



**Dear Anxiety...
I Win!**

*Using Resilience in the face of
mental health challenges*

A PRESENTATION CREATED AND
STYLED BY DR. JOY MCNEIL, LICENSED
CLINICAL MENTAL HEALTH
COUNSELOR, COUSSELING
PROFESSOR, AND LUPUS THRIVER

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**Question 1: What is your
current stress level 1-10?**

- **1** = I'm **enjoying** life with little to no worries. I feel good.
- **3** = I have some stressors. I can sleep at night, and I **could be worse**.
- **5** = I'm trying hard to cope with "all the things" but **beginning** to feel overwhelmed, irritable, or unable to truly relax and enjoy my life.
- **7** = I am **stressed constantly**. The to-do list is long. I'm tired. My thoughts aren't logical or rational and I acknowledge it.
- **9 & 10** = My stress level is **out of control**. My cup is dry. I'm not taking good care of myself.

Two Questions


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Two Questions

**Question 2: Now that you've determined
your stress number...**

**What is one specific
reason from your
current life you
chose that stress
level?**



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Hi, I'm Dr. Joy

I work hard so that my dog, Maggie May, can live in luxury.

I'm a recovering perfectionist.

I've worked in mental health since 2006, and I have a journalism and public relations background.


Diagnosed with lupus at age 24, the day before my birthday.

Completed my PhD in 2017.

I love creating music, watching Korean and Chinese shows, therapy/coaching/speaking, and spending time with family and friends.

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Dear Anxiety, I Win



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Dear Anxiety... I WIN



Two Questions → Introduction and Call to Action

Anxiety... Who and what are you? → Impacts of Anxiety and its cousins

Win with Resilience → Your questions and comments are welcome

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Pardon Me, Anxiety... Who and What are you?


Definitions of Anxiety

Intense, excessive, and persistent worry and fear about everyday situations. Fast heart rate, rapid breathing, sweating, and feeling tired may occur.

-Mayo Clinic

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

-Oxford Dictionary



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"I am a tad different from stress" says Anxiety.

Stress is both acute and chronic.

Acute stress – the everyday "stuck in traffic" or "get the project finished yesterday" feelings

Chronic stress – recurring stress and stressors over time, impacts mental and physical health

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What are some stressors we face?

- Financials
- Relationships/Divorce/Marriage
- Childrearing
- Medication Management
- Doctors Appointments
- Obtaining Education
- The Stigma of Autoimmune Illness
- Absenteeism and the guilt of saying **no**
- Aging
- Life Transitions
- The Death of a Loved One
- Caregiving Responsibilities
- Unrealistic Expectations
- News, Media, Covid-19 Statistics
- Insurance coverage
- Change... period.

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How much \$\$ would you pay to never hear the following statements?

MONEY YOU'D PAY TO NEVER HEAR THESE PHRASES AGAIN

Anna Borges/BuzzFeed

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*"I'm not stress,
but we are
neighbors.
I'm Anxiety.
Pleased to
meet you."*

Hello to you, I'm anxiety... Many people meet and experience me on their life journey. From the required speech in high school class, to the negative balance in your checking account, and the silence after the job interview - I tend to show up...

I come with several issues based in fear and uncertainty:

- Constant, unproven worry that **creates significant stress** in your life
- Interferes with your ability to function normally
- Unreasonable fears that lead you to avoid persons, places, or situations, **which may not and often** do not pose threat of danger to you;
- If you experience sudden panic attacks; nightmares, flashbacks, or numbing related to a **traumatic event** which occurred recently or years in the past;
- It is reasonable to consult your primary care provider and mental health professionals when you can not function as you would normally. However, normal is relative.

Created by Dr. Jay Michiel

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"I, Anxiety, may sound like..."

"What if I can't do this?"

"I'm going to die of a stroke."

"People are going to laugh at me if I mess up during the presentation."

"I'm going to go crazy."

"Things are not going to work the way we planned, and I just know it."

"I'm so stupid. No one else looks concerned about this test."

"What if something terrible happens to me or my partner on vacation?"

"Wait! It didn't work before, so why is it going to work now?!"

"I'm gonna end up alone and lonely."

"I don't think my new teacher likes me. My grade might suffer."

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Perception vs. Reality in the world of Anxiety

WHO PEOPLE THINK CAN HAVE ANXIETY

WHAT YOU FEEL LIKE

WHO CAN ACTUALLY HAVE ANXIETY

WHO YOU ARE

Courtesy of Anna Borges, BuzzFeed And the Office on Women's Health

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Hi Anxiety, meet my long-time friend, Resilience

- ABILITY TO SELF-CALM
- SELF-CARE
- SELF-REPLENISHMENT
- EMOTIONAL EXPRESSIVENESS
- NON-JUDGMENTAL AND SELF-SUPPORTING
- OPTIMISM
- HOPE
- HARDINESS
- SENSE OF COHERENCE
- SOCIAL SUPPORT

University of Kansas Healthcare System
Turning Point Program Joy McNeil

Turning Point's 10 Facets of Resilience

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Let's Journal on Resilience

- **Self Calm** – What calms you and makes you feel confident?
- **Self Care** – What are some ways you show your body you value it?
- **Self Replenishment** – How do you replenish your energy bucket?
- **Emotional Expressiveness** – Take time to notice where emotions show up in your body.
- **Nonjudgmental and Self Supporting** – What is one sentence you can say in support of yourself and your journey?

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Let's Journal on Resilience

- **Optimism** – What strengths and resources do you hold to face the challenges in your life?
- **Hope** – Write a hopeful story about your future self.
- **Hardiness**– Focus on what you can control. Name some of those aspects of your life.
- **Sense of Coherence** – Learn to hold two truths at once...
 - **For example:**
 - "I feel like I'm not doing enough with my life.
 - AND
 - I'm doing what I can in this moment. I'm doing the things I can control and that's enough."
 - **Write your own two truths.**
- **Social Support** – Do you find yourself dumping or discussing? What are your boundaries?

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*In the end...
We Win!
Cultivate
your
resilience
muscle
daily.*

Now for some lifework resources:

Visit the University of Kansas Health Care website, learn more ways to build your resilience muscle through interactive videos and exercises.

Resilience Toolbox:
<https://www.kansashealthsystem.com/health-resources/turning-point/programs/resilience-toolbox>

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**Dear Anxiety...
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Your resilience toolbox helps to decrease symptoms of anxiety, stress, and depression. Make room for mental wellness.

**Questions? Comments?
Let's chat.**



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