

4/3/2020 | | Mays Imad, Ph.D. | | mimad@pima.edu | | @lrngsanctuary | | You Will Receive Today's Webinar Recording & Slides

Webinar Will Start at 12:00 PM PST

Mays Imad, Ph.D.
Pima Community College





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Welcome!
Use the
chat icon to
Introduce
yourself.



Chat



Raise Hand



Q&A



Zoom Webinar Chat

Select the
panelist and
attendees



To: All panelists and attendees ▾



Your text can be seen by panelists and other attendees

Will Start at PM PST

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Q&A

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How to Help Students Recognize & Mitigate Stress & Trauma

Webinar Presentation

Mays Imad, Ph.D.

Pima Community College



Complete the following sentence:

I wish my professor knew _____.

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JOHNS HOPKINS
UNIVERSITY & MEDICINE

Coronavirus
Resource Center

<https://coronavirus.jhu.edu/from-our-experts/the-unequal-cost-of-social-distancing>



COVID-19 Map

Videos & Live Events

Data Center

COVID-19 Basics

From Our Experts

News & Information

FROM OUR EXPERTS

The Unequal Cost of Social Distancing

Stefanie DeLuca, *James Coleman Professor of Sociology & Social Policy*

Nick Papageorge, *Broadus Mitchell Associate Professor of Economics*

Emma Kalish, *PhD student in Economics*

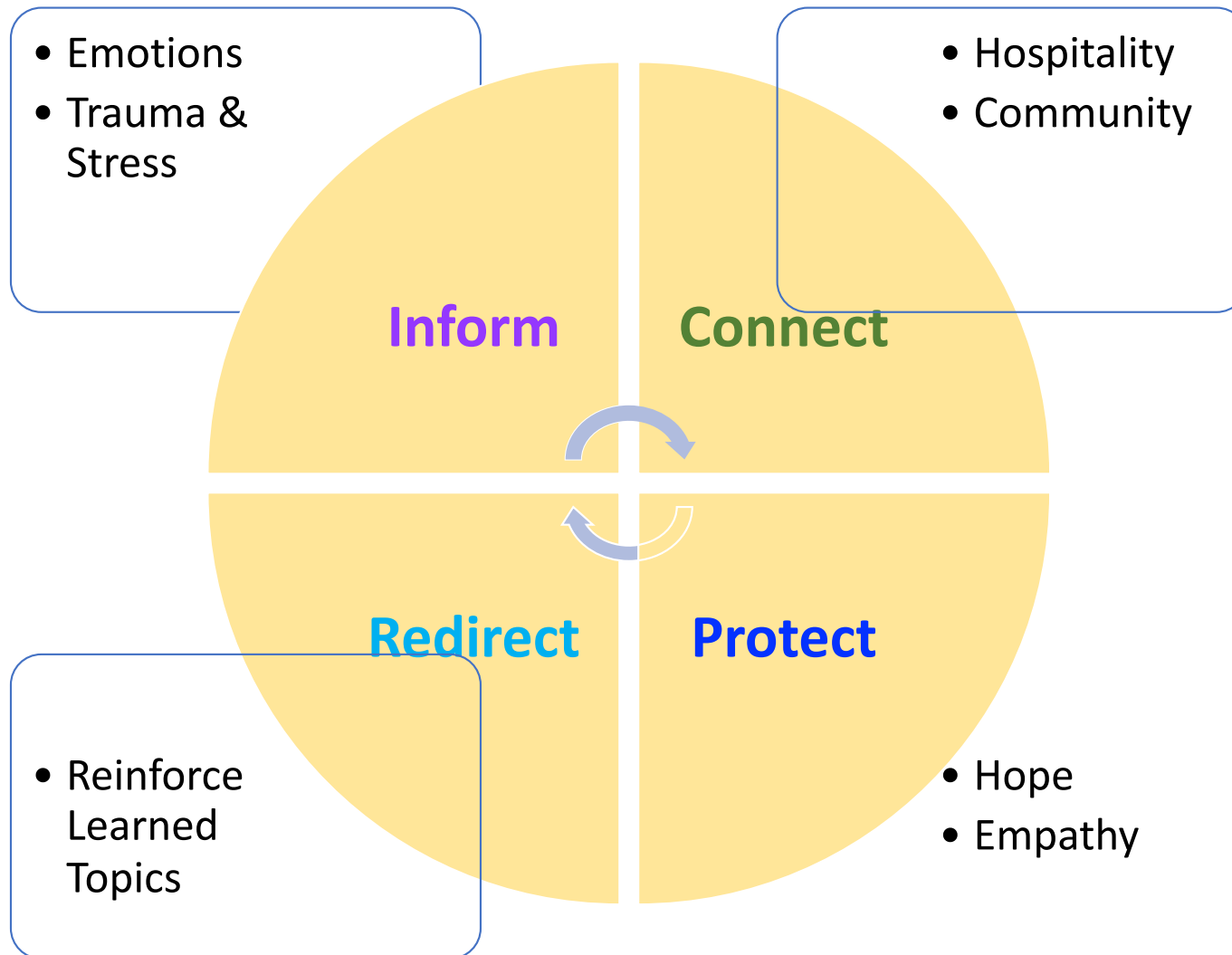
Social distancing will save lives.(i) Its economic costs are staggering. While frustrating but manageable for many people(ii), the economic fallout of social distancing is brutal for the poorest, most vulnerable and marginalized members of our society. Even looking at the issue purely in terms of lives lost, injuries sustained, and lifelong psychological damage, there are tradeoffs that we feel have not been sufficiently acknowledged.

Enacting a Pedagogy of Healing

Trauma Informed Care

(Hummer, V., Crosland, K., Dollard, N., 2009)

- Connect – Focus on Relationships
- Respect (Inform) – Engage in Choice & Collaboration
- Protect – Promote Safety & Trustworthiness
- Redirect – Encourage Skill-Building & Competence



Trauma-Informed Teaching

Recording from 3/26/2020 Webinar

https://pima.zoom.us/rec/share/vvB2bL33_VxOHp3t13vzBLEuGlfMaaa81SUdqKBczhnu-_kPaGRaB-52oczD938J

Slides from 3/26/2020 Webinar

https://drive.google.com/drive/folders/1EmrNwxVmpltr9MKJBCvo_bcgBhCp76lk?usp=sharing

Today's Webinar

How to help our students identify stress, anxiety, & trauma, and regulate their emotions for better learning

