

WEBVTT

NOTE duration:"00:57:29.5790000"

NOTE language:en-us

NOTE Confidence: 0.8637165

00:00:00.000 --> 00:00:01.338 Welcome back everybody.

NOTE Confidence: 0.8637165

00:00:01.338 --> 00:00:04.014 Thank you so much for being

NOTE Confidence: 0.8637165

00:00:04.014 --> 00:00:05.897 with us today or next.

NOTE Confidence: 0.8637165

00:00:05.900 --> 00:00:08.356 Panel is about anxiety, which is a topic

NOTE Confidence: 0.8637165

00:00:08.356 --> 00:00:11.235 that I think everybody listening and

NOTE Confidence: 0.8637165

00:00:11.235 --> 00:00:13.427 participating feels acutely infected.

NOTE Confidence: 0.8637165

00:00:13.430 --> 00:00:15.926 When Castle, the collaborative for academic,

NOTE Confidence: 0.8637165

00:00:15.930 --> 00:00:17.458 social and emotional learning,

NOTE Confidence: 0.8637165

00:00:17.458 --> 00:00:20.238 did a survey of thousands of participants

NOTE Confidence: 0.8637165

00:00:20.238 --> 00:00:23.185 to ask what words describe how their

NOTE Confidence: 0.8637165

00:00:23.185 --> 00:00:25.129 feeling through these pandemics.

NOTE Confidence: 0.8637165

00:00:25.130 --> 00:00:27.638 Anxiety was the number one word.

NOTE Confidence: 0.8637165

00:00:27.640 --> 00:00:30.314 And when we at scholastic do the

NOTE Confidence: 0.8637165

00:00:30.314 --> 00:00:33.538 survey of our employees with the same.

NOTE Confidence: 0.8637165

00:00:33.540 --> 00:00:35.530 Question that the same word

NOTE Confidence: 0.8637165

00:00:35.530 --> 00:00:37.520 emerged as a key topic,

NOTE Confidence: 0.8637165

00:00:37.520 --> 00:00:40.232 so we know that this next panel will

NOTE Confidence: 0.8637165

00:00:40.232 --> 00:00:43.087 be of keen interest to everyone,

NOTE Confidence: 0.8637165

00:00:43.090 --> 00:00:45.748 and I'm particularly excited about our

NOTE Confidence: 0.8637165

00:00:45.748 --> 00:00:47.520 panelists because they're reuniting

NOTE Confidence: 0.8637165

00:00:47.583 --> 00:00:49.858 the award winning duo of Eli Lebowitz.

NOTE Confidence: 0.8637165

00:00:49.860 --> 00:00:52.499 Who's the director of the anxiety center

NOTE Confidence: 0.8637165

00:00:52.499 --> 00:00:55.029 at the yellow South Study Center,

NOTE Confidence: 0.8637165

00:00:55.030 --> 00:00:58.326 Ann is also a friend of the collaborative

NOTE Confidence: 0.8637165

00:00:58.326 --> 00:01:01.682 and has been fielding so many questions

NOTE Confidence: 0.8637165

00:01:01.682 --> 00:01:04.550 that we get from educators and.

NOTE Confidence: 0.8637165

00:01:04.550 --> 00:01:07.574 And people around the country about anxiety.

NOTE Confidence: 0.8637165

00:01:07.580 --> 00:01:10.352 We're able to field them to Eli

NOTE Confidence: 0.8637165

00:01:10.352 --> 00:01:12.340 and he always answers.

NOTE Confidence: 0.8637165

00:01:12.340 --> 00:01:13.654 So thank you,  
NOTE Confidence: 0.8637165

00:01:13.654 --> 00:01:17.110 Eli and thank you for being with us.  
NOTE Confidence: 0.8637165

00:01:17.110 --> 00:01:20.148 And Raina telgemeier is one of our  
NOTE Confidence: 0.8637165

00:01:20.148 --> 00:01:22.320 scholastic award winning authors who  
NOTE Confidence: 0.8637165

00:01:22.320 --> 00:01:25.099 focuses graphic novels and one of her  
NOTE Confidence: 0.8637165

00:01:25.099 --> 00:01:27.930 most recent books focused on anxiety.  
NOTE Confidence: 0.8637165

00:01:27.930 --> 00:01:30.457 An I myself have sent it to  
NOTE Confidence: 0.8637165

00:01:30.457 --> 00:01:32.830 families who are experiencing issues  
NOTE Confidence: 0.8637165

00:01:32.830 --> 00:01:35.238 with their children and.  
NOTE Confidence: 0.8637165

00:01:35.240 --> 00:01:36.449 What excites me,  
NOTE Confidence: 0.8637165

00:01:36.449 --> 00:01:39.270 perhaps the most is that the mission  
NOTE Confidence: 0.8637165

00:01:39.348 --> 00:01:42.084 of the collaborative for child and  
NOTE Confidence: 0.8637165

00:01:42.084 --> 00:01:44.596 family resilience is that intersection  
NOTE Confidence: 0.8637165

00:01:44.596 --> 00:01:47.636 between literacy and mental health.  
NOTE Confidence: 0.8637165

00:01:47.640 --> 00:01:50.496 And so with these two panelists,  
NOTE Confidence: 0.8637165

00:01:50.500 --> 00:01:52.408 we are particularly pleased

NOTE Confidence: 0.8637165

00:01:52.408 --> 00:01:54.793 to put that into action.

NOTE Confidence: 0.8637165

00:01:54.800 --> 00:01:56.708 So please enjoy the

NOTE Confidence: 0.8584343

00:01:56.710 --> 00:01:58.960 session. So these are the

NOTE Confidence: 0.8584343

00:01:58.960 --> 00:02:01.210 introduction Irina and I've been

NOTE Confidence: 0.8584343

00:02:01.295 --> 00:02:03.860 making graphic novels since 2006,

NOTE Confidence: 0.8584343

00:02:03.860 --> 00:02:05.345 professionally with Scholastic.

NOTE Confidence: 0.8584343

00:02:05.345 --> 00:02:07.325 I started out by.

NOTE Confidence: 0.8584343

00:02:07.330 --> 00:02:08.954 Illustrating the babysitters graphics

NOTE Confidence: 0.8584343

00:02:08.954 --> 00:02:11.787 series books one through 4 and then

NOTE Confidence: 0.8584343

00:02:11.787 --> 00:02:13.761 I published my own graphic memoir

NOTE Confidence: 0.8584343

00:02:13.761 --> 00:02:15.742 called smile and I've been doing

NOTE Confidence: 0.8584343

00:02:15.742 --> 00:02:17.608 original work ever since and my

NOTE Confidence: 0.8584343

00:02:17.608 --> 00:02:19.445 most recent book is called guts

NOTE Confidence: 0.8584343

00:02:19.445 --> 00:02:22.160 and the dial is a double entendre.

NOTE Confidence: 0.8584343

00:02:22.160 --> 00:02:25.328 I like to make sure that my titles are.

NOTE Confidence: 0.8584343

00:02:25.330 --> 00:02:27.442 It's about experiences that I had  
NOTE Confidence: 0.8584343

00:02:27.442 --> 00:02:30.278 when I was in 4th and 5th grade,  
NOTE Confidence: 0.8584343

00:02:30.280 --> 00:02:32.744 which is when I started experiencing anxiety.  
NOTE Confidence: 0.8584343

00:02:32.750 --> 00:02:34.886 So I have a little mission  
NOTE Confidence: 0.8584343

00:02:34.886 --> 00:02:36.980 statement when I talk to kids,  
NOTE Confidence: 0.8584343

00:02:36.980 --> 00:02:39.200 whether it's about anxiety, whether it's.  
NOTE Confidence: 0.8584343

00:02:39.200 --> 00:02:41.330 About reading and writing and drawing.  
NOTE Confidence: 0.8584343

00:02:41.330 --> 00:02:43.899 Because a lot of my readers are  
NOTE Confidence: 0.8584343

00:02:43.899 --> 00:02:46.299 interested in learning how to make stuff.  
NOTE Confidence: 0.8584343

00:02:46.300 --> 00:02:49.477 I have three basic pieces of advice that I  
NOTE Confidence: 0.8584343

00:02:49.477 --> 00:02:52.684 like to give them and they are read books,  
NOTE Confidence: 0.8584343

00:02:52.690 --> 00:02:55.175 talk to people, and Share your story.  
NOTE Confidence: 0.8584343

00:02:55.180 --> 00:02:57.672 So the first one is read books  
NOTE Confidence: 0.8584343

00:02:57.672 --> 00:02:59.080 and this for me,  
NOTE Confidence: 0.8584343

00:02:59.080 --> 00:03:00.700 is just, you know,  
NOTE Confidence: 0.8584343

00:03:00.700 --> 00:03:03.710 kind of the foundation of what maybe?

NOTE Confidence: 0.8584343

00:03:03.710 --> 00:03:06.146 Saying when I was in elementary school,

NOTE Confidence: 0.8584343

00:03:06.150 --> 00:03:07.670 I remember specifically learning to

NOTE Confidence: 0.8584343

00:03:07.670 --> 00:03:09.990 read when I was in kindergarten.

NOTE Confidence: 0.8584343

00:03:09.990 --> 00:03:11.386 How empowering that felt,

NOTE Confidence: 0.8584343

00:03:11.386 --> 00:03:13.480 and I always loved illustrated books.

