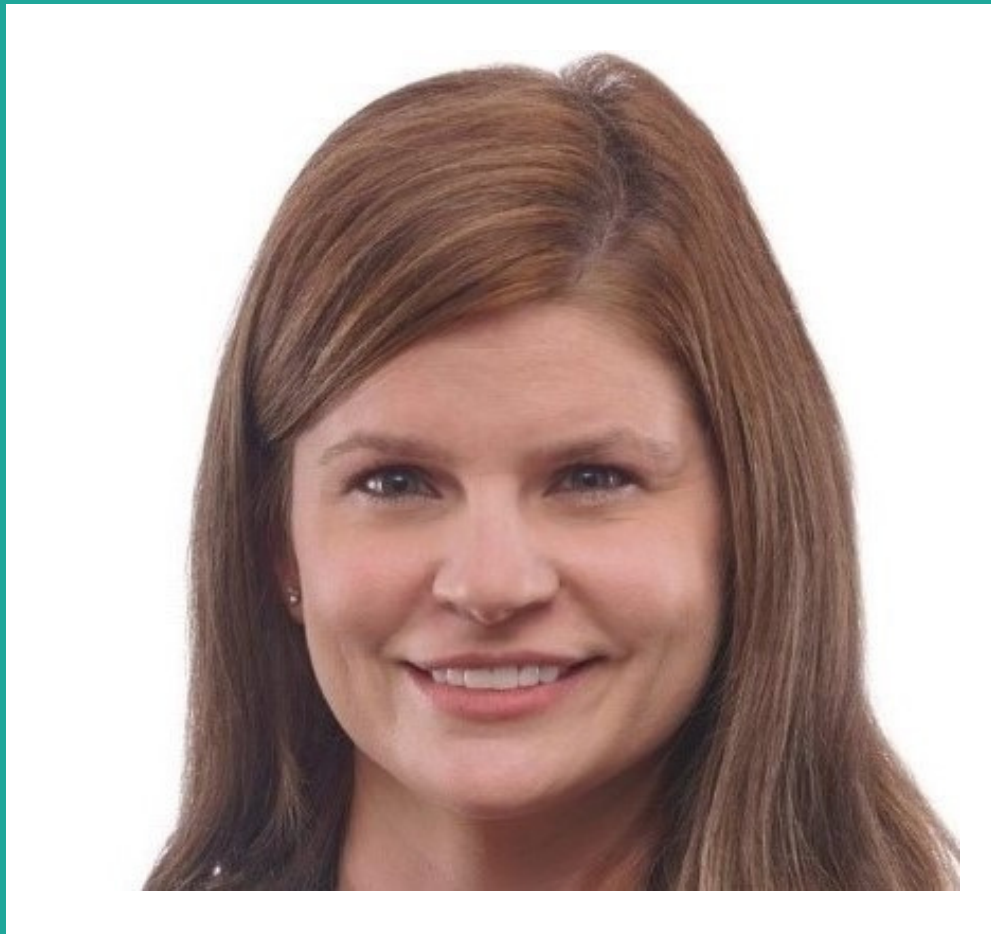
**Presentation Topic:**  
Fight or Flight:  
Manage Your Stress & Anxiety

**Speaker:**  
Jordan A. Katz, MSW, LSW

# About the Speaker:

## Jordan A. Katz

MSW, LSW, Community Outreach Specialist



- As a member of the Community Outreach team at The Recovery Village Cherry Hill at Cooper, Jordan is dedicated to helping clients, families, and organizations find quality treatment options. Before joining Advanced Recovery Systems in 2020, Jordan spent six years in public relations and marketing in New York City and nearly five years in behavioral health specializing in the treatment of OCD, anxiety disorders, and phobias in Houston and Philadelphia. Jordan holds a BA in public relations from Hofstra University and a Master of Social Work from Baylor University, where she graduated with top honors and was named Outstanding MSW Student of the Year. She is a Licensed Social Worker in NJ and PA. Jordan is a published researcher and maintains an active role in clinical research related to OCD, mental health stigma, and access to care. She is excited about the opportunity to engage with the community to raise awareness, provide education, and encourage hope in order to improve the lives of those living with substance use disorders and/or mental illnesses.