- Emotions
- Trauma & Stress
- Regulate

Inform



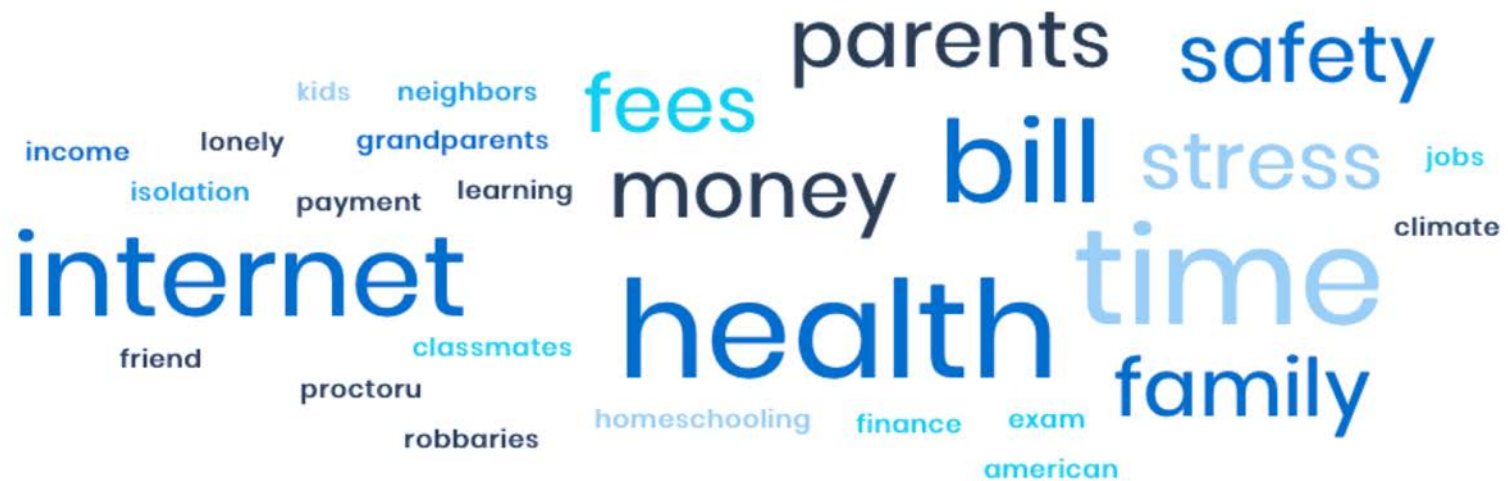
Stress, Anxiety, Trauma, & Learning: Emotional Regulation for Better Learning

Mays Imad, Ph.D.

mimad@pima.edu

@Irngsanctuary

How Are You Feeling?



Mays Imad, PCC Students,
Mid March 2020, (N = 61)

What I'm going to cover today:

1. The physiological impact of stress & traumatic experiences.
 - a. How the brain handles stress or trauma.
 - b. Impact on learning
2. How to regulate your emotional response and continue to learn.
3. Free local & national resources to help you.

What I'm going to cover today:

1. The physiological impact of stress & traumatic experiences.

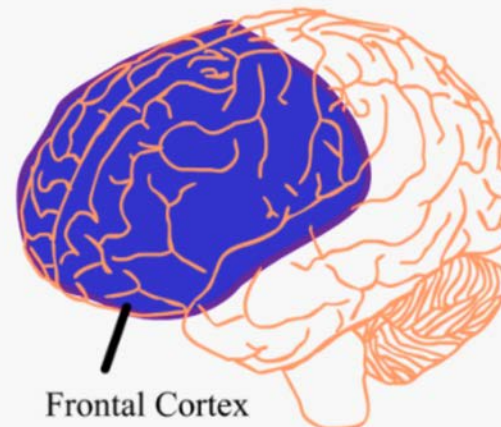
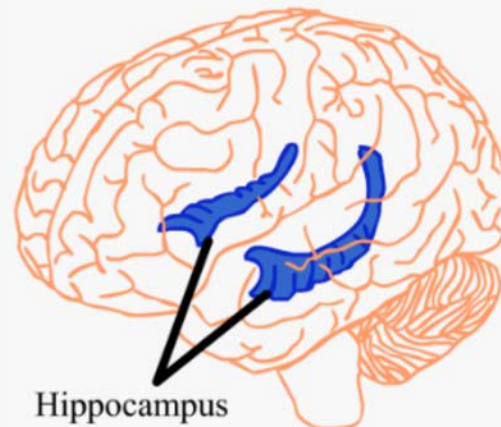
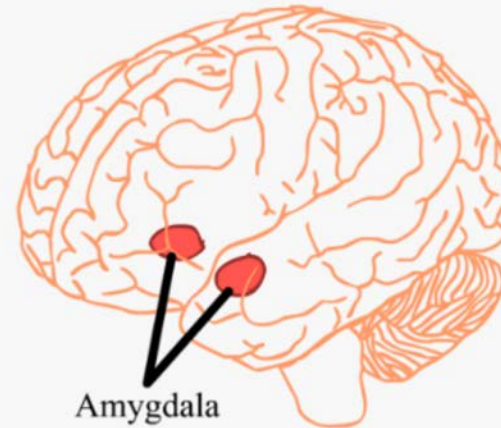
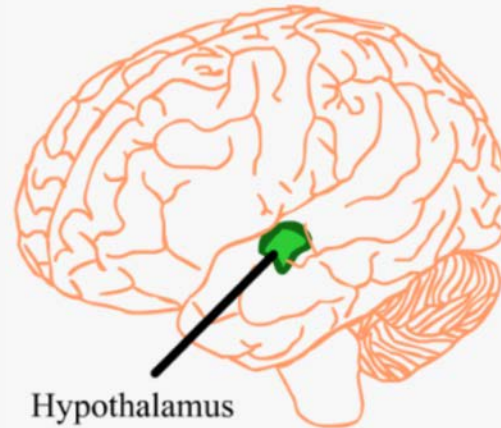
- a. How the brain handles stress or trauma.
- b. Impact on learning

2. How to regulate your emotional response and continue to learn.

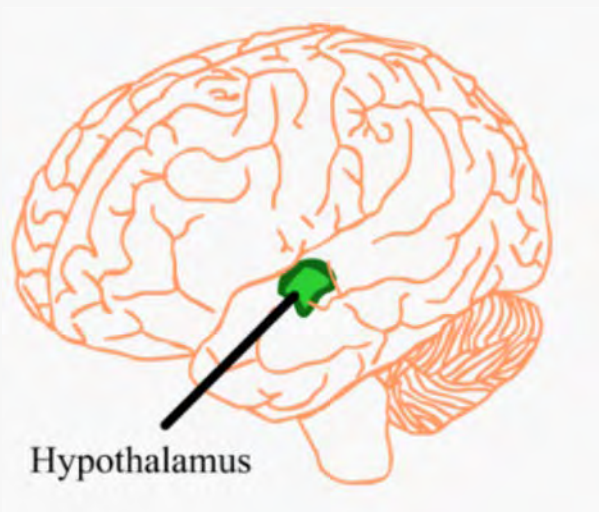
3. Free local & national resources to help you.