NOTE Confidence: 0.8584343

00:03:13.480 --> 00:03:15.280 So picture books and heavily

NOTE Confidence: 0.8584343

00:03:15.280 --> 00:03:17.760 illustrated novels and so many of my

NOTE Confidence: 0.8584343

00:03:17.760 --> 00:03:19.590 books came from the Scholastic book

NOTE Confidence: 0.8584343

00:03:19.590 --> 00:03:21.858 fairs in the Scholastic book clubs,

NOTE Confidence: 0.8584343

00:03:21.860 --> 00:03:24.452 so I would get those little Flyers in

NOTE Confidence: 0.8584343

00:03:24.452 --> 00:03:27.325 the Mail and I would get really excited

NOTE Confidence: 0.8584343

00:03:27.325 --> 00:03:29.889 and order whatever I wanted to read.

NOTE Confidence: 0.8584343

00:03:29.890 --> 00:03:32.725 You can see here in the slide that will

NOTE Confidence: 0.8584343

00:03:32.725 --> 00:03:35.303 be for Marion versus Logan Babysitters

NOTE Confidence: 0.8584343

00:03:35.303 --> 00:03:38.310 Club #23 is coming out that year.

NOTE Confidence: 0.8584343

00:03:38.310 --> 00:03:40.122 Is a big babysitters club and  
NOTE Confidence: 0.8584343

00:03:40.122 --> 00:03:41.780 thanks to the book fairs,  
NOTE Confidence: 0.8584343

00:03:41.780 --> 00:03:43.670 all my classmates were reading an.  
NOTE Confidence: 0.8584343

00:03:43.670 --> 00:03:46.478 It's also where I got some of my comic  
NOTE Confidence: 0.8584343

00:03:46.478 --> 00:03:49.162 books so I was a big big fan of Calvin  
NOTE Confidence: 0.8584343

00:03:49.162 --> 00:03:51.668 and Hobbes by Bill Watterson and I  
NOTE Confidence: 0.8584343

00:03:51.668 --> 00:03:53.740 think the thing that really resonates  
NOTE Confidence: 0.8584343

00:03:53.740 --> 00:03:56.580 me with me or did as a kid was.  
NOTE Confidence: 0.8584343

00:03:56.580 --> 00:03:59.100 It's just so much fun to look at.  
NOTE Confidence: 0.8584343

00:03:59.100 --> 00:04:00.368 The artwork is exquisite.  
NOTE Confidence: 0.8584343

00:04:00.368 --> 00:04:02.270 The characters come to life even  
NOTE Confidence: 0.8584343

00:04:02.327 --> 00:04:04.455 though they're just ink lines on paper,  
NOTE Confidence: 0.8584343

00:04:04.460 --> 00:04:06.350 but these characters were so real  
NOTE Confidence: 0.8584343

00:04:06.350 --> 00:04:08.278 to me and they, you know.  
NOTE Confidence: 0.8584343

00:04:08.278 --> 00:04:09.280 Comic strip characters,  
NOTE Confidence: 0.8584343

00:04:09.280 --> 00:04:11.592 so they run around and they do silly

NOTE Confidence: 0.8584343

00:04:11.592 --> 00:04:13.827 things and they crack a lot of jokes,

NOTE Confidence: 0.8584343

00:04:13.830 --> 00:04:15.195 but Bill Watterson also really

NOTE Confidence: 0.8584343

00:04:15.195 --> 00:04:16.950 tapped into like the human psyche,

NOTE Confidence: 0.8584343

00:04:16.950 --> 00:04:19.038 and so this is a strip where Calvin

NOTE Confidence: 0.8584343

00:04:19.038 --> 00:04:21.417 had the flu and he couldn't sleep at

NOTE Confidence: 0.8584343

00:04:21.417 --> 00:04:23.770 night and he started to worry about it.

NOTE Confidence: 0.8584343

00:04:23.770 --> 00:04:24.990 And so he says,

NOTE Confidence: 0.8584343

00:04:24.990 --> 00:04:27.146 what if something is really wrong with

NOTE Confidence: 0.8584343

00:04:27.146 --> 00:04:29.441 me and I have to go to the hospital,

NOTE Confidence: 0.8584343

00:04:29.450 --> 00:04:31.714 would have basic people of tubes and hoses.

NOTE Confidence: 0.8584343

00:04:31.720 --> 00:04:33.418 What if they have to operate?

NOTE Confidence: 0.8584343

00:04:33.420 --> 00:04:34.840 But if the operation reels,

NOTE Confidence: 0.8584343

00:04:34.840 --> 00:04:36.835 but this is my last night alive

NOTE Confidence: 0.8584343

00:04:36.835 --> 00:04:38.619 and as a kid I could.

NOTE Confidence: 0.8584343

00:04:38.620 --> 00:04:40.965 Totally relate to this because I too

NOTE Confidence: 0.8584343



00:04:40.965 --> 00:04:43.134 was a warrior and it didn't take  
NOTE Confidence: 0.8584343

00:04:43.134 --> 00:04:45.816 much to set me off and assent to send  
NOTE Confidence: 0.8584343

00:04:45.816 --> 00:04:48.063 my brain kind of spiraling into a  
NOTE Confidence: 0.859372100000001

00:04:48.070 --> 00:04:50.326 what if situation where the simplest  
NOTE Confidence: 0.859372100000001

00:04:50.326 --> 00:04:52.755 of things made me think that I  
NOTE Confidence: 0.859372100000001

00:04:52.755 --> 00:04:55.173 might be dying or I might be feeling  
NOTE Confidence: 0.859372100000001

00:04:55.173 --> 00:04:57.609 a way that I could never escape.  
NOTE Confidence: 0.859372100000001

00:04:57.610 --> 00:04:58.918 So this was comforting,  
NOTE Confidence: 0.859372100000001

00:04:58.918 --> 00:05:00.880 I guess to see something resonated  
NOTE Confidence: 0.859372100000001

00:05:00.944 --> 00:05:02.468 like this in a comic strip.  
NOTE Confidence: 0.859372100000001

00:05:02.470 --> 00:05:05.206 And I read comics in the newspaper every day,  
NOTE Confidence: 0.859372100000001

00:05:05.210 --> 00:05:07.640 so it was like every day I was coming  
NOTE Confidence: 0.859372100000001

00:05:07.640 --> 00:05:09.902 down to breakfast and I was getting  
NOTE Confidence: 0.859372100000001

00:05:09.902 --> 00:05:11.899 just a little piece of solids.  
NOTE Confidence: 0.859372100000001

00:05:11.900 --> 00:05:13.380 And I mentioned being babysitters  
NOTE Confidence: 0.859372100000001

00:05:13.380 --> 00:05:15.240 club ban rate from the start.

NOTE Confidence: 0.859372100000001

00:05:15.240 --> 00:05:17.608 I am a Christy and the character I

NOTE Confidence: 0.859372100000001

00:05:17.608 --> 00:05:19.189 probably related to the least in

NOTE Confidence: 0.859372100000001

00:05:19.189 --> 00:05:21.384 this series when I was a kid with

NOTE Confidence: 0.859372100000001

00:05:21.384 --> 00:05:23.239 Stacy who's very sophisticated an

NOTE Confidence: 0.859372100000001

00:05:23.239 --> 00:05:25.293 fashion conscious and she was from

NOTE Confidence: 0.859372100000001

00:05:25.293 --> 00:05:27.879 New York City and she was cool and

NOTE Confidence: 0.859372100000001

00:05:27.879 --> 00:05:30.519 all the other girls wanted to be her.

NOTE Confidence: 0.859372100000001

00:05:30.520 --> 00:05:32.515 But Stacy of course has a medical

NOTE Confidence: 0.859372100000001

00:05:32.515 --> 00:05:34.120 condition that she feels embarrassed

NOTE Confidence: 0.859372100000001

00:05:34.120 --> 00:05:35.508 by she has diabetes.

NOTE Confidence: 0.859372100000001

00:05:35.510 --> 00:05:37.232 And that means that she has to

NOTE Confidence: 0.859372100000001

00:05:37.232 --> 00:05:39.627 do eat a certain way and regulate

NOTE Confidence: 0.859372100000001

00:05:39.627 --> 00:05:40.818 her insulin levels.

NOTE Confidence: 0.859372100000001

00:05:40.820 --> 00:05:42.997 And if she doesn't be extremely careful,

NOTE Confidence: 0.859372100000001

00:05:43.000 --> 00:05:44.876 she can get very sick and she

NOTE Confidence: 0.859372100000001

00:05:44.876 --> 00:05:47.058 is in the beginning at least.  
NOTE Confidence: 0.859372100000001

00:05:47.060 --> 00:05:49.268 Kind of embarrassed about it and shy to  
NOTE Confidence: 0.859372100000001

00:05:49.268 --> 00:05:51.671 talk to her friends and doesn't want  
NOTE Confidence: 0.859372100000001

00:05:51.671 --> 00:05:54.230 to reveal that something's going on with her.  
NOTE Confidence: 0.859372100000001

00:05:54.230 --> 00:05:56.614 So it's like an invisible illness that you  
NOTE Confidence: 0.859372100000001

00:05:56.614 --> 00:05:58.910 know about that nobody else knows about.  
NOTE Confidence: 0.859372100000001

00:05:58.910 --> 00:06:00.950 And I also had an invisible  
NOTE Confidence: 0.859372100000001

00:06:00.950 --> 00:06:01.970 illness growing up.  
NOTE Confidence: 0.859372100000001

00:06:01.970 --> 00:06:03.758 And that was irritable bowel syndrome,  
NOTE Confidence: 0.859372100000001