# Agenda

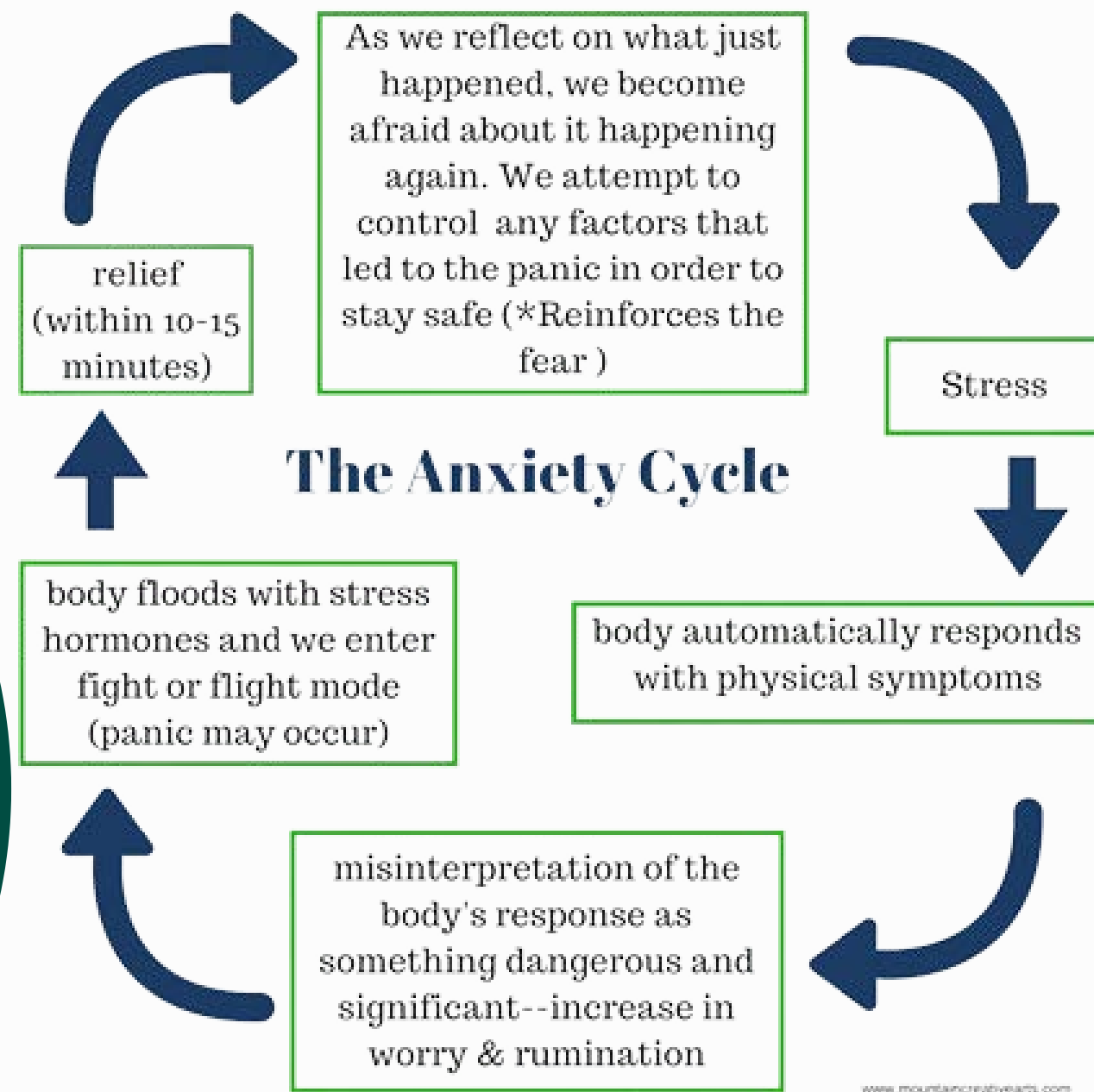
- Knowledge is Power: Introduction to stress and anxiety symptoms
- Reacting vs. Responding
- Simple Breathing Techniques
- The CBT Model (Thought – Emotion – Behavior)
- Acceptance