Four Key Parts of the Brain (for today's discussion)

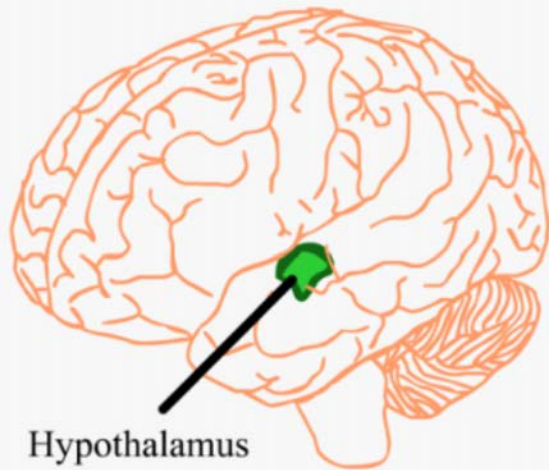


Emotional Brain

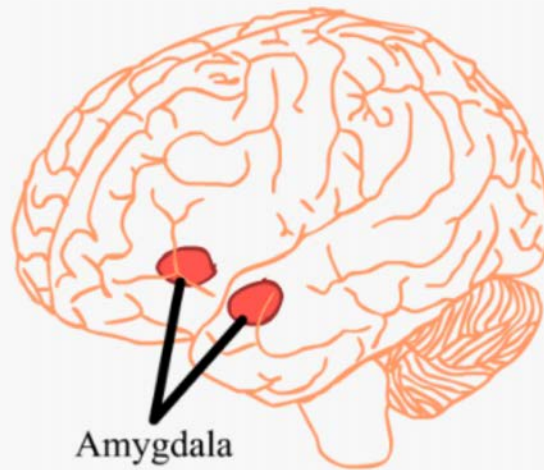


Helps us
regulate our
hormones

Emotional Brain

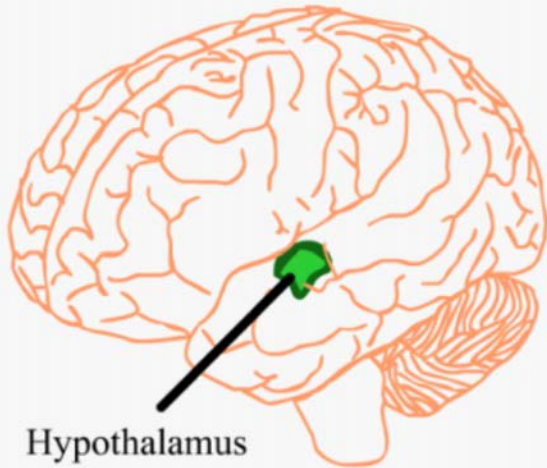


Helps us
regulate our
hormones

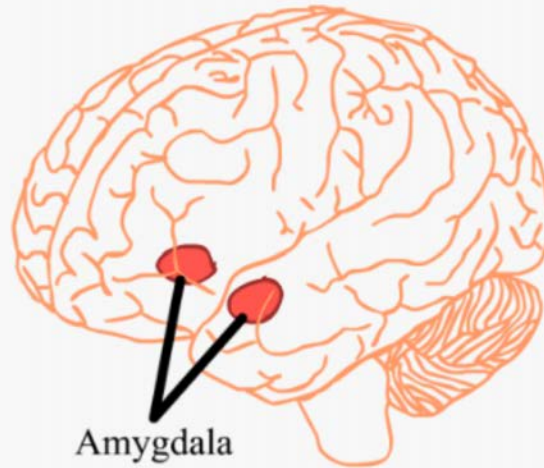


Help us
processes
fear

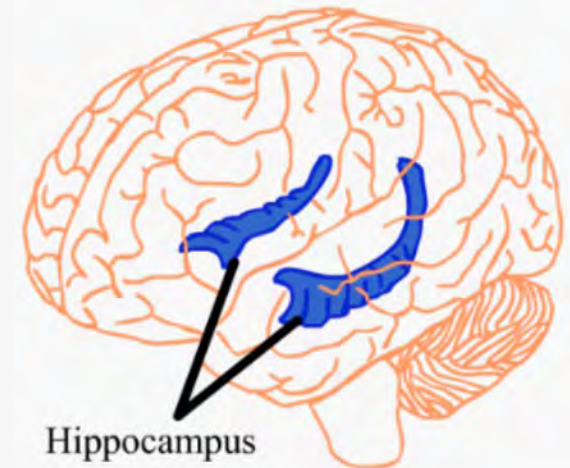
Emotional Brain



Helps us
regulate our
hormones

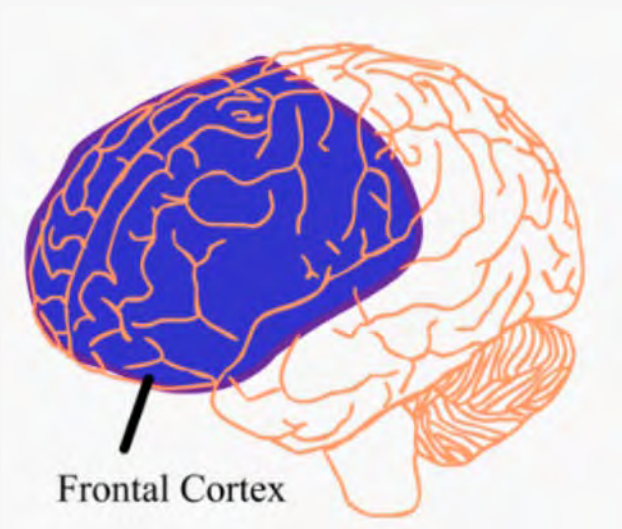


Help us
processes
fear



Helps us
**learn &
remember**

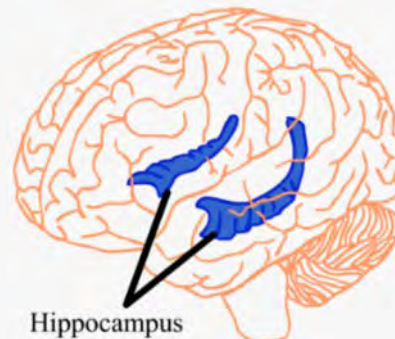
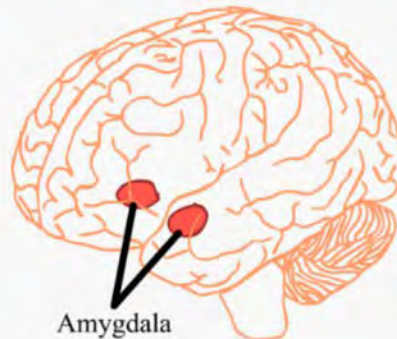
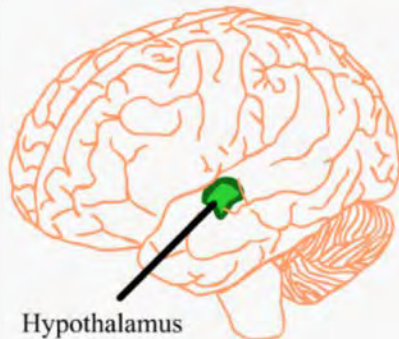
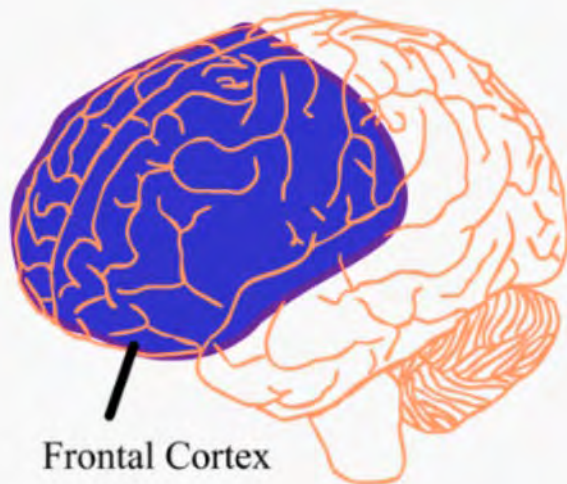
Thinking & Reason

