

OFFICE OF THE CHIEF WELLNESS OFFICER

Stress Buster: Using Cognitive-Behavioral Skills to Reduce Stress, Anxiety & Depression

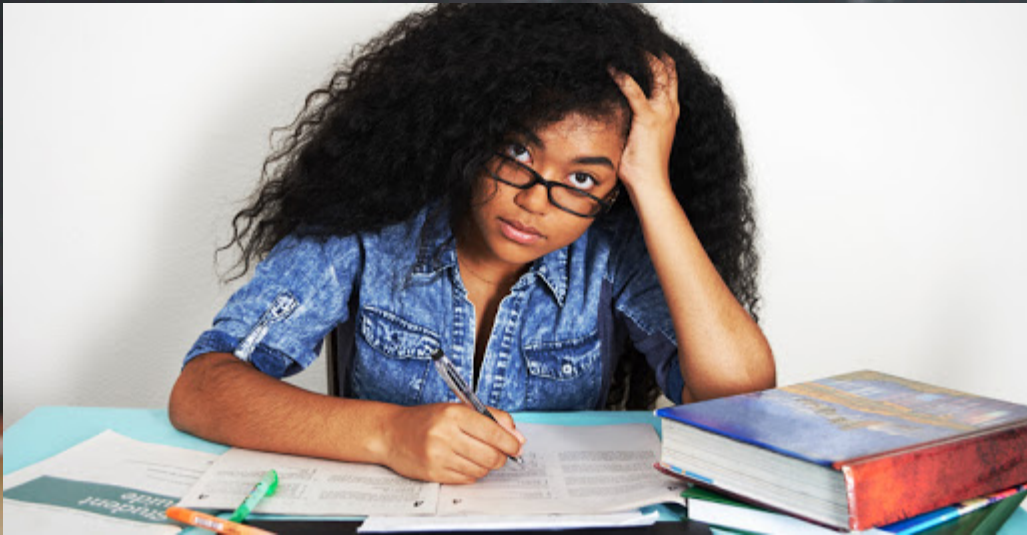
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Presented by Taylor Schwein, Ohio State Nursing Student



Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life



SPECIAL REPORT

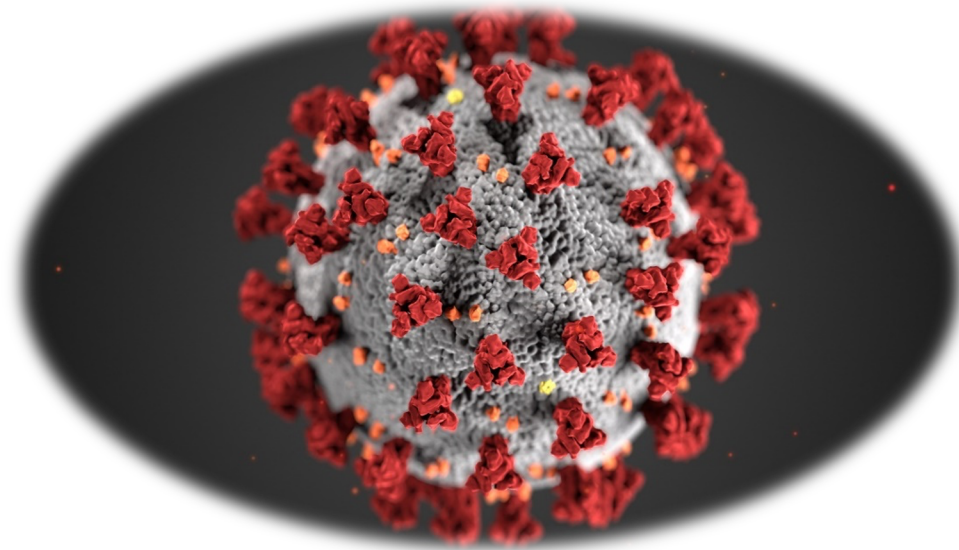
UNITED STATES OF STRESS

EVERYDAY HEALTH™

COVID-19 is Triggering Stress/Anxiety & Depression

You are Not Alone; Others Feel This Way Too

- Fear of catching COVID-19
- Fear for **loved ones**
- Increased **loneliness**
- Increased **stress** in family members and parents



- Increased **anxiety**
- Sense of **loss of control**
- **Social withdrawal**
- **Trouble sleeping**

Too Much Stress, Anxiety or Depressive Symptoms Can Interfere with Your Functioning

This is the point where you need some help.

