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Depression

It doesn't mean sad (necessarily), it means the "depression of an emotion"

Externalize the problem- normalize it, make it relatable, abstract thinking

Help thought stopping

Journaling, poetry, music

Validate and support

Develop sense of self

Avoid shaming or isolation

Anxiety or a Panic Attack

Don't try to dismiss it, validate

Telling someone to "calm down", "stop it" will only make anxiety worse. You can't fight anxiety, you need to ride it.

Sensory, Grounding

- Yoga breaks
- Mindfulness (feel your butt, Notice 5 things..., sensory grounding)
- Sensory menu
- Empowering Mantras
- Mandalas
- Recess
- Breathing
- Physical activity

Anxiety and Depression and Mood Disorders

Symptoms of Anxiety:

- Being irritated
- Being light-headed and out of breath
- Being startled easily
- Feeling like throwing up
- Feeling tired
- Going to the bathroom often
- Having headaches
- Having hot flashes
- Having muscle tension and aches
- Having trouble falling asleep or staying asleep
- Having trouble swallowing
- Not being able to concentrate
- Not being able to relax
- Trembling and twitching
- Sweating

Other things to consider:

Obsessive-Compulsive Disorder (OCD): unwanted thoughts (obsessions) and/or repeated behaviors (compulsions) that the person feels can't be stopped or controlled. The Obsession is only extinguished by the compulsion.

Panic Disorder: a time of intense fear that strikes often and without warning.

Post-Traumatic Stress Disorder (PTSD): symptoms that occur after going through a traumatic (scary) event such as rape or other crime, war, child abuse, natural disasters or crashes or due to frequent traumatic "little" events (on going parental discord, verbal assault, poverty)

Social Phobia (social anxiety disorder): feeling very nervous and self-conscious during normal social situations. People with social phobia may:

- Being afraid of doing things that will embarrass them
- Feel judged
- Have a fear of being watched

- Anxiety is often mistaken for ADD, ADHD, and Oppositional Defiance

Symptoms of Depression:

- Being irritable or crying a lot
- Feeling guilty, worthless, helpless, hopeless or pessimistic (negative)
- Having changes in sleeping and eating patterns
- Having chronic aches and pains
- Having less energy and feeling tired
- Having a sad, anxious or “empty” mood
- Losing interest in or not enjoying activities
- Thinking of death or suicide

Symptoms of Bi-Polar Disorder:

Bipolar disorder causes mood swings from “high” (manic) to low (depression), often with periods of normal moods in between.

Symptoms of Mania:

- Having a happy, outgoing or “high” mood
- Being impulsive, risk taking behaviors
- Being irritable
- Feeling like one doesn’t need sleep, so not sleeping
- Feeling like one has special powers
- Making poor choices without thinking
- Starting lots of things and not finishing them

Symptoms of Depression:

- Having a sad, anxious or “empty” mood
- Being irritable or crying a lot
- Feeling guilty, worthless, helpless, hopeless or pessimistic (negative)
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The changes in mood states can be thought of as a spectrum. At one end is severe depression, moderate depression and mild low mood. Then there is normal or balanced mood. Next is mild to moderate mania (hypomania) and severe mania.

Some people may experience a mixed bipolar state. If this happens, they may have symptoms of mania and depression together. Symptoms of a mixed state often include agitation, trouble sleeping, psychosis, suicidal thinking and a major change in appetite. A person may have a very sad, hopeless mood while at the same time feel full of energy.

Can be difficult to diagnose and should not be diagnosed loosely due to moodiness or irritability.



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I don't like it

I resent

I hate it when

I'm fed up

I'm tired

I want

I feel sad

I feel hurt

I feel awful

I feel disappointed

I want to feel better

I feel afraid

I feel scared

I don't understand

I want to be able to



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I'm sorry that you

I'm sorry for

Please forgive me

I didn't mean to hurt

I want to apologize to you

I love you because

I love you when

Thank you for

I understand

I forgive you

I want you to know

I am willing to try to get help

Mindfulness Exercises for Children

The Feeling Exercise



Collect a number of interesting objects such as feathers, putty, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just noticing what it feels like in their hand. They can feel the texture, if their object is hard or soft, and the shape. Afterwards, ask the children to describe what they felt. With bigger groups, pair children off to take turns completing the exercise together.

The Seeing Game



Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they've never noticed. Maybe there are some big things like a poster or a picture, or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute is up ask the kids to share the most interesting new things they noticed.

Ocean Breathing



Have the children sit or lie down in a comfortable position. Ask everyone to slowly breathe in through their nose, and then out through their pursed lips (as if they are blowing through a straw). Point out that the slow and steady breathing sounds like ocean waves, gently crashing on shore. Let the children continue breathing and making the ocean sound for one to two minutes.

The Power of Listening



Ring a bell, a wind chime, or anything else that creates a long trailing sound. Ask each child to listen, and silently raise their hand when they can no longer hear the sound. After the ringing ends, ask the children to continue listening to any other sounds they can hear for the next minute. When the minute ends, go around the room asking everyone to tell you what sounds they heard.

Mindfulness Exercises for Children

Build a Stress Ball



If you're feeling brave, and are prepared to clean up a mess, provide the children with balloons, flour, and funnels to build their own stress balls (you may want to double-layer the balloons). Some other filling options include rice, small beads, or the leftover dots from punched paper. Once the kids have built their own stress balls, try using them with *The Feeling Exercise*.

The Body Squeezing Exercise



Have the children sit or lie down in a comfortable position, and ask them to squeeze and relax each of the muscles in their body one-by-one. They should hold each squeeze for about five seconds. After releasing the squeeze, ask the kids to pay attention to how it feels when they relax. Children understand this exercise better if you help them visualize how they can squeeze a particular muscle using imagery, such as the following:

1. Curl your toes tight like you are picking up a pencil with your feet.
2. Tense your legs by pretending like you are standing on your tippy-toes, trying to look over a fence.
3. Suck in your stomach as if you are trying to slide through a narrow opening.
4. Make fists with your hands and pretend like you are trying to squeeze all of the juice out of an orange.
5. Pretend like a bug landed on your nose, and you're trying to get it off without using your hands. Try to scrunch your face and move your jaw to make it fly away!

The Five Senses Exercise



Take the children outside if the weather is nice, and have them lie silently in the grass. Begin to call out each of the five senses in turn (sight, smell, sound, taste, touch), and ask the children to notice everything they can with that particular sense, until you call out the next one. This exercise can also work well on walks, and in a number of other situations.