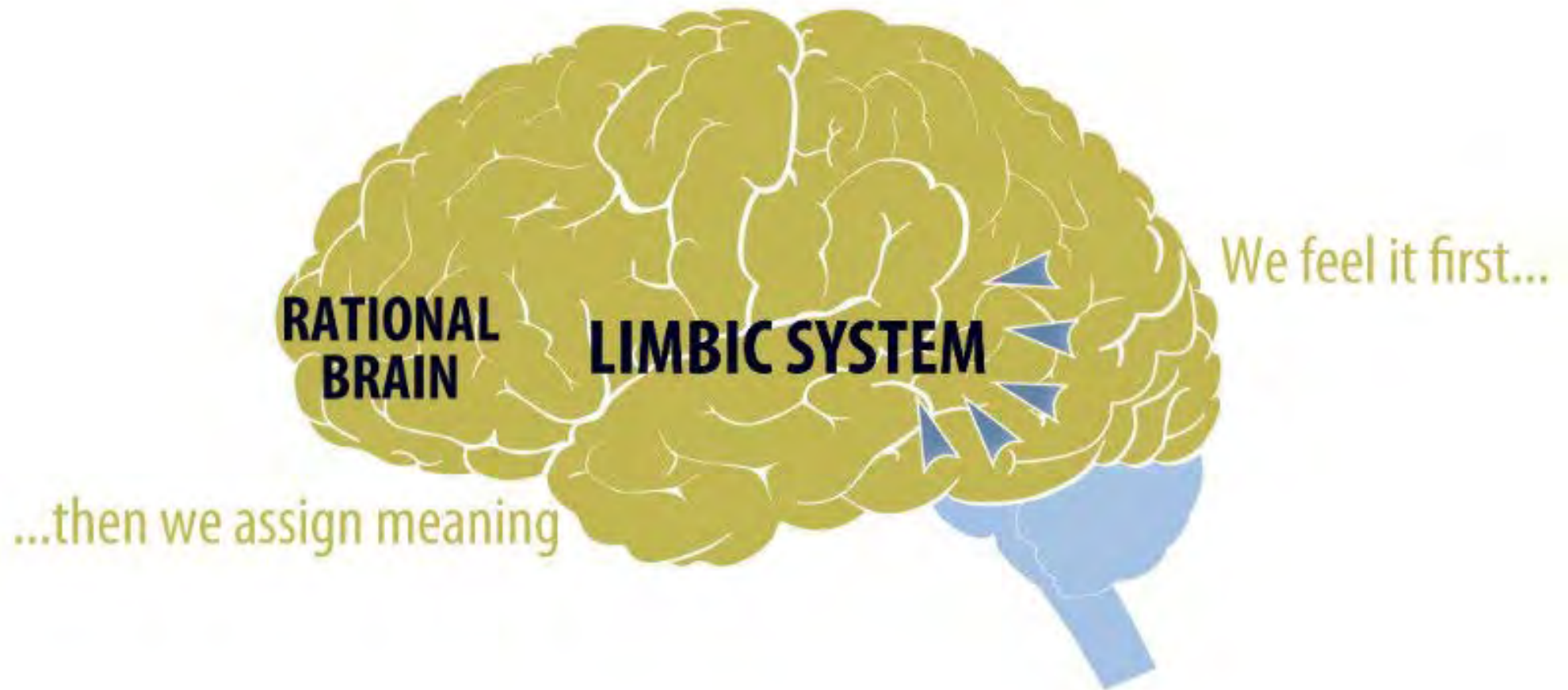


Helps us make good
**decisions, pay
attention, & learn**

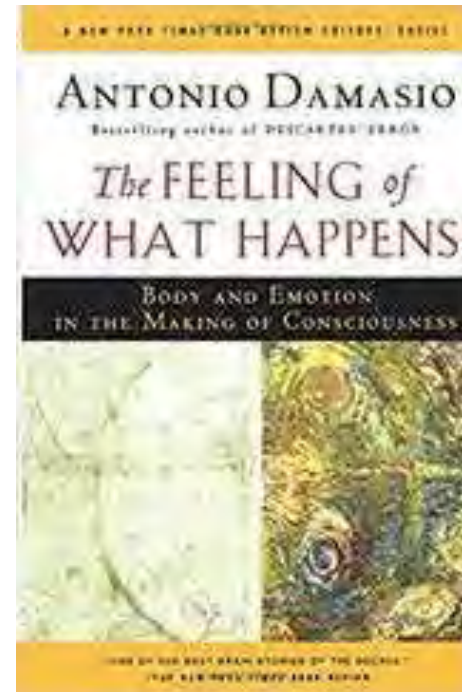
Thinking & Reason

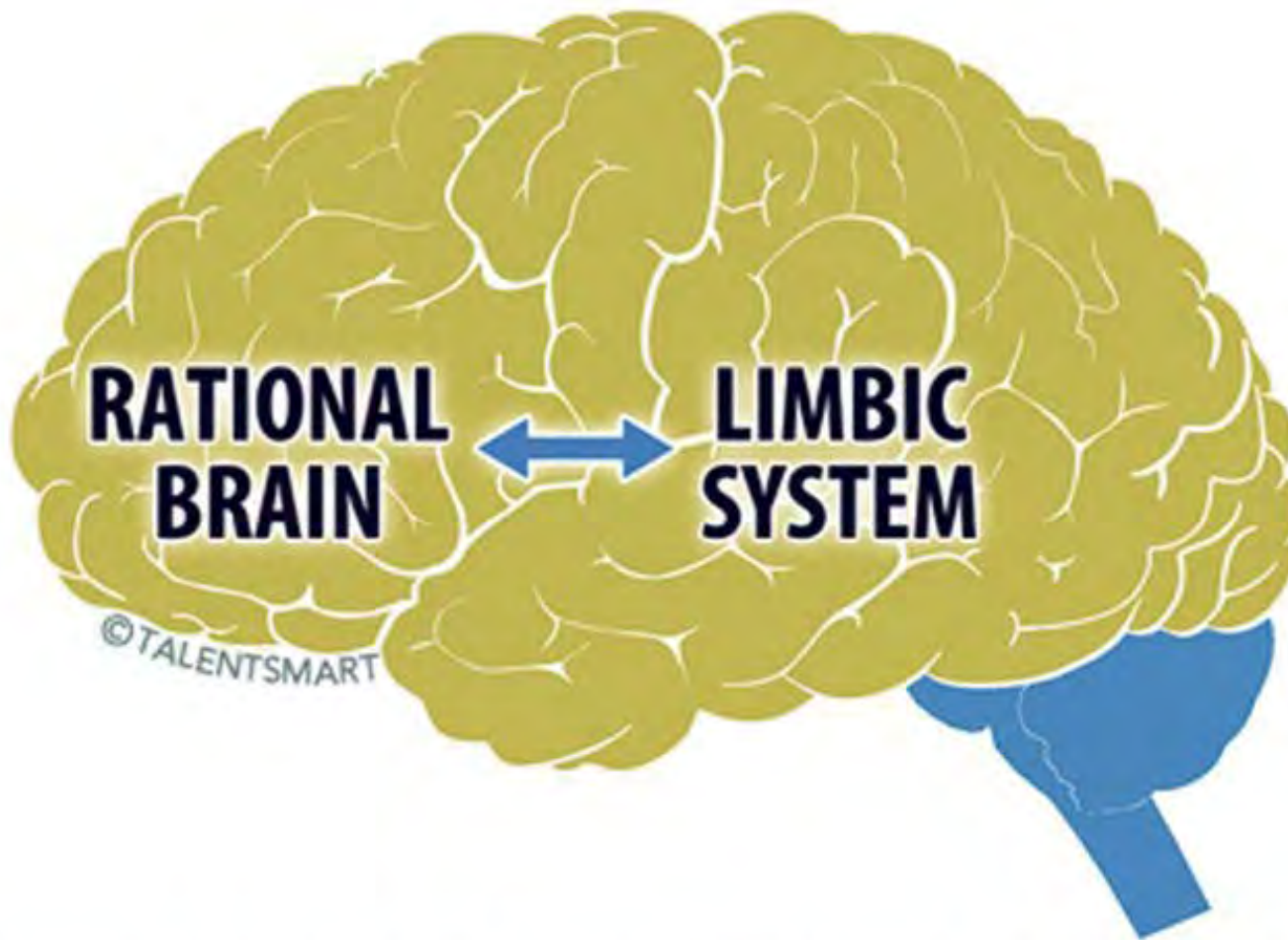
Reasoning and decision making depends on conscious as well as **subconscious** support processes such as attention, working memory, and **emotion**.





“We are not thinking machines that feel; rather, we are feeling machines that think.”





When we lack information and are uncertain, our brains shift control over to the limbic system.

(Good) Information = Critical to Reasoning

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Stress & Trauma

Good vs. Bad Stress

- Stress = anything life brings our way that has the potential to upset our balance.
- It can be beneficial (studying for an exam, preparing for a marathon) or harmful (losing a job).



Negative Experience → Helplessness

- Robert Scaer: “Trauma is any negative life event that occurs in a position of relative helplessness.”