Do not be afraid to ask for it!

Talk to a parent, family member, teacher or
your nurse practitioner or doctor!



A Stress and Anxiety Pandemic is Happening with COVID-19





COPE with COVID

Control the things that you can, not the things you can't
Open up and share your feelings
Practice daily stress reduction tactics, including physical activity
Engage in mindfulness; be here now; *worry will not help!*

Count your blessings daily
Overturn negative thoughts to positive
Volunteer to help others
Identify helpful supports and resources
Do your part to prevent spread of the virus

- Bern Melnyk

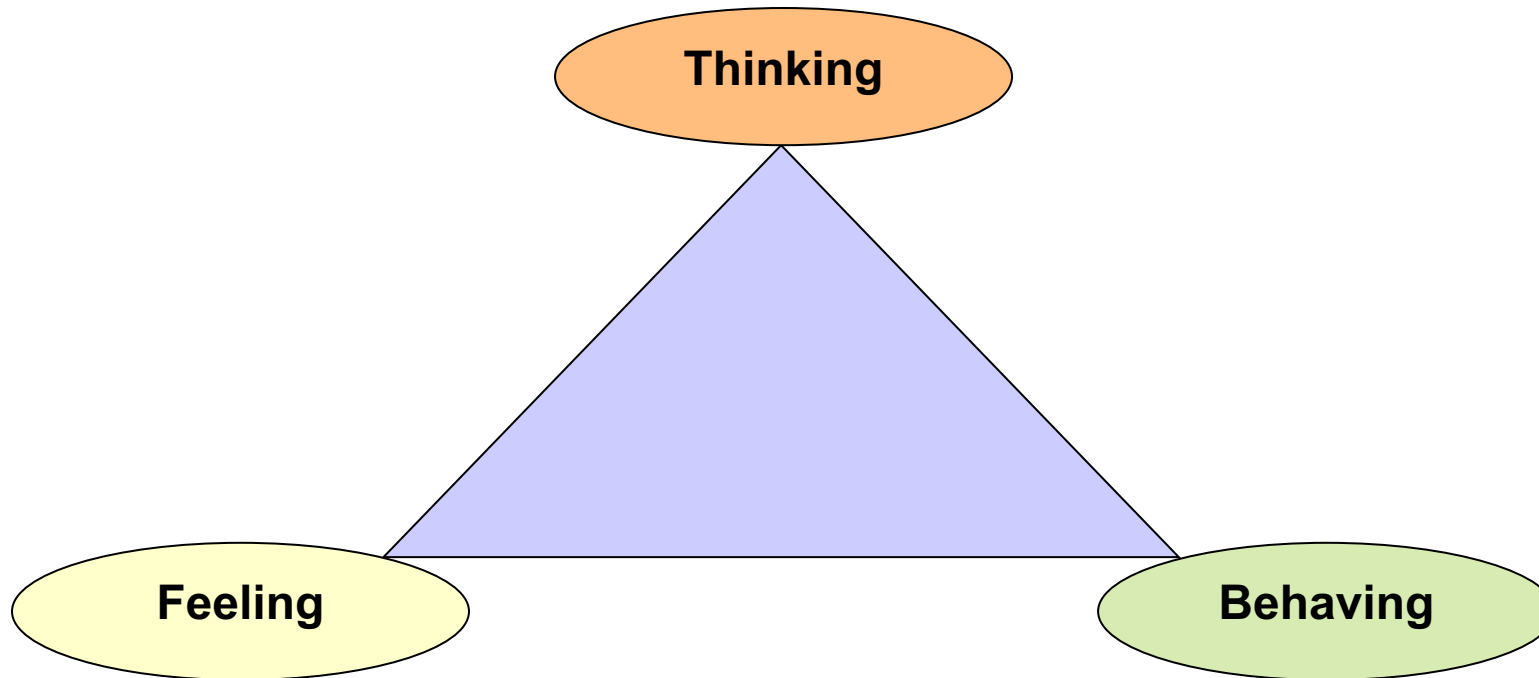


**THE OHIO STATE
UNIVERSITY**

OFFICE OF THE CHIEF
WELLNESS OFFICER

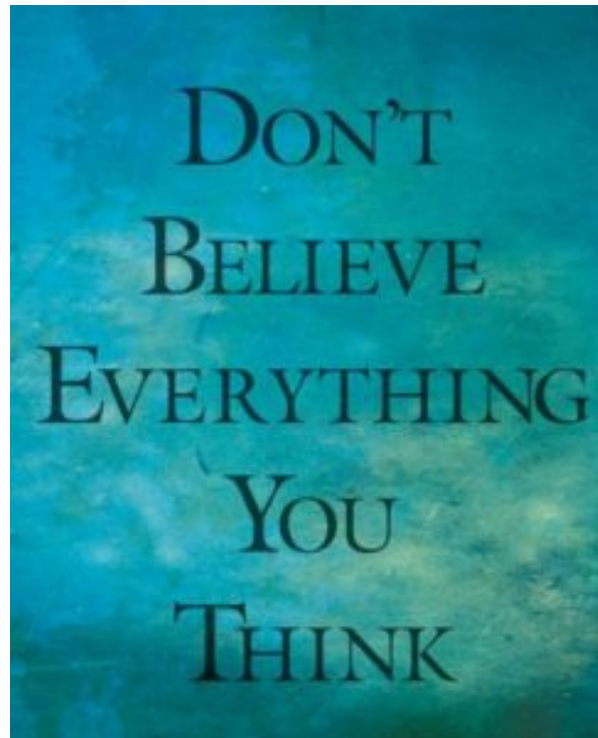
Cognitive-Behavioral Therapy/Skills Building is the Best First Line Evidence-based Treatment for Stress, Anxiety and Depression

The thinking/feeling/behaving triangle



Active Components of Cognitive-Behavioral Therapy

- Reducing negative thoughts (cognitive restructuring)
- Increasing pleasurable activities (behavioral activation)
- Improving assertiveness and problem-solving skills
(homework assignments/skills building activities)



Common Cognitive Distortions

Automatic Thoughts

- **All or Nothing Thinking** – “Anything less than an A is not acceptable.”
- **Mind Reading** – “She doesn’t think I am smart or competent.” “He doesn’t like me.”
- **Overgeneralization/labeling** – “I’m stupid” - in response to one poor grade on a report or a mistake at work. “ I am a loser.” “I can’t do anything right.”
- **Mental Filter** – only seeing the negative: “I got nine out of 10 answers right but I can’t believe I didn’t know the right answer to that one question- I always manage to flub up on something!”
- **Catastrophizing or Minimizing** – “I got a D on this test, I’m going to fail out of school; I’ll never get into college.”
- **“Should” and “Must” Statements** – “I should be a better student.”
- **Personalization** – “He changed the date of the party intentionally so I can’t come.”
“We lost the game; its all my fault.”