00:06:03.760 --> 00:06:04.960 so I looked normal.  
NOTE Confidence: 0.859372100000001

00:06:04.960 --> 00:06:05.860 I talked normaly,  
NOTE Confidence: 0.859372100000001

00:06:05.860 --> 00:06:07.911 acted normal but in the middle of  
NOTE Confidence: 0.859372100000001

00:06:07.911 --> 00:06:09.747 nowhere I would get stomach aches  
NOTE Confidence: 0.859372100000001

00:06:09.747 --> 00:06:11.840 and have to run to the bathroom.  
NOTE Confidence: 0.859372100000001

00:06:11.840 --> 00:06:13.870 And it's happened to all the time  
NOTE Confidence: 0.859372100000001

00:06:13.870 --> 00:06:16.021 and it seems like the more nervous

NOTE Confidence: 0.859372100000001  
00:06:16.021 --> 00:06:18.484 I got the worst my stomach felt so  
NOTE Confidence: 0.859372100000001  
00:06:18.484 --> 00:06:20.514 being able to relate to a character  
NOTE Confidence: 0.859372100000001  
00:06:20.514 --> 00:06:22.540 in a super popular book series  
NOTE Confidence: 0.859372100000001  
00:06:22.540 --> 00:06:24.693 that everybody that was the coolest  
NOTE Confidence: 0.859372100000001  
00:06:24.693 --> 00:06:26.811 character of all maybe feel a  
NOTE Confidence: 0.859372100000001  
00:06:26.811 --> 00:06:27.870 little bit better.  
NOTE Confidence: 0.859372100000001  
00:06:27.870 --> 00:06:29.634 Weather favorite comic strip growing up  
NOTE Confidence: 0.859372100000001  
00:06:29.634 --> 00:06:32.027 was for better for worse by Lynn Johnston,  
NOTE Confidence: 0.859372100000001  
00:06:32.030 --> 00:06:33.806 which is a family comic strip  
NOTE Confidence: 0.859372100000001  
00:06:33.806 --> 00:06:34.694 about the Pattersons.  
NOTE Confidence: 0.859372100000001  
00:06:34.700 --> 00:06:37.364 Who were they live in a suburb of Toronto?  
NOTE Confidence: 0.859372100000001  
00:06:37.370 --> 00:06:39.393 I didn't even know they were Canadian  
NOTE Confidence: 0.859372100000001  
00:06:39.393 --> 00:06:41.828 for like 5 years because I was like,  
NOTE Confidence: 0.859372100000001  
00:06:41.830 --> 00:06:43.310 wait, they're just likely power.  
NOTE Confidence: 0.859372100000001  
00:06:43.310 --> 00:06:43.576 OK,  
NOTE Confidence: 0.859372100000001

00:06:43.576 --> 00:06:45.704 but so the kids in this trip were  
NOTE Confidence: 0.859372100000001

00:06:45.704 --> 00:06:48.153 about the same age as me and Elizabeth  
NOTE Confidence: 0.859372100000001

00:06:48.153 --> 00:06:50.362 was the daughter in the family and  
NOTE Confidence: 0.859372100000001

00:06:50.362 --> 00:06:52.511 in this strip she's being teased by  
NOTE Confidence: 0.859372100000001

00:06:52.511 --> 00:06:54.257 one of her classmates because the  
NOTE Confidence: 0.859372100000001

00:06:54.257 --> 00:06:56.089 classmate just got her ears pierced.  
NOTE Confidence: 0.859372100000001

00:06:56.090 --> 00:06:57.908 And Lizzy really wants to Pierce  
NOTE Confidence: 0.859372100000001

00:06:57.908 --> 00:06:58.817 your ears too.  
NOTE Confidence: 0.859372100000001

00:06:58.820 --> 00:07:00.668 But her parents will let her,  
NOTE Confidence: 0.859372100000001

00:07:00.670 --> 00:07:01.902 so there's like this,  
NOTE Confidence: 0.859372100000001

00:07:01.902 --> 00:07:03.750 this teasing and this obnoxious quality.  
NOTE Confidence: 0.859372100000001

00:07:03.750 --> 00:07:05.285 And that's another thing that  
NOTE Confidence: 0.859372100000001

00:07:05.285 --> 00:07:06.206 I completely recognize,  
NOTE Confidence: 0.859372100000001

00:07:06.210 --> 00:07:07.750 because I also had frenemies,  
NOTE Confidence: 0.859372100000001

00:07:07.750 --> 00:07:09.290 as they now call them,  
NOTE Confidence: 0.859372100000001

00:07:09.290 --> 00:07:11.509 girls that had been in my life

NOTE Confidence: 0.859372100000001

00:07:11.509 --> 00:07:12.989 since I was a kid.

NOTE Confidence: 0.859372100000001

00:07:12.990 --> 00:07:14.838 Girls that were in my classroom.

NOTE Confidence: 0.859372100000001

00:07:14.840 --> 00:07:16.044 My Girl Scout troop,

NOTE Confidence: 0.859372100000001

00:07:16.044 --> 00:07:18.240 whose house I had been too many

NOTE Confidence: 0.859372100000001

00:07:18.240 --> 00:07:20.160 times and they weren't always very

NOTE Confidence: 0.859372100000001

00:07:20.160 --> 00:07:22.344 nice to me and I was extremely

NOTE Confidence: 0.859372100000001

00:07:22.344 --> 00:07:24.072 confusing to me as a kid.

NOTE Confidence: 0.85624105

00:07:24.080 --> 00:07:25.615 So knowing that Elizabeth was

NOTE Confidence: 0.85624105

00:07:25.615 --> 00:07:26.843 going through something similar,

NOTE Confidence: 0.85624105

00:07:26.850 --> 00:07:28.698 it even though she was fiction,

NOTE Confidence: 0.85624105

00:07:28.700 --> 00:07:30.204 helped me a lot.

NOTE Confidence: 0.85624105

00:07:30.204 --> 00:07:32.084 So I started reading comics

NOTE Confidence: 0.85624105

00:07:32.084 --> 00:07:34.620 when I was about 9 years old

NOTE Confidence: 0.85624105

00:07:34.620 --> 00:07:36.849 and got really really into them,

NOTE Confidence: 0.85624105

00:07:36.850 --> 00:07:40.110 and when I was 10 at my dad gave me

NOTE Confidence: 0.85624105

00:07:40.210 --> 00:07:42.292 a book to read, called barefoot,  
NOTE Confidence: 0.85624105

00:07:42.292 --> 00:07:44.679 get subtitle a cartoon story of Hiro  
NOTE Confidence: 0.85624105

00:07:44.679 --> 00:07:47.050 Shima by an artist named Keiji Nakazawa.  
NOTE Confidence: 0.85624105

00:07:47.050 --> 00:07:49.730 So it's a graphic novel about family growing  
NOTE Confidence: 0.85624105

00:07:49.730 --> 00:07:52.146 up during World War Two in Hiroshima,  
NOTE Confidence: 0.85624105

00:07:52.150 --> 00:07:54.166 Japan, which is of course the  
NOTE Confidence: 0.85624105

00:07:54.166 --> 00:07:56.594 first city that had an atomic bomb  
NOTE Confidence: 0.85624105

00:07:56.594 --> 00:07:58.610 dropped on it during the war,  
NOTE Confidence: 0.85624105

00:07:58.610 --> 00:08:01.378 and we just passed the 75th anniversary of.  
NOTE Confidence: 0.85624105

00:08:01.380 --> 00:08:02.690 That experience and I didn't  
NOTE Confidence: 0.85624105

00:08:02.690 --> 00:08:04.000 know too much about it.  
NOTE Confidence: 0.85624105

00:08:04.000 --> 00:08:05.904 I knew that there had been a  
NOTE Confidence: 0.85624105

00:08:05.904 --> 00:08:07.992 bomb that there was a war and my  
NOTE Confidence: 0.85624105

00:08:07.992 --> 00:08:09.759 dad gave me this comic to read.  
NOTE Confidence: 0.85624105

00:08:09.760 --> 00:08:11.559 And here I am reading it at  
NOTE Confidence: 0.85624105

00:08:11.559 --> 00:08:13.169 camp like on my camp bed.

NOTE Confidence: 0.85624105

00:08:13.170 --> 00:08:14.480 I'm like who comics cool.

NOTE Confidence: 0.85624105

00:08:14.480 --> 00:08:15.528 I like comics alot.

NOTE Confidence: 0.85624105

00:08:15.528 --> 00:08:16.838 I like comics about kids.

NOTE Confidence: 0.85624105

00:08:16.840 --> 00:08:18.611 There are silly and they do silly

NOTE Confidence: 0.85624105

00:08:18.611 --> 00:08:20.509 stuff just like Calvin and Hobbes do.

NOTE Confidence: 0.85624105

00:08:20.510 --> 00:08:22.422 But at the end of the first volume

NOTE Confidence: 0.85624105

00:08:22.422 --> 00:08:24.294 the Bum Falls an half of the

NOTE Confidence: 0.85624105

00:08:24.294 --> 00:08:26.494 characters in the book die and I was

NOTE Confidence: 0.85624105

00:08:26.494 --> 00:08:28.363 so unprepared for that because to me,

NOTE Confidence: 0.85624105

00:08:28.370 --> 00:08:29.936 comics were supposed to be funny.

NOTE Confidence: 0.85624105

00:08:29.940 --> 00:08:31.690 They were supposed to make you happy

NOTE Confidence: 0.85624105

00:08:31.690 --> 00:08:33.690 and they were always supposed to have.