- Traumatic experiences are always stressful, but stressors are not always traumatic.
- “Traumatic stress.”

The Key to Defining Trauma

Our **instinct to survive** defines **our reaction** to trauma
regardless of our conscious awareness.

Trauma → Stress Hormones →
Fight or Flight Response

▶ Fight or Flight response

Fight or Flight Response



- ▶ State of high alert
- ▶ Action, not thought
- ▶ Inability to think clearly
- ▶ Extreme thoughts
- ▶ Hypervigilance
- ▶ Attention to threat
- ▶ Intense and prolonged anxiety
- ▶ Drive to take action

▶ Fight or Flight response

Fight or Flight Response

saliva
flow
decreases

eyes
pupils dilate

- ▶ State of high alert
- ▶ Action, not thought
- ▶ Inability to think clearly
- ▶ Extreme thoughts

A Disaster When This Become Chronic

heart
beats faster
& harder

stomach
output of digestive
enzymes decreases

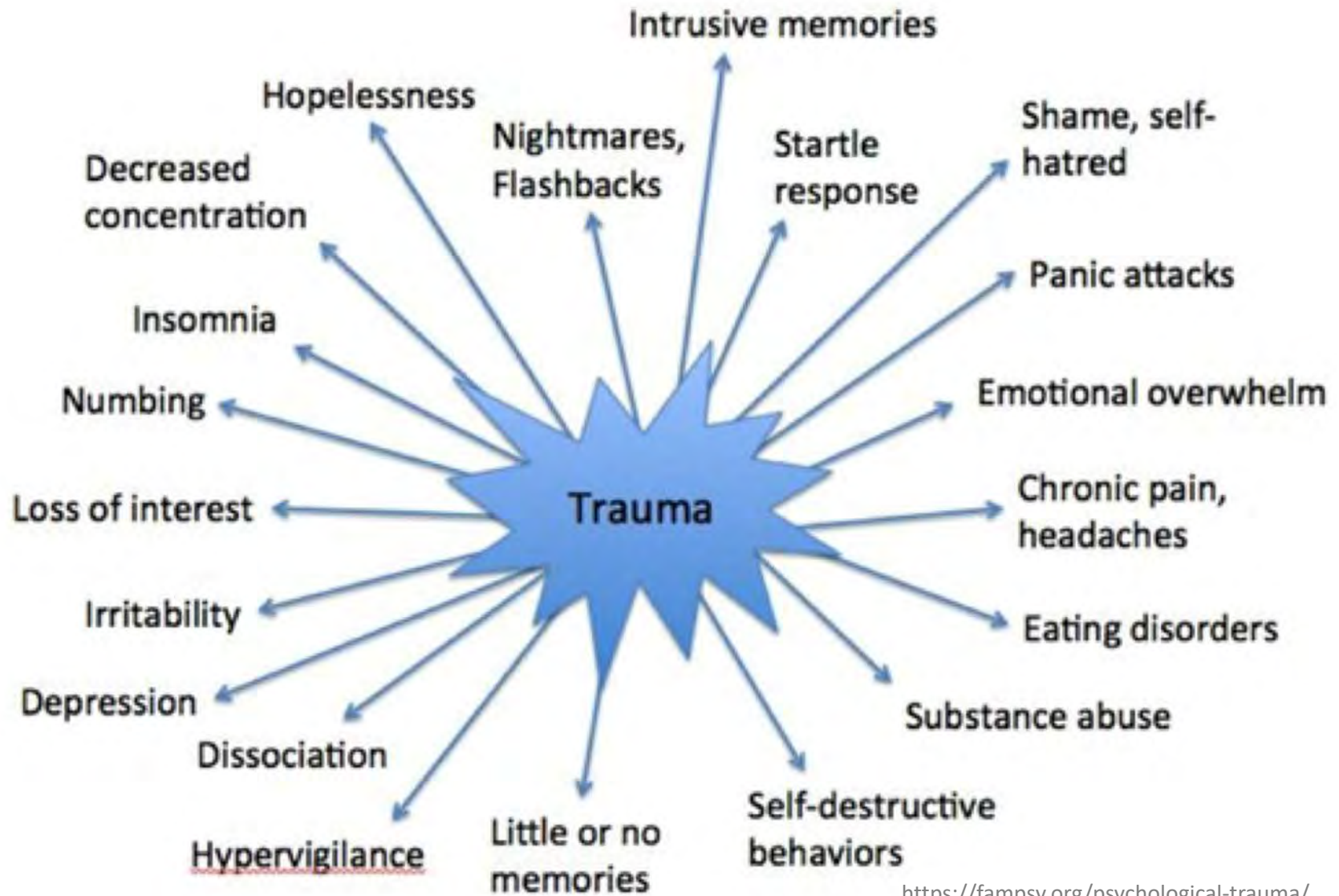
muscles
become more tense;
trembling can occur