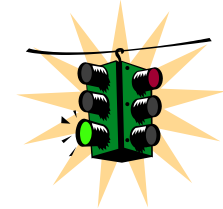
In CBT, We Teach the ABCs



STRESSOR (Antecedent or Activator event)



NEGATIVE THOUGHT TO STOP (Belief)



REPLACE THE NEGATIVE WITH A POSITIVE THOUGHT



POSITIVE EMOTION & BEHAVIOR (Consequence)

Write Down an Example of Your Own Automatic Negative Thoughts

Think back to a recent time when you felt anxious, depressed, or angry

- What was the trigger/**A**ctivator? (you probably couldn't control that)
- Your automatic thought/**B**elief?
- Your feeling? (emotional **C**onsequence)
- Your general way of behaving when you feel that way? (behavioral **C**onsequence)
- How could you have stopped the negative thought and turned it around to feel better?

Catching Your Automatic Negative Thoughts

- When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?

Is this thought really true?

Is this thinking helpful?

Do I have evidence to back this up?



Thought Stopping Skills

- Visualize a stop sign
- Rubber band on the wrist/ snap
- Visualize watching the negative image on TV and change the channel
- Use imagery skills to switch to a pleasant image



Program Your Brain with Positive Thoughts



Practice Positive Self Talk 10x Every Morning and 10x Every Night

- I'm going to stay calm
- I am healthy and strong
- This won't last forever



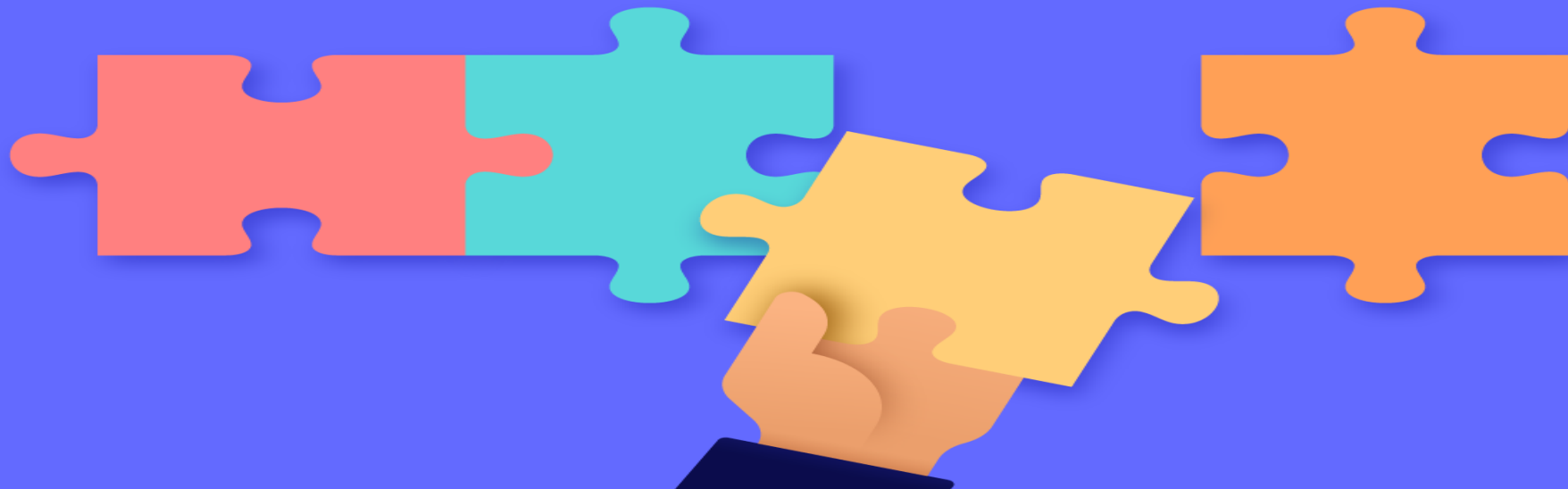
IT'S TIME FOR SOME
POSITIVE
SELF-TALK

A person is sitting cross-legged on a bed, reading an open book. They are wearing a grey hoodie and white pants. In the background, there are warm, glowing string lights. The person is holding a white cup of coffee in their right hand. The overall atmosphere is cozy and relaxed.