# Check-in



- Describe a recent trigger or situation that made you anxious or stressed.
- How has this manifested as a behavior in your life?
- What skill(s) did you use to help you?

# Awareness: The Cycle of Stress & Anxiety



- Stress affects each person differently
- Most of the time, the way individuals react to stress is primal and fueled by the brain
- Sensing (NOT Safe)
- Feeling (We don't have enough to cope)
- Stress = Designed to mobilize action. Can cause negative consequences

# Assessment Skills



- Reaction of stress based on fear:
- Fight
- Flight
- Freeze
- Faint

# What is Stress?



- Stress happens when demands exceed capacity
- The biggest difference between stress and anxiety: Stress is a response to a trigger; anxiety is the reaction to the stress
- Two main types of stress: acute & chronic
- Trigger/cue prompts a reaction



# Symptoms of Stress

## Cognitive

- Memory problems
- Difficulty concentrating
- Poor judgement
- Anxious thoughts
- Constant worry

## Emotional

- Agitation/unable to relax
- Moodiness
- Short tempered/irritable
- Depression/unhappiness
- Feeling overwhelmed

## Physical

- Aches and pains
- Chest pain/rapid heartbeat
- Frequently ill

## Behavioral

- Eating more/less
- Sleeping too much/too little
- Neglecting responsibilities
- Substance use
- Nervous habits (i.e., nail biting)

# React versus Respond

- Curiosity = Will lead to flexibility and positivity
- Most of us try to alleviate stress in different ways
- Change of mindset
- Empower yourself
- Channel the stress into positivity
- Learn to navigate and experience stress and anxiety without hurting you and people around you