bowel
food movement
slows down

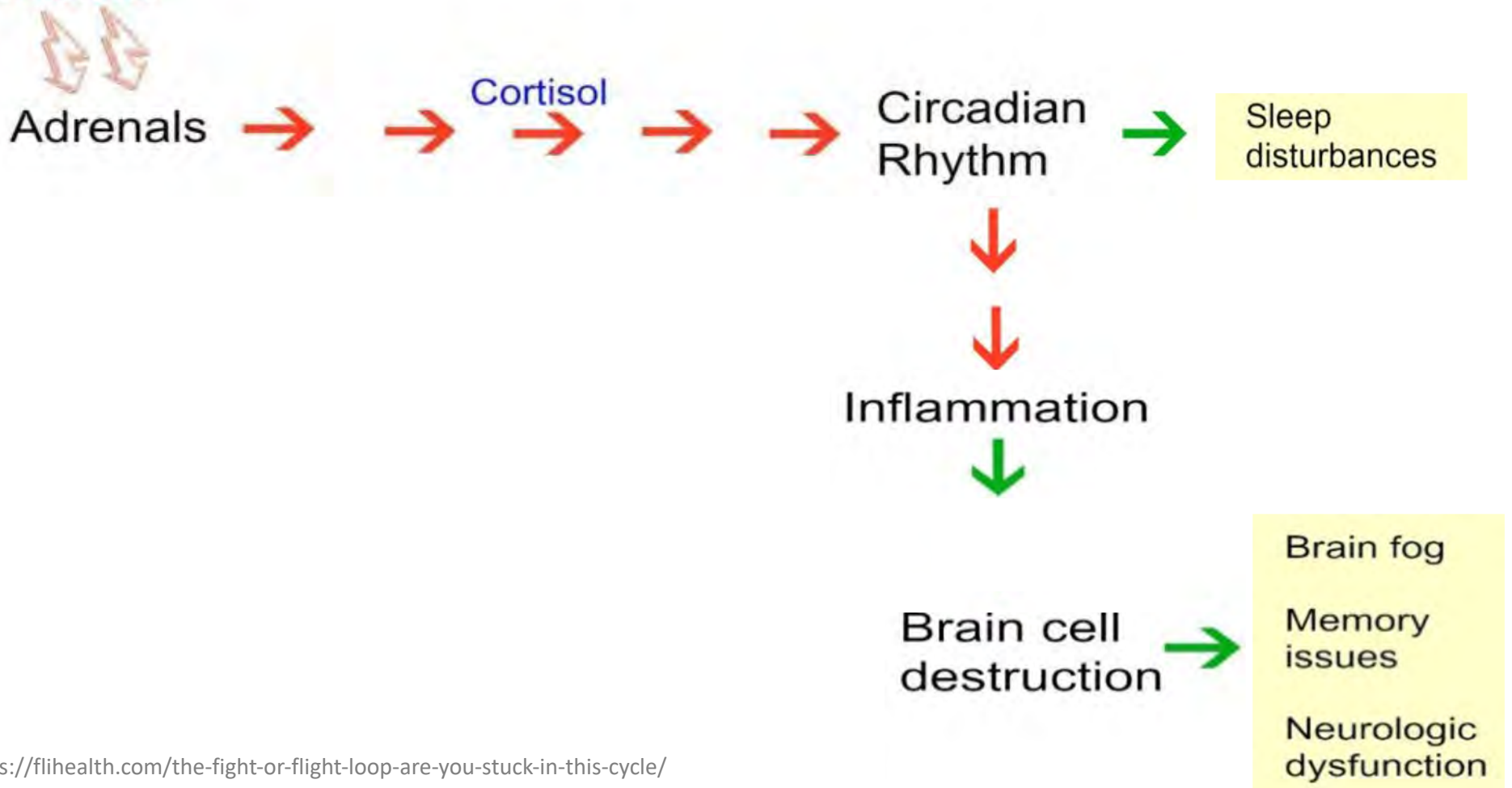
blood vessels
blood pressure
increases as
major vessels dilate

- ▶ Attention to threat
- ▶ Intense and prolonged anxiety
- ▶ Drive to take action

How We “Deal” with Trauma?



Stress



Too much stress hormone → kills hippocampal cells → can't learn or remember

Too much stress hormone → kills prefrontal cortical cells → can't made (good) decision

Too much stress hormone → activates amygdala cells → fight or flight

Trauma → Stress Hormones →
Fight or Flight Response →
Impairs Our Ability to Make
Decisions, Learn, & Remember

Trauma Impairs Our Ability to Make Decisions, Learn, & Remember

- You may have a hard time:
 - Keeping track of changes in your class
 - Making decisions about learning
 - Being motivated to study
 - Prioritizing assignments
 - Engaging with classmates or subject
 - Managing your time
 - Not quitting

