Achieving Success & Balance in the Modern Day
“Did You Know”

Student created video from the teen perspective
created by
Taeoh Choe & Nick Wong
Ba Gua’s Resemblance to Wellness Wheel

[Diagram showing the Ba Gua and the Wellness Wheel with various aspects such as Spiritual, Emotional, Physical, Social, Financial, Environmental, and Intellectual.]
Teen Development

• Developing Self-identity
• Easily influenced by peer pressure
• Challenging authority
• Sexual maturity and confusion
• Emotional instability, impulsiveness
• Argumentative, expressive
• Self centered
Common Social Stressors

- Social Media
- Perfectionism (Academics)
- Peer Comparisons
- Bullying
- Acculturation Differences
The Stress Bucket

Modified from picture found on youthspace
How Stress Affects Teens

• 40% of teens report feeling irritable or angry
• 36% nervous or anxious
• 33% say stress makes them feel overwhelmed, depressed or sad.

• Teen girls are more stressed than boys, just as women nationally are more stressed than men.

Because of Stress...

- 40% - neglected responsibilities at home
- 21% - neglected work or school
- 32% - experience headaches
- 26% - changes in sleeping habits
- 59% - time management to balance all activities is a somewhat or very significant stressor

Stress in America survey, American Psychological Association.
Common signs of distress in teens

• Feeling overwhelmed
• Grades Dropping
• Saying they’re stressed
• Withdrawal from others/interests
• Change in sleep/appetite, no energy
• Low self-esteem and emotionally sensitive
• Change in appearance and hygiene
• Sad, lonely, hopeless, depressed
• Excessive anxiety/panic
• Excessive irritability, anger
Toddler or Teenager

- Want to do everything on their own
- Temper tantrum
- Egocentrism
- Forming friendship
- Risk-taking behaviors
- Need support from parents
Parent-Child Relationship

• Attachment Theory
  – Haven of safety in case of danger
  – Secure base to explore
• Purpose: Protection
• Function: Proximity
Parent-Child Relationship

- Attachment theory

• The balancing act of give and take
How to talk to your children?

Common Family Communication Modes

- Information Exchange
- Reasoning/Lecturing
- Emotionally Expressive
- Criticizing
What can get in the way of Effective Communication?

Common Barriers to Communications

- Making assumptions
- Generation gap / cultural gap
- Only discussing what one party considers important
- Prohibiting expression of emotions
- Comparing with others
Five Love Languages

• Words of Affirmation
• Quality Time
• Giving/Receiving Gifts
• Acts of Service
• Physical Touch

Dr. Gary Chapman
ABC Theory
Rational Emotive Behavioral Therapy, Albert Ellis, PhD

A
Activating events

B
Belief system

C
Behavioral Consequences

Culture
Beliefs/Values
Understand Yourself

Example:

A. My Child does not agree with me

B. Defiant, disrespectful

C. Behaviors: scolding, shaming, comparing
   Emotion: upset; angry; worried; failure
Self-regulation

• What disagreement with my child makes me lose my temper?
• Do my emotions affect my child or my personal life?
• What do I do to regulate my own emotions?
Understand your child

- Based on the child’s personality
- Based on the child’s interests
- What are the different values we hold?
- How to appreciate each other’s differences?
How do understand your child?- Empathy

- Empathy v.s. Sympathy

“Brené Brown on Empathy” – The RSA

I have to connect with something in myself that knows that feeling.
Parent/Child Relationship - Parents in Transition

• Help adolescents develop a sense of self
• Grant autonomy as appropriate
• Indulge the idealism
• Transform to a Role of Consultant
• Invite mixed feelings

By Gordon Neufeld, PhD
Sum

- Toddlers or Teenagers
- Attachment Theory
- Find mutual Enjoyment
- Empathy
- Role transformation
Knowing When to Ask for Help
Douglas Fong, LMFT
Common signs of distress in teens

• Feeling overwhelmed
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Encourage Self-Help and Other Support Strategies

• Physical activities - Exercise/Yoga/Sports
• Music
• Meditation/Church
• Family Outings
• Other activities that interest your child
• Helping/connecting with others
• Getting enough sleep
• Eating right
• Talking with parents/caregivers
Encourage Appropriate Professional Help

**High School:**
- School Counselor
- Safety Advocate
- Confidential

**Outside of School:**
- Primary Care Physician
- Psychiatrist
- Counselor/Therapist
- Crisis Hotlines/Services
- Chinese Outreach Worker

**College:**
- Student Health Center
Mills School Safety Advocate - Sophia Lu

• Provides additional support to students on issues such as:
  – stress, anxiety
  – peer/romantic relationships
  – family issues
  – mental health issues
• 650-558-2576
• ssamhs@smuhsd.org
San Mateo County Chinese Outreach Worker - Phillip Chen

- Provide linkage services and help with
  - connecting to a provider
  - insurance questions
  - connecting you to resources
- 650-573-5037
- c_pchen@smcgov.org
Resources

• San Mateo County
  – Ask your insurance plan for a list of mental health providers
  – 24/7 Kids Hotline (parents, educators, youth) Call or Text to 650-567-KIDS (5437) email: 567kids@star-vista.org
  – Behavioral Health and Recovery Services ACCESS Call Center: 800-686-0101

• Mental Health Services (www.smchealth/mh)
• Mental Health Emergency (www.smchealth.org/MH911)
• 24/7 Crisis-Suicide hotline: 650-579-0350
• Health Centers on college campuses
Additional Resources

• www.reachout.com

• Text
  – Crisis Text Line - Text START to 741-741, (www.crisistextline.org)

• Call/Text/Email: www.teenlineonline.org

• 24/7 Chat: www.suicidepreventionlifeline.org
Encourage Self Help and Getting Help & Support

Emotional well-being is critically important to success and balance in life.

– Attention
– Focus & Concentration
– Motivation
– Learning and Performance
– Sooner is better
Acknowledgements

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  - Rachel Mack
  - Sophia Lu
- PTSO
  - Joy Henry
- To Write Love on Her Arms Club, Chinese Culture Club, Students United Against Stress Club

Our community partners
- Starvista
- Health-right 360
- Pyramid Alternatives
- Stanford University
Brief 3 Minute Break

To write down or think about any questions you would like to ask the panelists in our Q&A session.

- May submit questions anonymously
Survey feedback

Summary of survey comments from last year and our Pre-event survey this year
- Parent - Child communications
- Workshops for parents and teens on how to help someone with mental health complaints
- Internet and video game use
- Stress Management
- Fostering resilience

Followup Events
- Parent Child Interaction Workshop 04/20/16
- More to come