NOTE Confidence: 0.85624105

00:08:33.690 --> 00:08:35.643 Your punch lines or happy endings and

NOTE Confidence: 0.85624105

00:08:35.643 --> 00:08:37.687 this book had none of those things.

NOTE Confidence: 0.85624105

00:08:37.690 --> 00:08:38.198 In fact,

NOTE Confidence: 0.85624105



00:08:38.198 --> 00:08:39.722 it ended right after the bomb  
NOTE Confidence: 0.85624105

00:08:39.722 --> 00:08:41.564 falls on sort of a cliffhanger  
NOTE Confidence: 0.85624105

00:08:41.564 --> 00:08:42.836 because there was volume.  
NOTE Confidence: 0.85624105

00:08:42.840 --> 00:08:43.113 Dude,  
NOTE Confidence: 0.85624105

00:08:43.113 --> 00:08:44.478 I didn't know there was  
NOTE Confidence: 0.85624105

00:08:44.478 --> 00:08:46.269 a volume 2 so it edited.  
NOTE Confidence: 0.85624105

00:08:46.270 --> 00:08:47.974 It was just like to be  
NOTE Confidence: 0.85624105

00:08:47.974 --> 00:08:49.709 continued and I just lost it.  
NOTE Confidence: 0.85624105

00:08:49.710 --> 00:08:50.850 I couldn't believe that  
NOTE Confidence: 0.85624105

00:08:50.850 --> 00:08:51.990 this had really happened,  
NOTE Confidence: 0.85624105

00:08:51.990 --> 00:08:54.335 that the author had been through this  
NOTE Confidence: 0.85624105

00:08:54.335 --> 00:08:56.430 experience and that you know that my  
NOTE Confidence: 0.85624105

00:08:56.430 --> 00:08:58.547 dad like given me this book to read  
NOTE Confidence: 0.85624105

00:08:58.547 --> 00:09:00.563 and thought I was going to like it,  
NOTE Confidence: 0.85624105

00:09:00.570 --> 00:09:01.392 but I don't.  
NOTE Confidence: 0.85624105

00:09:01.392 --> 00:09:03.720 I think like it is the wrong word.

NOTE Confidence: 0.85624105

00:09:03.720 --> 00:09:05.250 I think it was important.

NOTE Confidence: 0.85624105

00:09:05.250 --> 00:09:07.186 I think that this book changed my life.

NOTE Confidence: 0.85624105

00:09:07.190 --> 00:09:08.402 I think this book.

NOTE Confidence: 0.85624105

00:09:08.402 --> 00:09:10.592 Put me into the mindset that comics

NOTE Confidence: 0.85624105

00:09:10.592 --> 00:09:12.713 were such a powerful way to tell

NOTE Confidence: 0.85624105

00:09:12.713 --> 00:09:15.014 a story that I felt like I had

NOTE Confidence: 0.85624105

00:09:15.014 --> 00:09:16.871 been there with GED like he and

NOTE Confidence: 0.85624105

00:09:16.871 --> 00:09:18.670 I were friends and that maybe I

NOTE Confidence: 0.85624105

00:09:18.734 --> 00:09:20.588 was even my leaving him myself.

NOTE Confidence: 0.85624105

00:09:20.590 --> 00:09:22.566 So so comics can really put you into

NOTE Confidence: 0.85624105

00:09:22.566 --> 00:09:24.248 the shoes of another character.

NOTE Confidence: 0.85624105

00:09:24.250 --> 00:09:26.126 And so the empathy that I felt

NOTE Confidence: 0.85624105

00:09:26.126 --> 00:09:28.401 for him and his family was just

NOTE Confidence: 0.85624105

00:09:28.401 --> 00:09:30.156 extraordinary and his stuff with

NOTE Confidence: 0.85624105

00:09:30.156 --> 00:09:31.469 me my whole life.

NOTE Confidence: 0.85624105

00:09:31.470 --> 00:09:34.270 So I like to say that when you read books,  
NOTE Confidence: 0.85624105

00:09:34.270 --> 00:09:35.836 you feel less alone because you'll  
NOTE Confidence: 0.85624105

00:09:35.836 --> 00:09:37.815 find that you can either relate to  
NOTE Confidence: 0.85624105

00:09:37.815 --> 00:09:39.585 or see yourself in other characters.  
NOTE Confidence: 0.85624105

00:09:39.590 --> 00:09:41.810 I'm grateful that I had books  
NOTE Confidence: 0.85624105

00:09:41.810 --> 00:09:43.730 when I was a kid.  
NOTE Confidence: 0.85624105

00:09:43.730 --> 00:09:45.662 The second piece of advice is to  
NOTE Confidence: 0.85624105

00:09:45.662 --> 00:09:47.673 talk to people and I don't know  
NOTE Confidence: 0.85624105

00:09:47.673 --> 00:09:49.359 if saying those words just like  
NOTE Confidence: 0.85624105

00:09:49.427 --> 00:09:51.595 registers the way that I want it too,  
NOTE Confidence: 0.85028887

00:09:51.600 --> 00:09:53.322 because most of us talk to people  
NOTE Confidence: 0.85028887

00:09:53.322 --> 00:09:55.248 right like a for whatever purpose,  
NOTE Confidence: 0.85028887

00:09:55.250 --> 00:09:57.779 but what are we talking to each other about?  
NOTE Confidence: 0.85028887

00:09:57.780 --> 00:09:58.948 That is the question.  
NOTE Confidence: 0.85028887

00:09:58.948 --> 00:10:00.840 Are we just talking? About our day.  
NOTE Confidence: 0.85028887

00:10:00.840 --> 00:10:02.280 Are we talking about our lunch?

NOTE Confidence: 0.85028887

00:10:02.280 --> 00:10:04.900 Are we talking about?

NOTE Confidence: 0.85028887

00:10:04.900 --> 00:10:06.394 The books that we read or

NOTE Confidence: 0.85028887

00:10:06.394 --> 00:10:08.090 the TV shows that we watched.

NOTE Confidence: 0.85028887

00:10:08.090 --> 00:10:10.214 I was a kid who like to talk about

NOTE Confidence: 0.85028887

00:10:10.214 --> 00:10:12.076 the books that I was reading.

NOTE Confidence: 0.85028887

00:10:12.080 --> 00:10:13.977 So at lunchtime I would bring my

NOTE Confidence: 0.85028887

00:10:13.977 --> 00:10:15.613 copies of Calvin and Hobbes to

NOTE Confidence: 0.85028887

00:10:15.613 --> 00:10:17.391 school and I would just talk and

NOTE Confidence: 0.85028887

00:10:17.455 --> 00:10:19.535 talk and talk about how much I liked

NOTE Confidence: 0.85028887

00:10:19.535 --> 00:10:21.390 the comics and I was really geeky,

NOTE Confidence: 0.85028887

00:10:21.390 --> 00:10:23.400 but I wasn't talking to my

NOTE Confidence: 0.85028887

00:10:23.400 --> 00:10:25.210 friends about the deeper stuff.

NOTE Confidence: 0.85028887

00:10:25.210 --> 00:10:27.754 What is it that you're so afraid of?

NOTE Confidence: 0.85028887

00:10:27.760 --> 00:10:30.090 People would sometimes ask me?

NOTE Confidence: 0.85028887

00:10:30.090 --> 00:10:32.043 I had a lot of anxiety and a lot

NOTE Confidence: 0.85028887

00:10:32.043 --> 00:10:33.711 of it came from circumstantial  
NOTE Confidence: 0.85028887

00:10:33.711 --> 00:10:36.169 stuff like not doing well on tests  
NOTE Confidence: 0.85028887

00:10:36.169 --> 00:10:38.029 and being really bad at math.  
NOTE Confidence: 0.85028887

00:10:38.030 --> 00:10:39.776 And you know the stress of  
NOTE Confidence: 0.85028887

00:10:39.776 --> 00:10:41.260 school made me feel ill.  
NOTE Confidence: 0.85028887

00:10:41.260 --> 00:10:43.604 Sometimes it would give me a stomach ache,  
NOTE Confidence: 0.85028887

00:10:43.610 --> 00:10:46.291 but that was not the thing that  
NOTE Confidence: 0.85028887

00:10:46.291 --> 00:10:48.320 was really going on inside.  
NOTE Confidence: 0.85028887

00:10:48.320 --> 00:10:50.616 What is it that you're so afraid of?  
NOTE Confidence: 0.85028887

00:10:50.620 --> 00:10:52.788 It wasn't even the fact that I was  
NOTE Confidence: 0.85028887

00:10:52.788 --> 00:10:54.349 being bullied by my classmates,  
NOTE Confidence: 0.85028887

00:10:54.350 --> 00:10:55.172 which I was.  
NOTE Confidence: 0.85028887

00:10:55.172 --> 00:10:56.816 This girl in particular would call  
NOTE Confidence: 0.85028887

00:10:56.816 --> 00:10:58.652 me things like Poopy Diaper baby  
NOTE Confidence: 0.85028887

00:10:58.652 --> 00:11:00.766 because she had picked up on the  
NOTE Confidence: 0.85028887

00:11:00.766 --> 00:11:02.410 fact that I was constantly leaving

NOTE Confidence: 0.85028887

00:11:02.410 --> 00:11:04.108 class to go to the bathroom.

NOTE Confidence: 0.85028887

00:11:04.108 --> 00:11:06.400 And of course, if I yelled at her,

NOTE Confidence: 0.85028887

00:11:06.400 --> 00:11:09.270 I was the one who got in trouble for it.