# Changing Your Mindset



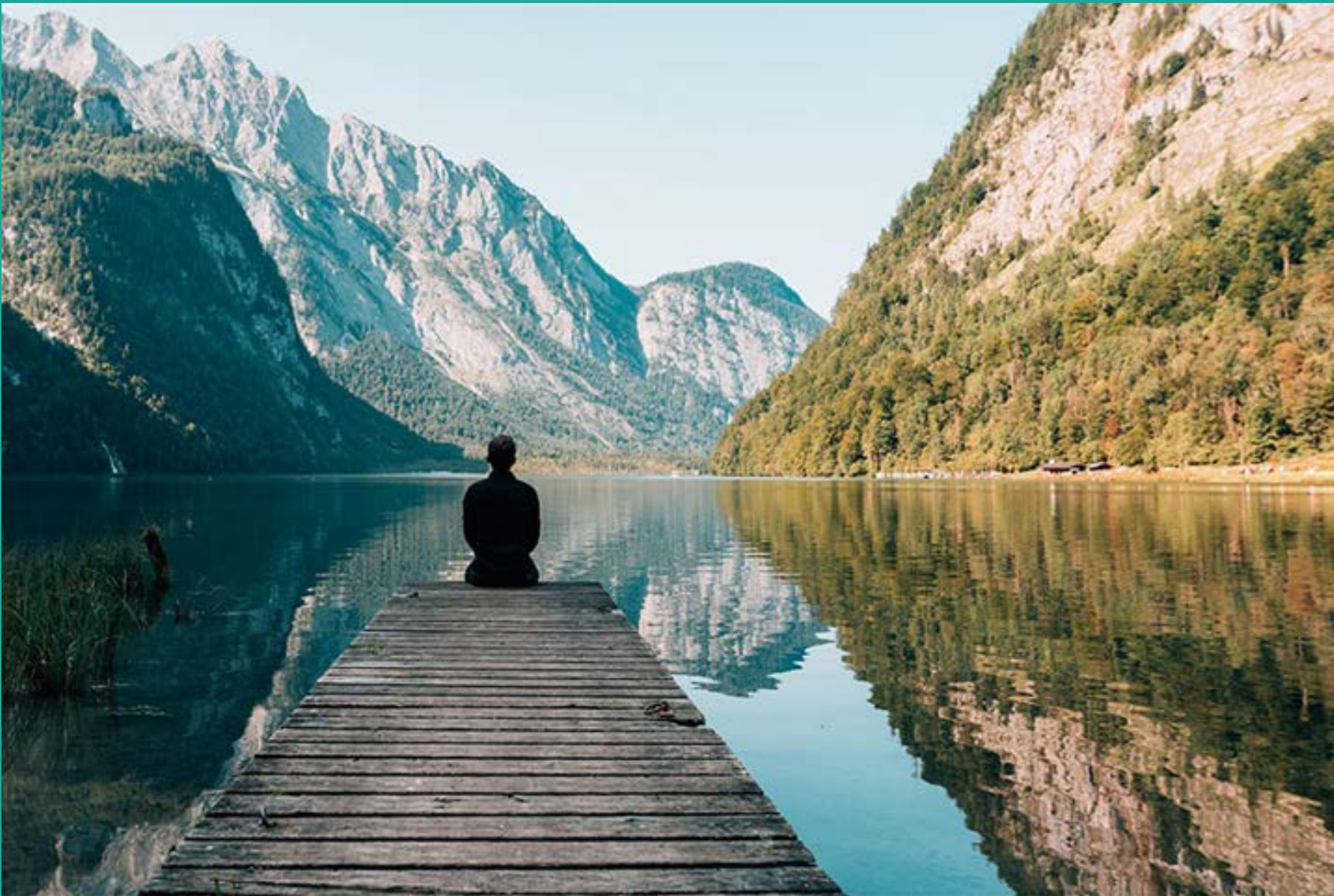
- Assess what is happening
- Learn to navigate more effectively
- Stress itself is not the problem
- Empower yourself

# Simple Breathing Techniques



- Note where you feel stress in your body
- Diaphragmatic breathing
- Four square breathing
- Focus word breathing