Your responses are NORMAL reactions to
ABNORMAL events

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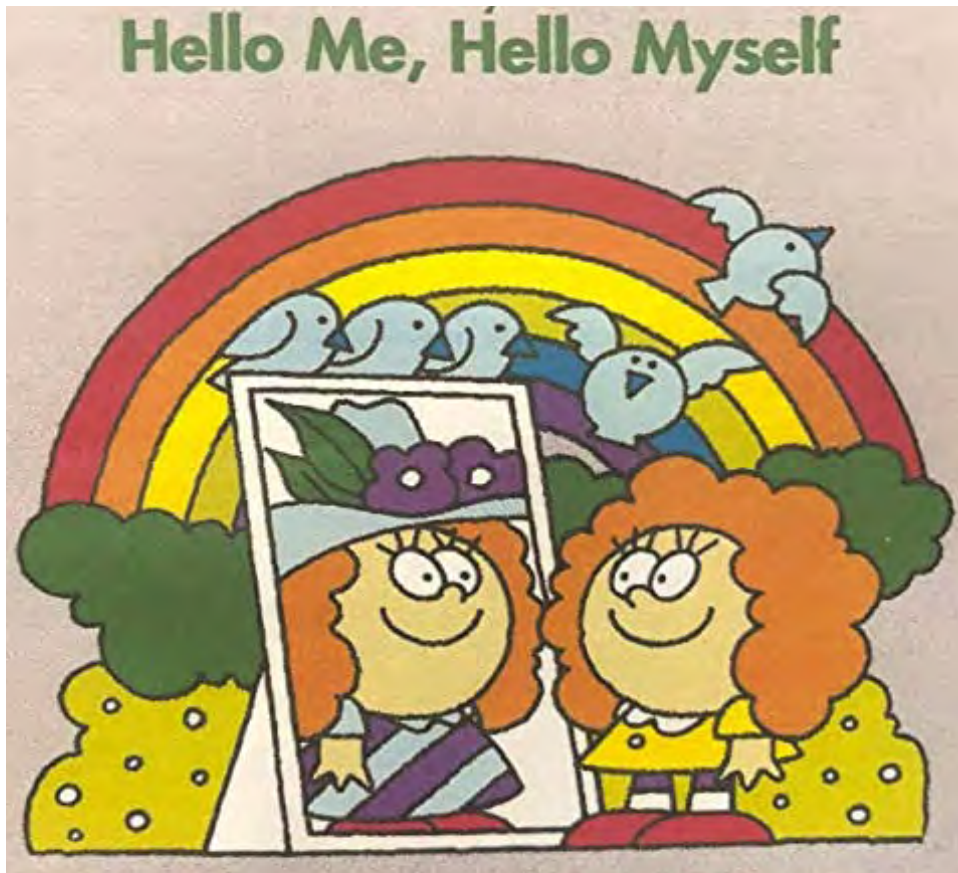
1. Recognize your discomfort ...

How to Deal With Stress & Trauma?

1. Action - *description*

- a) Tip 1
- b) Tip 2
- c) Tip 3

**** Key to accomplish this is ... ****



How to Deal With Stress & Trauma?

1. **Recognize** - *If you were observing yourself, would do you notice?*

- a) Are you feeling overwhelmed? Scared? Irritable?
- b) Can't get out of bed? Apathy?
- c) Are you sensing tension in your chest? Neck?
- d) Are you sleepy all the time?

**** PAY ATTENTION: To your body, behaviors, thoughts. Journal and share (if you feel comfortable) ****

How to Deal With Stress & Trauma?

2. Investigate – *“I wonder what is going on with me?”*

**** PASS NO JUDGMENT:** To your body, behaviors, thoughts. Journal and share (if you feel comfortable) ******

How to Deal With Stress & Trauma?

3. **Understand** - *This is a normal/typical reaction. Why?*

- a) Because your brain thinks your survival is under threat. You are afraid.
- b) Why are you afraid and what can you do about it?
 - i. Loneliness
 - ii. Financial insecurity
 - iii. Loss
 - iv. Worrying about others
 - v. Worry about own health

How to Deal With Stress & Trauma?

3. Understand (cont'd)

**** Connect:** *“Meaning is primarily a matter of relationship. If something is connected to absolutely nothing—symbolically, linguistically, physically, psychologically—it is literally meaningless. And in the same way, if something is connected to everyone and everything, it would be supremely meaningful.” ***

How to Deal With Stress & Trauma?

4. **Negotiate** - *How can we mitigate our sympathetic nervous system response?*

- a) Stress versus immediate threat to life
- b) Activate parasympathetic nervous system
 - breathing, walking, laughing, gardening
- c) Self-care
 - Reduce news consumption
 - Sleep hygiene
 - Diet
 - Shower



How to Deal With Stress & Trauma?

4. Negotiate (cont'd)

**** REPEAT WITH KINDNESS ****

What's working for you? Click on this [google doc](#) and add your strategies to share with your classmates and me. You can add your name or not!

How to Deal With Stress & Trauma?

5. **Distract & Re-activate** - *Occupy your thoughts with something else*

- a. What matters to you now?
- b. What is one thing in this course you felt and is still excited about learning? Keep learning.
- c. What can you control in your environment right now?
- d. What makes your feel alive?
- e. Document beautiful moment in your life.

How to Deal With Stress & Trauma?

5. Distract & Re-activate (cont'd)

**** HAVE LOTS OF STRATEGIES ****

What's working for you? Click on this [google doc](#) and add your strategies to share with your classmates and me. You can add your name or not!

How to Deal With Stress & Trauma?

6. **Imagine** - *The future with you in it*

- a. Why it matters that you are in it?
- b. Construct a better world and how you will contribute.
- c. Our brains love to create and ... play.

**** BE COURAGOUS & AUDACIOUS: “*You are not a drop in the ocean. You are the entire ocean in a drop*” ****

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Resources to Help You

Pima	Arizona	National
------	---------	----------

Student Wellness Assistance

Free, confidential services to support your health and well-being

Learn how to:

- Reduce stress
- Get a good night's sleep
- Manage time effectively
- Balance work and life
- Become financially literate
- And more

More Support Services:

Student Wellness Assistance (SWA) complements and augments Pima counselors. Reach out to Pima counselors, faculty and staff should you need help. See www.pima.edu/counseling to learn more.

➔ Students in crisis can receive immediate support from an SWA counselor 24 hours a day at **1-833-251-9941**

➔ Up to six counseling sessions per problem, per year, are available at no cost.

➔ To access more information about SWA in **My Pima: Students > Student Resources** tab

Arizona Department of Economic Security
Your Partner for a Stronger Arizona
<https://des.az.gov/find-your-local-office>

DES customer service centers are currently experiencing intermittent phone issues, as a result of the unprecedented increase in requests for services as a result of COVID-19. We are working with our telecommunications partners to quickly resolve. Please visit www.AZUI.com to apply for unemployment benefits, view frequently asked questions pertaining to employment impacted by COVID-19, and other important information. Resources for other services can be found at: <https://des.az.gov/services/coronavirus>. Thank you for your patience.