NOTE Confidence: 0.85028887

00:11:09.270 --> 00:11:11.094 And that's just the kind of

NOTE Confidence: 0.85028887

00:11:11.094 --> 00:11:12.878 injustice that happens to you all

NOTE Confidence: 0.85028887

00:11:12.878 --> 00:11:14.148 the time when your kid.

NOTE Confidence: 0.85028887

00:11:14.150 --> 00:11:16.274 But this is not what was

NOTE Confidence: 0.85028887

00:11:16.274 --> 00:11:18.340 really going on the inside.

NOTE Confidence: 0.85028887

00:11:18.340 --> 00:11:22.004 What is it that you're so afraid of?

NOTE Confidence: 0.85028887

00:11:22.010 --> 00:11:24.620 So now I'm going to reveal my biggest fear,

NOTE Confidence: 0.85028887

00:11:24.620 --> 00:11:28.020 which I've had since I was a kid.

NOTE Confidence: 0.85028887

00:11:28.020 --> 00:11:30.288 I am phobic of throwing up whether

NOTE Confidence: 0.85028887

00:11:30.288 --> 00:11:32.277 it's myself or other people or

NOTE Confidence: 0.85028887

00:11:32.277 --> 00:11:34.496 even if I see it on televisions,

NOTE Confidence: 0.85028887

00:11:34.500 --> 00:11:35.460 so that's it.

NOTE Confidence: 0.85028887

00:11:35.460 --> 00:11:37.700 That's my biggest fear and thank you

NOTE Confidence: 0.85028887

00:11:37.768 --> 00:11:40.008 for letting me share that with you.

NOTE Confidence: 0.85028887

00:11:40.010 --> 00:11:42.554 I have to say that being able to

NOTE Confidence: 0.85028887

00:11:42.554 --> 00:11:44.960 tell people what my biggest fear is

NOTE Confidence: 0.85028887

00:11:44.960 --> 00:11:47.460 takes some of the sting out of it.

NOTE Confidence: 0.85028887

00:11:47.460 --> 00:11:49.876 It takes some of the power out of

NOTE Confidence: 0.85028887

00:11:49.876 --> 00:11:51.955 the fear and lets me talk about

NOTE Confidence: 0.85028887

00:11:51.955 --> 00:11:54.207 it as if it's an object that's

NOTE Confidence: 0.85028887

00:11:54.207 --> 00:11:56.523 not living inside of my body.

NOTE Confidence: 0.85028887

00:11:56.530 --> 00:11:58.600 So this is what my book.

NOTE Confidence: 0.85028887

00:11:58.600 --> 00:12:00.388 That's about and there is the

NOTE Confidence: 0.85028887

00:12:00.388 --> 00:12:02.099 double entendre I grew up with.

NOTE Confidence: 0.85028887

00:12:02.100 --> 00:12:04.053 I BS and I grew up with a phobia

NOTE Confidence: 0.85028887

00:12:04.053 --> 00:12:06.172 and the two things were extremely

NOTE Confidence: 0.85028887

00:12:06.172 --> 00:12:07.644 connected to one another.

NOTE Confidence: 0.85028887

00:12:07.650 --> 00:12:09.683 So it's all about my guts, right?

NOTE Confidence: 0.85028887

00:12:09.683 --> 00:12:11.664 So I really tried to take the

NOTE Confidence: 0.85028887

00:12:11.664 --> 00:12:13.468 reader inside of a panic attack

NOTE Confidence: 0.85028887

00:12:13.468 --> 00:12:15.232 because not everybody has had one.

NOTE Confidence: 0.85028887

00:12:15.240 --> 00:12:17.868 I experienced my first one when I was nine,

NOTE Confidence: 0.85028887

00:12:17.870 --> 00:12:19.724 and it happened because I felt

NOTE Confidence: 0.85028887

00:12:19.724 --> 00:12:21.821 sick and I thought that I was

NOTE Confidence: 0.85028887

00:12:21.821 --> 00:12:23.417 gonna throw up an I didn't.

NOTE Confidence: 0.85028887

00:12:23.420 --> 00:12:26.180 But the fear that I might was worse than if

NOTE Confidence: 0.8648353

00:12:26.254 --> 00:12:29.050 I actually had. So I had the full body.

NOTE Confidence: 0.8648353

00:12:29.050 --> 00:12:31.144 You know heart racing and sweating

NOTE Confidence: 0.8648353

00:12:31.144 --> 00:12:33.638 and it's so hard to describe it,

NOTE Confidence: 0.8648353

00:12:33.640 --> 00:12:36.400 but as a cartoonist I have access to

NOTE Confidence: 0.8648353

00:12:36.400 --> 00:12:38.610 things like sound effects and color

NOTE Confidence: 0.8648353

00:12:38.610 --> 00:12:41.520 and line and being able to draw big

NOTE Confidence: 0.8648353

00:12:41.520 --> 00:12:43.886 panels or small panels just to kind

NOTE Confidence: 0.8648353



00:12:43.886 --> 00:12:46.694 of take the reader into how it feels.  
NOTE Confidence: 0.8648353

00:12:46.700 --> 00:12:49.213 And then they can put their own  
NOTE Confidence: 0.8648353

00:12:49.213 --> 00:12:50.939 experiences on top of that.  
NOTE Confidence: 0.8648353

00:12:50.940 --> 00:12:52.700 And if they see themselves  
NOTE Confidence: 0.8648353

00:12:52.700 --> 00:12:54.108 in this that's amazing.  
NOTE Confidence: 0.8648353

00:12:54.110 --> 00:12:56.574 And if they don't they can go.  
NOTE Confidence: 0.8648353

00:12:56.580 --> 00:12:58.350 Gosh, that sounds really terrible.  
NOTE Confidence: 0.8648353

00:12:58.350 --> 00:12:59.982 Friend, tell me more.  
NOTE Confidence: 0.8648353

00:12:59.982 --> 00:13:02.623 Um, for me it feels like the world  
NOTE Confidence: 0.8648353

00:13:02.623 --> 00:13:05.575 is ending an like I can't get out of  
NOTE Confidence: 0.8648353

00:13:05.575 --> 00:13:08.172 a little tiny space that I'm trapped  
NOTE Confidence: 0.8648353

00:13:08.172 --> 00:13:10.650 inside and I'll be there forever.  
NOTE Confidence: 0.8648353

00:13:10.650 --> 00:13:12.533 Another way that my panic and phobia  
NOTE Confidence: 0.8648353

00:13:12.533 --> 00:13:14.158 manifested when I was younger's that  
NOTE Confidence: 0.8648353

00:13:14.158 --> 00:13:16.202 I became afraid to eat because I was  
NOTE Confidence: 0.8648353

00:13:16.202 --> 00:13:17.874 afraid that if I ate the wrong food

NOTE Confidence: 0.8648353

00:13:17.874 --> 00:13:19.644 it would give me food poisoning or

NOTE Confidence: 0.8648353

00:13:19.644 --> 00:13:21.683 if I touch the wrong thing it would

NOTE Confidence: 0.8648353

00:13:21.683 --> 00:13:23.871 infect me or if I eat too much of

NOTE Confidence: 0.8648353

00:13:23.871 --> 00:13:25.806 something or if I eat too much sugar.

NOTE Confidence: 0.8648353

00:13:25.806 --> 00:13:27.738 So my parents around this time started

NOTE Confidence: 0.8648353

00:13:27.738 --> 00:13:29.497 to kind of blew it and say OK,

NOTE Confidence: 0.8648353

00:13:29.500 --> 00:13:31.336 something's not right with right now

NOTE Confidence: 0.8648353

00:13:31.336 --> 00:13:34.120 we need to get her some help and I'm

NOTE Confidence: 0.8648353

00:13:34.120 --> 00:13:36.640 very grateful that they were able to do that.

NOTE Confidence: 0.8648353

00:13:36.640 --> 00:13:38.467 Dad had just gotten a new job,

NOTE Confidence: 0.8648353

00:13:38.470 --> 00:13:40.030 which meant we had health insurance,

NOTE Confidence: 0.8648353

00:13:40.030 --> 00:13:42.094 which meant that I was fortunate enough to

NOTE Confidence: 0.8648353

00:13:42.094 --> 00:13:44.469 be able to go and see a child psychologist.

NOTE Confidence: 0.8648353

00:13:44.470 --> 00:13:46.950 So this is when I was in fifth

NOTE Confidence: 0.8648353

00:13:46.950 --> 00:13:49.286 grade and her name is Lauren and

NOTE Confidence: 0.8648353

00:13:49.286 --> 00:13:51.620 I didn't want to go see her.

NOTE Confidence: 0.8648353

00:13:51.620 --> 00:13:53.168 Danger she was a grown up,

NOTE Confidence: 0.8648353

00:13:53.170 --> 00:13:54.724 but what's interesting about therapy is

NOTE Confidence: 0.8648353

00:13:54.724 --> 00:13:57.038 that it is kind of a form of storytelling,

NOTE Confidence: 0.8648353

00:13:57.040 --> 00:13:58.588 because that's that's what you do.

NOTE Confidence: 0.8648353

00:13:58.590 --> 00:14:00.358 You sit in a room with the person

NOTE Confidence: 0.8648353

00:14:00.358 --> 00:14:02.034 and they ask you questions and you

NOTE Confidence: 0.8648353

00:14:02.034 --> 00:14:03.886 try to come up with the answers

NOTE Confidence: 0.8648353

00:14:03.886 --> 00:14:05.716 and the answers themselves can be

NOTE Confidence: 0.8648353

00:14:05.716 --> 00:14:07.378 stories that you didn't know existed,

NOTE Confidence: 0.8648353

00:14:07.378 --> 00:14:09.235 but that they were inside of you

NOTE Confidence: 0.8648353

00:14:09.235 --> 00:14:09.940 the whole time.