# Calm versus Stressed Nervous System



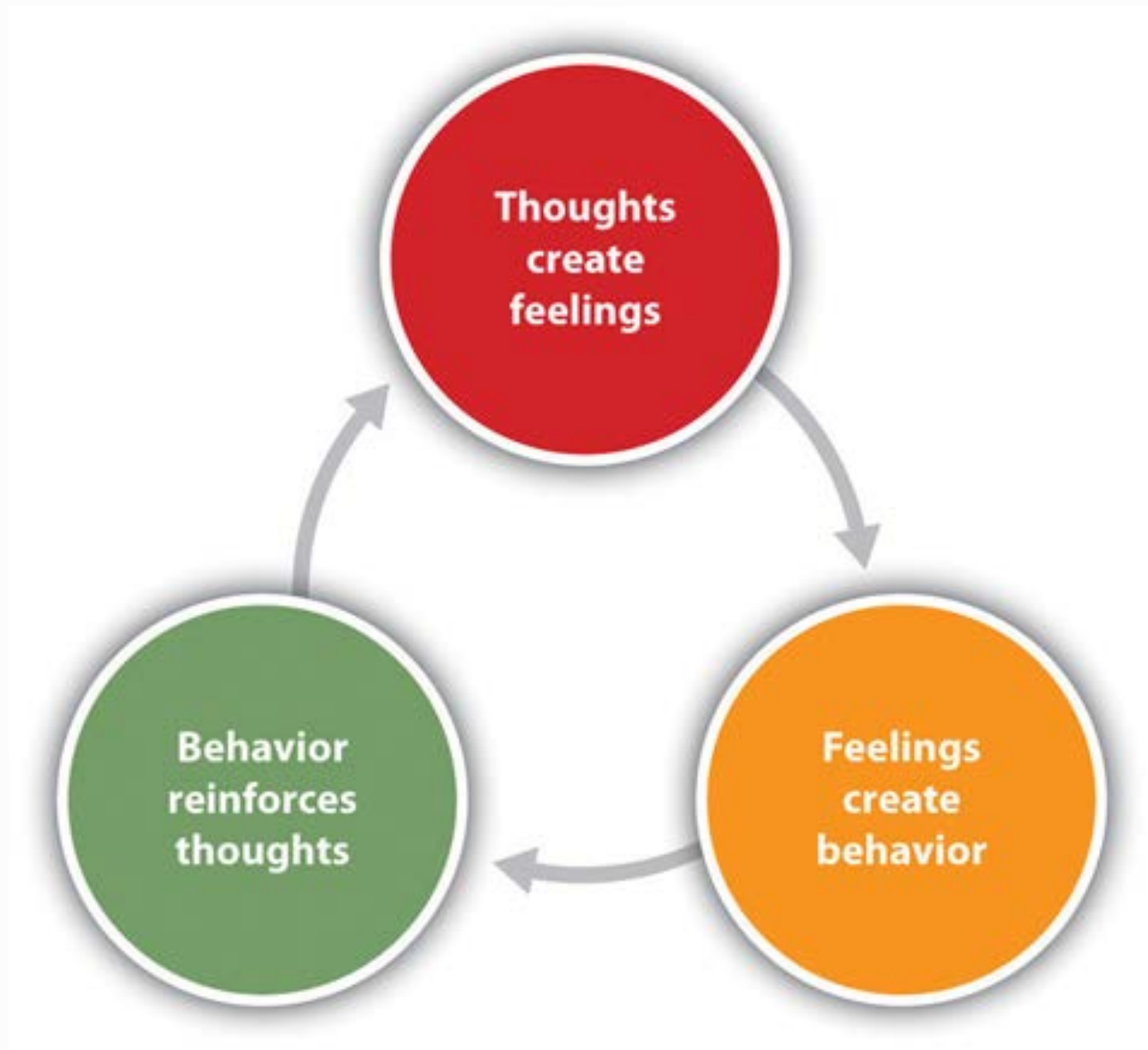
- Breathing properly helps activate calm nervous system
- Important to remember both systems can't work at the same time

# Progressive Muscle Relaxation

- Body responds to stress by becoming tense
- Deliberately relax the body to relax the mind
- Focuses attention on different parts of your body in sequence



# The Cognitive Behavioral Model



- Trigger/situation affects thoughts, which in turn affects feelings, which in turn affects behavior.
- Rational vs. irrational thinking
- Challenging automatic thinking
- Socratic questioning (evidence for or against the thought)

# Break the Automatic Negative Thoughts Cycle

<b>Trigger</b>	<b>Automatic Thought</b>	<b>New Thought</b>
Example: I made a mistake at work.	“I’m probably going to be fired. I always mess up. This is it. I’m terrible at my job.”	“I messed up, but mistakes happen. I’m going to work through this, like I always do.”

\*\*\*IMPORTANT: Thought challenging IS NOT thought stopping. We want to allow the thoughts to happen and challenge them as needed.\*\*\*



# The Pink Squirrel



# Acceptance

- Part of mindfulness
- Learn to accept emotions
- Use acceptance and mindfulness to cope with anxiety
- Change your response, change your perspective
- Ask for help when needed



# Contact Information

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# Questions?



**THANK YOU**