**Read 5 Minutes in a Positive Thinking Book
Every Morning and Every Night**

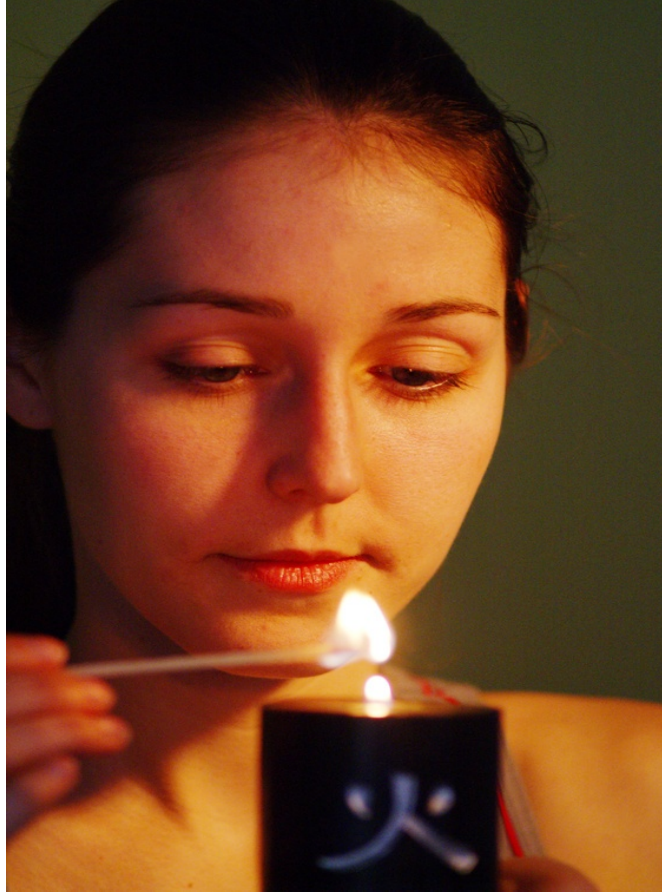
Problem Solving Skills

- What is the problem?
- What are the possible causes of the problem?
- What are 2-3 solutions to the problem?
- **Pick the best one and ACT on it!**



Mindfulness Integrated CBT

Learn to Stay “In the Present Moment”



Sync your breathing with this



Deep Breathing: See go.osu.edu/justbreathe

Stress Management Apps



Mindfulness and guided meditation

- Kids version
- Focus, Calm, Kindness, Sleep, & Wake up
- Meditations for stress, anxiety, sleep & exercise



- Kids version
- 30 day learn to meditate
- Mindfulness
- Sleep stories & music

Positive Thinking Statements

- Think about two negative automatic thoughts/cognitive distortions that you often have
- Write down 2 positive self-statements and place them where you can see them every day
- Say them 10x every morning and 10x every night for the next week



Change your thinking,
change your life.

Ernest Holmes

quote fancy

Changing Negative to Positive Thinking Takes 30 to 60 Days of Consistent Practice



CBT Skills Building: Put the ABCs into Practice

Identify 2 situations in the past week of how negative thinking affected how you felt and how you behaved; then, write down how you could have changed your thinking to feel better and act differently.

- Describe the situation you were in and the trigger (**A**ctivator) that started you thinking in a negative way.
- What did you think? (**B**elief/thought)
- How did you feel? (Emotional **C**onsequence)
- How did you act or behave? (Behavioral **C**onsequence)
- How could you have changed what you thought so that you would have felt better or acted differently?

Let's Maintain Hope Rainbows Follow Rain



go.osu.edu/copingwithcovid19



Thank You

Office of the Chief Wellness Officer and
Buckeye Wellness



Next week

July 1st, 10:00-10:30 am

Staying Physically Active While at Home: Tips and Tricks

Ellie Whisler, OSU Nursing Student



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