NOTE Confidence: 0.8648353

00:14:09.940 --> 00:14:11.548 So learning to tell those stories

NOTE Confidence: 0.8648353

00:14:11.548 --> 00:14:13.029 is a big part of it,

NOTE Confidence: 0.8648353

00:14:13.030 --> 00:14:15.577 and a lot of times she would ask me

NOTE Confidence: 0.8648353

00:14:15.577 --> 00:14:17.629 questions like are you being bullied?

NOTE Confidence: 0.8648353

00:14:17.630 --> 00:14:20.086 And I didn't know how to answer that,

NOTE Confidence: 0.8648353

00:14:20.090 --> 00:14:22.120 because to me bullying that I was

NOTE Confidence: 0.8648353

00:14:22.120 --> 00:14:24.098 being punched or kicked or tripped,

NOTE Confidence: 0.8648353

00:14:24.100 --> 00:14:25.948 or you know, like physical things,

NOTE Confidence: 0.8648353

00:14:25.950 --> 00:14:28.099 where is my bullies were just calling

NOTE Confidence: 0.8648353

00:14:28.099 --> 00:14:30.596 me names and they were just teasing me

NOTE Confidence: 0.8648353

00:14:30.596 --> 00:14:33.338 very subtly so I didn't know how to answer.

NOTE Confidence: 0.8648353

00:14:33.340 --> 00:14:34.925 But gradually we started talking

NOTE Confidence: 0.8648353

00:14:34.925 --> 00:14:37.423 about my life and the fact that I

NOTE Confidence: 0.8648353

00:14:37.423 --> 00:14:39.397 lived in a very small apartment with

NOTE Confidence: 0.8648353

00:14:39.461 --> 00:14:41.327 several siblings and had to share

NOTE Confidence: 0.8648353

00:14:41.327 --> 00:14:43.196 space with them and didn't have

NOTE Confidence: 0.8648353

00:14:43.196 --> 00:14:45.660 like my own space to get away too.

NOTE Confidence: 0.8648353

00:14:45.660 --> 00:14:46.892 And I think honestly,

NOTE Confidence: 0.8648353

00:14:46.892 --> 00:14:48.740 that space is what drawing was.

NOTE Confidence: 0.8648353

00:14:48.740 --> 00:14:51.008 John was my safe.  
NOTE Confidence: 0.8648353

00:14:51.008 --> 00:14:52.709 Quiet personal space.  
NOTE Confidence: 0.8648353

00:14:52.710 --> 00:14:54.648 Anne and then again trying to  
NOTE Confidence: 0.8648353

00:14:54.648 --> 00:14:55.940 illustrate a panic attack.  
NOTE Confidence: 0.8648353

00:14:55.940 --> 00:14:56.993 It's really difficult,  
NOTE Confidence: 0.8648353

00:14:56.993 --> 00:14:59.450 but one of the messages that runs  
NOTE Confidence: 0.8300704

00:14:59.518 --> 00:15:00.993 throughout the book is to  
NOTE Confidence: 0.8300704

00:15:00.993 --> 00:15:02.720 try no matter what it is.  
NOTE Confidence: 0.8300704

00:15:02.720 --> 00:15:04.088 Whatever you're afraid of,  
NOTE Confidence: 0.8300704

00:15:04.088 --> 00:15:05.798 whatever you think is going  
NOTE Confidence: 0.8300704

00:15:05.798 --> 00:15:07.969 to hurt you in a safe space  
NOTE Confidence: 0.8300704

00:15:07.969 --> 00:15:09.510 like therapy or probably will.  
NOTE Confidence: 0.8300704

00:15:09.510 --> 00:15:12.408 So try just try it. Try talking about it.  
NOTE Confidence: 0.8300704

00:15:12.408 --> 00:15:14.673 Try touching it. Try eating it.  
NOTE Confidence: 0.8300704

00:15:14.673 --> 00:15:16.397 It really helps me.  
NOTE Confidence: 0.8300704

00:15:16.400 --> 00:15:18.344 But the idea that being scared

NOTE Confidence: 0.8300704  
00:15:18.344 --> 00:15:20.328 or being anxious is kind of  
NOTE Confidence: 0.8300704  
00:15:20.328 --> 00:15:22.176 like standing on a spider web.  
NOTE Confidence: 0.8300704  
00:15:22.180 --> 00:15:23.785 It's so so delicate and  
NOTE Confidence: 0.8300704  
00:15:23.785 --> 00:15:25.390 you could fall at anytime,  
NOTE Confidence: 0.8300704  
00:15:25.390 --> 00:15:27.637 but it's still strong and still support.  
NOTE Confidence: 0.8300704  
00:15:27.640 --> 00:15:30.678 If this is a lot to learn.  
NOTE Confidence: 0.8300704  
00:15:30.680 --> 00:15:32.493 But it did give me the opportunity  
NOTE Confidence: 0.8300704  
00:15:32.493 --> 00:15:34.208 to finally open up to my friends,  
NOTE Confidence: 0.8300704  
00:15:34.210 --> 00:15:35.560 and when I did tell them  
NOTE Confidence: 0.8300704  
00:15:35.560 --> 00:15:36.980 I was going to therapy,  
NOTE Confidence: 0.8300704  
00:15:36.980 --> 00:15:39.224 I was so surprised to find  
NOTE Confidence: 0.8300704  
00:15:39.224 --> 00:15:41.659 that most of them also were.  
NOTE Confidence: 0.8300704  
00:15:41.660 --> 00:15:43.550 Now I think it's more common.  
NOTE Confidence: 0.8300704  
00:15:43.550 --> 00:15:45.916 I think that there's less of a  
NOTE Confidence: 0.8300704  
00:15:45.916 --> 00:15:48.548 stigma in our current culture too.  
NOTE Confidence: 0.8300704

00:15:48.550 --> 00:15:50.308 Be in therapy to take medication.  
NOTE Confidence: 0.8300704

00:15:50.310 --> 00:15:52.291 To admit that you are you have  
NOTE Confidence: 0.8300704

00:15:52.291 --> 00:15:53.840 a diagnosis of some sort,  
NOTE Confidence: 0.8300704

00:15:53.840 --> 00:15:55.849 but I mean opening up to my  
NOTE Confidence: 0.8300704

00:15:55.849 --> 00:15:57.956 friends is probably one of the best  
NOTE Confidence: 0.8300704

00:15:57.956 --> 00:15:59.720 things that ever happened to me.  
NOTE Confidence: 0.8300704

00:15:59.720 --> 00:16:02.969 So I tell people to talk to people about  
NOTE Confidence: 0.8300704

00:16:02.969 --> 00:16:05.880 what's really going on and to be brave.  
NOTE Confidence: 0.8300704

00:16:05.880 --> 00:16:08.330 And the final bit of advice I have is to  
NOTE Confidence: 0.8300704

00:16:08.396 --> 00:16:10.490 Share your story and that's something  
NOTE Confidence: 0.8300704

00:16:10.490 --> 00:16:13.059 I've been doing for myself since 2010.  
NOTE Confidence: 0.8300704

00:16:13.060 --> 00:16:15.048 I became a graphic Alice in 2006  
NOTE Confidence: 0.8300704

00:16:15.048 --> 00:16:17.108 and smile is published in 2010.  
NOTE Confidence: 0.8300704

00:16:17.110 --> 00:16:17.692 But smile.  
NOTE Confidence: 0.8300704

00:16:17.692 --> 00:16:19.438 Sisters and cuts are all memoirs  
NOTE Confidence: 0.8300704

00:16:19.438 --> 00:16:21.479 and Rama and ghosts are fictional.

NOTE Confidence: 0.8300704

00:16:21.480 --> 00:16:23.976 But they are both rooted in real life.

NOTE Confidence: 0.8300704

00:16:23.980 --> 00:16:24.602 Real experiences,

NOTE Confidence: 0.8300704

00:16:24.602 --> 00:16:25.224 real people,

NOTE Confidence: 0.8300704

00:16:25.224 --> 00:16:26.779 and most importantly real feelings.

NOTE Confidence: 0.8300704

00:16:26.780 --> 00:16:29.111 So I always love to show the

NOTE Confidence: 0.8300704

00:16:29.111 --> 00:16:31.779 drawings that I did when I was a kid,

NOTE Confidence: 0.8300704

00:16:31.780 --> 00:16:33.340 because kids are always curious,

NOTE Confidence: 0.8300704

00:16:33.340 --> 00:16:35.468 like if I always knew how to

NOTE Confidence: 0.8300704

00:16:35.468 --> 00:16:37.200 draw and how I started.

NOTE Confidence: 0.8300704

00:16:37.200 --> 00:16:39.027 And and what tips I have in

NOTE Confidence: 0.8300704

00:16:39.027 --> 00:16:41.082 the chips are just draw like my

NOTE Confidence: 0.8300704

00:16:41.082 --> 00:16:43.266 drawings were not good when I was

NOTE Confidence: 0.8300704

00:16:43.266 --> 00:16:45.499 young going on the left is from

NOTE Confidence: 0.8300704

00:16:45.499 --> 00:16:47.034 shortly before my second birthday.

NOTE Confidence: 0.8300704

00:16:47.034 --> 00:16:48.226 It's just a scribble.