On March 30, 2020, Governor Doug Ducey issued a Stay-at-Home order in response to the COVID-19 pandemic, beginning April 1, 2020 through April 30, 2020. Under previous orders from the Governor, DES services are considered essential services, which means DES will continue to stay open to assist Arizonans in need. The public is encouraged to access DES services online or by phone to continue social distancing, but offices will remain open for those who cannot access services virtually.

On March 20, 2020, Governor Doug Ducey issued an executive order and administrative action aimed at providing certainty and economic relief for Arizonans facing financial hardship because of COVID-19, increasing access to unemployment benefits. These resources are applied retroactively to hardship experienced after March 11, 2020. Applications will be accepted beginning March 23, 2020.

DES Services Related to COVID-19

<https://www.unitedway.org/recovery/covid19#>

OUR IMPACT | OUR PARTNERS | GET INVOLVED | NEWSROOM

DONATE TO THE COVID-19 COMMUNITY RESPONSE AND RECOVERY FUND

Your generosity will help families and people in need access critical information and services like food, shelter, and more through our United Way network. 95% of your donation will provide relief to those left vulnerable by the pandemic.

DONATE TO THE WORLDWIDE FUND | SEARCH LOCAL UNITED WAY FUNDS

Resources to Help You			
Technology (need help with D2L)	Financial (food bank, paying internet bill)	Medical (medication, free clinics)	Mental Health (anxiety, grief, suicide hotline)

 COMMUNITY FOOD BANK OF SOUTHERN ARIZONA <https://www.commu>

COVID-19 CRISIS:
Closures leave families and seniors in urgent need of food.

Rush emergency food.

GIVE NOW


<https://www.virusanxiety.com>


CARE FOR YOUR CORONAVIRUS ANXIETY
A PROJECT BY *skine*


Resources for anxiety and your mental health in a global climate

[Share This Toolkit](#)

[Ask an Expert](#) [Meditations](#) [Isolation](#)

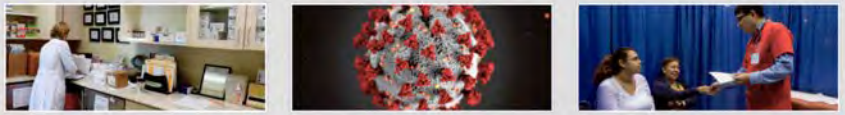
 NAFC
The National Association of Free & Charitable Clinics

<https://nafcclinics.org>
NEWS EDUCATION CORNER ADVOCACY CENTER GET INVOLVED ABOUT US CONTACT US



Give For Health & Donate Today!

[FIND A CLINIC](#) [COVID-19](#) [DONATE NOW](#)





Hope and fear cannot occupy the
same space. Invite one to stay.

— *Maya Angelou* —

**Send me your questions by clicking on
this [google doc](#) (you don't have to add
your name)**

Thank You

“HOPE MATTERS”

Inside Higher Education, March 17, 2020

<https://www.insidehighered.com/advice/2020/03/17/10-strategies-support-students-and-help-them-learn-during-coronavirus-crisis>

We're here for you during this pandemic. Text HOME to 741741.

CRISIS TEXT LINE |

+ GET HELP

VOLUNTEER

+ LEARN

+ SHARE

+ DONATE

[Message Us On Facebook](#)

[Or text us at 741741.](#)

In a crisis?

**Text HOME to 741741 to
connect with a Crisis
Counselor**

Free 24/7 support at your fingertips

[Message Us On Facebook](#)

[Or text us at 741741.](#)





My Grief Angels

is for and by the 100,000+ people grieving that use this site yearly
<http://www.mygriefangels.org>

Select Language ▼

Google Custom

HOME

GRIEF MOOC

GRIEF AND OUR HEALTH

GRIEF SCALES

GRIEF ATTACKS

GRIEF APP

SHARED SIGNS

GRIEF IN MOTION

FORUMS BY LOSS

GOOD FROM GRIEF

WORKPLACE GRIEF

GRIEF SUPPORT DIRECTORY

GRIEF TV/MOVIES/RADIO

EMOTIONAL SUPPORT PETS

GRIEF HOARDING

GRIEFTECH

DAILY AFFIRMATION

GRIEF DAILY NEWS

HOLIDAYS?

EMEMORIALS

AFTER LOSS CHECKLIST

GRIEF ART

ECO GRIEVING

GRIEF PETITION

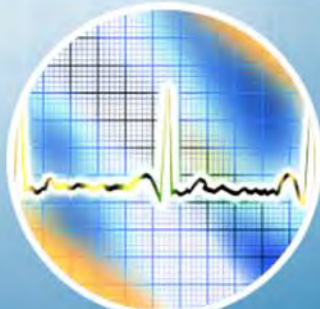
REGISTER

PRIVACY POLICY

ABOUT

COVID19 FACTS

COVID19 GRIEF SUPPORT



Grief & Our



Grief



Free Online Grief



"Good from Grief" Book



<https://www.needy meds.org>

HELPLINE (800) 503-6897 CONTACT US ABOUT US EN ESPAÑOL

Find help with the cost of medicine

DONATE NOW



Patient Savings

Advocates

Getting Started

Services

News

Blog

Start typing drug name

Drug Search

Drug Pricing Calculator

Find drug prices and pharmacies

search

Get Your NeedyMeds Drug Discount Card



Send a family member or friend a NeedyMeds Drug Discount Card

NeedyMeds be medwise Patient Information and Education

SafeNeedleDisposal.org Safety is the point

Prescription Assistance Programs (PAPs)

Business As Usual

Many NeedyMeds users rely on PAPs to afford their meds. We want to assure you we've been, and will continue to be, in contact with our PAP partners. They anticipate no program disruption. If you are enrolled in a PAP, you will still receive your medication. If you are interested in applying to a PAP, you can find accurate information and applications on our [website](#) and program call centers remain open and ready to assist you with your questions.

[Looking for your COVID-19 Story](#)

Over \$282,503,032.98 Saved With NeedyMeds Drug Card

Save 40% Off the List Price of Medical Equipment with the NeedyMeds Drug Discount Card

Save on diabetic supplies, splints and braces, catheters and incontinence supplies, bath safety supplies, compression stockings, mobility devices, footwear, bladder control pads and more. [Click to learn more.](#)



Subscription Center

- ▶ [Subscribe to Services](#)
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Sponsors



Accurate and up-to-date drug information, pill finder, interactions checker & more. [Learn More](#)

Calendar of Events

◀ April 2020 ▶

mon	tue	wed	thu	fri	sat	sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.



1-800-273-8255



SPECIAL ANNOUNCEMENT



Three-Digit Number for Suicide Prevention

Recently, the FCC recommended that 988 be designated as a national crisis hotline. Please continue to share 800-273-TALK (8255) and our chat page with anyone wishing to connect to the Lifeline. 988 is **NOT CURRENTLY ACTIVE** and will not connect callers to the Lifeline.

[LEARN MORE](#) ↗