NOTE Confidence: 0.8300704



00:16:48.230 --> 00:16:49.526 It's dedicated to Grandma,  
NOTE Confidence: 0.8300704

00:16:49.526 --> 00:16:52.035 the one on the right is from closer  
NOTE Confidence: 0.8300704

00:16:52.035 --> 00:16:54.697 to age 3 or 4 and at least at this  
NOTE Confidence: 0.8300704

00:16:54.697 --> 00:16:56.867 point I was starting to see shapes.  
NOTE Confidence: 0.8300704

00:16:56.870 --> 00:16:59.054 I was starting to understand that people  
NOTE Confidence: 0.8300704

00:16:59.054 --> 00:17:01.340 have bodies and I guess pizzas for his.  
NOTE Confidence: 0.8300704

00:17:01.340 --> 00:17:03.236 I don't know what that's about  
NOTE Confidence: 0.8300704

00:17:03.236 --> 00:17:05.453 and then these are some of my  
NOTE Confidence: 0.8300704

00:17:05.453 --> 00:17:07.217 first comics that I ever made.  
NOTE Confidence: 0.8300704

00:17:07.220 --> 00:17:09.532 From about age 10 and it was really  
NOTE Confidence: 0.8300704

00:17:09.532 --> 00:17:11.442 just flirting to figure things out  
NOTE Confidence: 0.8300704

00:17:11.442 --> 00:17:13.350 and I discovered things like it's  
NOTE Confidence: 0.8300704

00:17:13.414 --> 00:17:15.486 easier to draw the box 1st and then  
NOTE Confidence: 0.8300704

00:17:15.486 --> 00:17:17.480 draw the picture inside of the box.  
NOTE Confidence: 0.8300704

00:17:17.480 --> 00:17:19.136 It's also easier to write the  
NOTE Confidence: 0.8300704

00:17:19.136 --> 00:17:20.918 words first and then draw the

NOTE Confidence: 0.8300704  
00:17:20.918 --> 00:17:22.458 word balloon around the words,  
NOTE Confidence: 0.8300704  
00:17:22.460 --> 00:17:24.206 but I didn't have a teacher.  
NOTE Confidence: 0.8300704  
00:17:24.210 --> 00:17:25.968 I didn't have any instructive books.  
NOTE Confidence: 0.8300704  
00:17:25.970 --> 00:17:28.658 I just sat down and figured it  
NOTE Confidence: 0.8300704  
00:17:28.658 --> 00:17:30.799 out and overtime I improved.  
NOTE Confidence: 0.8300704  
00:17:30.800 --> 00:17:32.620 And in college I was given an  
NOTE Confidence: 0.8300704  
00:17:32.620 --> 00:17:34.054 assignment in a cartooning class  
NOTE Confidence: 0.8300704  
00:17:34.054 --> 00:17:36.414 and I went to the school of Visual  
NOTE Confidence: 0.8432906  
00:17:36.476 --> 00:17:38.304 Arts in New York City, 'cause they  
NOTE Confidence: 0.8432906  
00:17:38.304 --> 00:17:39.966 have a car training program there.  
NOTE Confidence: 0.8432906  
00:17:39.970 --> 00:17:42.018 So I was able to take courses with  
NOTE Confidence: 0.8432906  
00:17:42.018 --> 00:17:43.310 actual cartoonists and structures,  
NOTE Confidence: 0.8432906  
00:17:43.310 --> 00:17:44.700 and I learned so much.  
NOTE Confidence: 0.8432906  
00:17:44.700 --> 00:17:46.470 So one of our assignments was  
NOTE Confidence: 0.8432906  
00:17:46.470 --> 00:17:48.725 to draw a short comic about the  
NOTE Confidence: 0.8432906

00:17:48.725 --> 00:17:50.735 first comic that we ever read.  
NOTE Confidence: 0.8432906

00:17:50.740 --> 00:17:52.564 I chose not to draw and  
NOTE Confidence: 0.8432906

00:17:52.564 --> 00:17:53.780 write about comic strips.  
NOTE Confidence: 0.8432906

00:17:53.780 --> 00:17:56.251 I chose to write about the experience  
NOTE Confidence: 0.8432906

00:17:56.251 --> 00:17:58.158 of reading barefoot again and how  
NOTE Confidence: 0.8432906

00:17:58.158 --> 00:18:00.331 it affected me and how I was camping  
NOTE Confidence: 0.8432906

00:18:00.331 --> 00:18:02.611 with my family and how my mom asked  
NOTE Confidence: 0.8432906

00:18:02.611 --> 00:18:05.028 me how I was doing and I said,  
NOTE Confidence: 0.8432906

00:18:05.030 --> 00:18:07.433 I think that book ruins my life and she  
NOTE Confidence: 0.8432906

00:18:07.433 --> 00:18:10.196 said maybe it actually made your life better.  
NOTE Confidence: 0.8432906

00:18:10.200 --> 00:18:12.018 You just haven't realized it yet,  
NOTE Confidence: 0.8432906

00:18:12.020 --> 00:18:13.540 and she's right, of course,  
NOTE Confidence: 0.8432906

00:18:13.540 --> 00:18:15.060 and I have my job.  
NOTE Confidence: 0.8432906

00:18:15.060 --> 00:18:16.580 I I illustrate books for  
NOTE Confidence: 0.8432906

00:18:16.580 --> 00:18:18.100 scholastic because of this story,  
NOTE Confidence: 0.8432906

00:18:18.100 --> 00:18:21.004 because this was published as a mini comic.

NOTE Confidence: 0.8432906

00:18:21.010 --> 00:18:22.900 I was stabling at a comic convention

NOTE Confidence: 0.8432906

00:18:22.900 --> 00:18:24.893 and one of the people that bought

NOTE Confidence: 0.8432906

00:18:24.893 --> 00:18:27.022 him any comment from me at that

NOTE Confidence: 0.8432906

00:18:27.022 --> 00:18:28.538 convention was David Saylor,

NOTE Confidence: 0.8432906

00:18:28.540 --> 00:18:30.040 Kuzia Toryal, Director of graphics,

NOTE Confidence: 0.8432906

00:18:30.040 --> 00:18:32.021 and he loved the story and he

NOTE Confidence: 0.8432906

00:18:32.021 --> 00:18:34.253 said this is great. I'd love to.

NOTE Confidence: 0.8432906

00:18:34.253 --> 00:18:36.059 I'd love to work with you.

NOTE Confidence: 0.8432906

00:18:36.060 --> 00:18:37.570 I'd like to publish you.

NOTE Confidence: 0.8432906

00:18:37.570 --> 00:18:39.376 I'd love to publish this story

NOTE Confidence: 0.8432906

00:18:39.376 --> 00:18:40.580 that was in 2004.

NOTE Confidence: 0.8432906

00:18:40.580 --> 00:18:42.272 I still haven't published that story

NOTE Confidence: 0.8432906

00:18:42.272 --> 00:18:44.190 as a full fledged graphic novel,

NOTE Confidence: 0.8432906

00:18:44.190 --> 00:18:46.566 but I've done so much else in the

NOTE Confidence: 0.8432906

00:18:46.566 --> 00:18:48.714 meantime so that story was also

NOTE Confidence: 0.8432906

00:18:48.714 --> 00:18:50.934 republished in Japan a few years ago.  
NOTE Confidence: 0.8432906

00:18:50.940 --> 00:18:53.460 Favorite game was banned in one of the  
NOTE Confidence: 0.8432906

00:18:53.460 --> 00:18:55.045 prefectures because it's been pretty  
NOTE Confidence: 0.8432906

00:18:55.045 --> 00:18:56.839 controversial over the years and a  
NOTE Confidence: 0.8432906

00:18:56.839 --> 00:18:58.657 lot of people think that it should  
NOTE Confidence: 0.8432906

00:18:58.657 --> 00:19:01.090 not be read by children because war is awful.  
NOTE Confidence: 0.8432906

00:19:01.090 --> 00:19:02.812 An war is terrible and children  
NOTE Confidence: 0.8432906

00:19:02.812 --> 00:19:04.280 shouldn't be exposed to that,  
NOTE Confidence: 0.8432906

00:19:04.280 --> 00:19:06.107 and I think there was also a  
NOTE Confidence: 0.8432906

00:19:06.107 --> 00:19:07.760 little bit of concern that,  
NOTE Confidence: 0.8432906

00:19:07.760 --> 00:19:09.790 like it wasn't showing what was accurate.  
NOTE Confidence: 0.8432906

00:19:09.790 --> 00:19:12.058 So the conversation about war and propaganda  
NOTE Confidence: 0.8432906

00:19:12.058 --> 00:19:14.139 has been going on for a long time,  
NOTE Confidence: 0.8432906

00:19:14.140 --> 00:19:17.198 but I wrote a short story about it and I wrote  
NOTE Confidence: 0.8432906

00:19:17.198 --> 00:19:20.230 it from the point of view of my kids self,  
NOTE Confidence: 0.8432906

00:19:20.230 --> 00:19:22.606 and so somebody discovered my work.

NOTE Confidence: 0.8432906

00:19:22.610 --> 00:19:24.710 And asked if they could reprint it,

NOTE Confidence: 0.8432906

00:19:24.710 --> 00:19:26.090 but translated into Japanese and

NOTE Confidence: 0.8432906

00:19:26.090 --> 00:19:28.309 just put it up on their website.

NOTE Confidence: 0.8432906

00:19:28.310 --> 00:19:29.810 Still like their kids can

NOTE Confidence: 0.8432906

00:19:29.810 --> 00:19:31.310 see that in American child.

NOTE Confidence: 0.8432906

00:19:31.310 --> 00:19:33.486 Read the book and then it was helpful

NOTE Confidence: 0.8432906

00:19:33.486 --> 00:19:35.971 and this story just picked up so much

NOTE Confidence: 0.8432906

00:19:35.971 --> 00:19:38.196 steam it was republished in the Esaki

NOTE Confidence: 0.8432906

00:19:38.196 --> 00:19:40.310 times and then I was being interviewed

NOTE Confidence: 0.8432906

00:19:40.310 --> 00:19:41.865 by Japanese reporters and getting

NOTE Confidence: 0.8432906

00:19:41.865 --> 00:19:43.910 emails from people thanking me for this.

NOTE Confidence: 0.8432906

00:19:43.910 --> 00:19:46.610 And so I like to say that like this,

NOTE Confidence: 0.8432906

00:19:46.610 --> 00:19:48.374 this was a little three page

NOTE Confidence: 0.8432906

00:19:48.374 --> 00:19:50.514 story that I wrote in the year

NOTE Confidence: 0.8432906

00:19:50.514 --> 00:19:52.308 2002 and it still has traction.

NOTE Confidence: 0.8432906

00:19:52.310 --> 00:19:53.285 I'm still hearing.  
NOTE Confidence: 0.8432906

00:19:53.285 --> 00:19:54.910 People who appreciate the fact  
NOTE Confidence: 0.8432906

00:19:54.910 --> 00:19:57.372 that I wrote it, glad I wrote it.  
NOTE Confidence: 0.8432906

00:19:57.372 --> 00:20:00.369 I'm going to tell my story and then after.  
NOTE Confidence: 0.8432906

00:20:00.370 --> 00:20:01.990 Publishing short mini comics like  
NOTE Confidence: 0.8432906

00:20:01.990 --> 00:20:03.966 this one I started working on  
NOTE Confidence: 0.8432906

00:20:03.966 --> 00:20:05.476 another personal story about an  
NOTE Confidence: 0.8432906

00:20:05.476 --> 00:20:07.754 experience that I had when I was in  
NOTE Confidence: 0.8432906

00:20:07.754 --> 00:20:09.272 middle school where I tripped and  
NOTE Confidence: 0.87166834

00:20:09.280 --> 00:20:11.768 fell and knocked out my 2 front permanent  
NOTE Confidence: 0.87166834

00:20:11.768 --> 00:20:14.329 teeth so you can see on the slide here,  
NOTE Confidence: 0.87166834

00:20:14.330 --> 00:20:16.602 which was taken just a few months later  
NOTE Confidence: 0.87166834

00:20:16.602 --> 00:20:19.389 that I knocked the two front ones out and  
NOTE Confidence: 0.87166834

00:20:19.389 --> 00:20:22.050 then my dentist put them back into my head,  
NOTE Confidence: 0.87166834

00:20:22.050 --> 00:20:23.540 but when he did so,  
NOTE Confidence: 0.87166834

00:20:23.540 --> 00:20:25.316 the two front teeth were dislocated.

NOTE Confidence: 0.87166834

00:20:25.320 --> 00:20:27.294 They suddenly set up higher in my

NOTE Confidence: 0.87166834

00:20:27.294 --> 00:20:29.179 mouth then they were supposed to,

NOTE Confidence: 0.87166834

00:20:29.180 --> 00:20:30.216 so it looked weird.

NOTE Confidence: 0.87166834

00:20:30.216 --> 00:20:32.098 I look like a vampire had this

NOTE Confidence: 0.87166834

00:20:32.098 --> 00:20:34.242 strange gap in the front of my mouth.

NOTE Confidence: 0.87166834

00:20:34.250 --> 00:20:37.058 I also had a snaggle tooth.

NOTE Confidence: 0.87166834

00:20:37.060 --> 00:20:38.764 So I started just writing this

NOTE Confidence: 0.87166834

00:20:38.764 --> 00:20:40.619 experience 20 years later because I had

NOTE Confidence: 0.87166834

00:20:40.620 --> 00:20:42.551 been telling that story over and over

NOTE Confidence: 0.87166834

00:20:42.551 --> 00:20:45.010 again that I just need to get it out.

NOTE Confidence: 0.87166834

00:20:45.010 --> 00:20:47.467 I just need to get it down the page.

NOTE Confidence: 0.87166834

00:20:47.470 --> 00:20:48.840 So that's what smile is.

NOTE Confidence: 0.87166834

00:20:48.840 --> 00:20:50.210 Smile is that true story?

NOTE Confidence: 0.87166834

00:20:50.210 --> 00:20:52.114 It's about not being at My 2 front

NOTE Confidence: 0.87166834

00:20:52.114 --> 00:20:53.880 teeth and then spending 4 1/2

NOTE Confidence: 0.87166834



00:20:53.880 --> 00:20:55.415 years dealing with the outcome.  
NOTE Confidence: 0.87166834

00:20:55.420 --> 00:20:56.785 Not just what happened in  
NOTE Confidence: 0.87166834

00:20:56.785 --> 00:20:57.604 the orthodontist chair,  
NOTE Confidence: 0.87166834

00:20:57.610 --> 00:20:58.814 which was pretty interesting,  
NOTE Confidence: 0.87166834

00:20:58.814 --> 00:21:00.620 but also what happened socially and  
NOTE Confidence: 0.87166834

00:21:00.671 --> 00:21:02.003 what happened on the inside and  
NOTE Confidence: 0.87166834

00:21:02.003 --> 00:21:03.640 how I felt about the experience.  
NOTE Confidence: 0.87166834

00:21:03.640 --> 00:21:04.801 And I was.  
NOTE Confidence: 0.87166834

00:21:04.801 --> 00:21:07.123 Blown away by how many people  
NOTE Confidence: 0.87166834

00:21:07.123 --> 00:21:08.289 responded to smile,  
NOTE Confidence: 0.87166834

00:21:08.290 --> 00:21:09.895 not necessarily because they had  
NOTE Confidence: 0.87166834

00:21:09.895 --> 00:21:11.880 knocked out their two front teeth,  
NOTE Confidence: 0.87166834

00:21:11.880 --> 00:21:13.645 but because they've been through  
NOTE Confidence: 0.87166834

00:21:13.645 --> 00:21:15.795 something else that made them feel  
NOTE Confidence: 0.87166834

00:21:15.795 --> 00:21:17.709 different or made them feel like  
NOTE Confidence: 0.87166834

00:21:17.709 --> 00:21:19.698 they didn't belong or didn't fit in.

NOTE Confidence: 0.87166834

00:21:19.700 --> 00:21:21.668 And so I've had millions of

NOTE Confidence: 0.87166834

00:21:21.668 --> 00:21:23.357 conversations over the past 10

NOTE Confidence: 0.87166834

00:21:23.357 --> 00:21:25.247 years with kids and with grownups.

NOTE Confidence: 0.87166834

00:21:25.250 --> 00:21:27.404 And with people that remember some

NOTE Confidence: 0.87166834

00:21:27.404 --> 00:21:29.162 of the little touchstones that

NOTE Confidence: 0.87166834

00:21:29.162 --> 00:21:30.457 I put into the story,

NOTE Confidence: 0.87166834

00:21:30.460 --> 00:21:32.875 this book is changed my life completely

NOTE Confidence: 0.87166834

00:21:32.875 --> 00:21:35.028 because I wanted to tell my story.

NOTE Confidence: 0.87166834

00:21:35.030 --> 00:21:37.276 And I also wrote sisters, which is.

NOTE Confidence: 0.87166834

00:21:37.276 --> 00:21:39.432 More about my siblings and I and

NOTE Confidence: 0.87166834

00:21:39.432 --> 00:21:41.687 having to take a road trip with them.

NOTE Confidence: 0.87166834

00:21:41.690 --> 00:21:42.906 Always fun for everybody.

NOTE Confidence: 0.87166834

00:21:42.906 --> 00:21:44.426 Another story that people could

NOTE Confidence: 0.87166834

00:21:44.426 --> 00:21:46.007 relate to and most of the the

NOTE Confidence: 0.87166834

00:21:46.007 --> 00:21:47.020 reader email like it is.

NOTE Confidence: 0.87166834

00:21:47.020 --> 00:21:48.460 I can relate to this book  
NOTE Confidence: 0.87166834

00:21:48.460 --> 00:21:51.410 because I have a sister do.  
NOTE Confidence: 0.87166834

00:21:51.410 --> 00:21:53.258 Very cool and one of my  
NOTE Confidence: 0.87166834

00:21:53.258 --> 00:21:55.000 fictional books is called ghosts,  
NOTE Confidence: 0.87166834

00:21:55.000 --> 00:21:56.680 and it's a supernatural story  
NOTE Confidence: 0.87166834

00:21:56.680 --> 00:21:58.360 about family and illness and  
NOTE Confidence: 0.87166834

00:21:58.420 --> 00:22:00.262 all sorts of things that didn't  
NOTE Confidence: 0.87166834

00:22:00.262 --> 00:22:01.840 really happen in real life.  
NOTE Confidence: 0.87166834

00:22:01.840 --> 00:22:03.470 But the main character cat,  
NOTE Confidence: 0.87166834

00:22:03.470 --> 00:22:05.745 who's the older sister suffers from anxiety,  
NOTE Confidence: 0.87166834

00:22:05.750 --> 00:22:08.222 and so I talk a lot about just  
NOTE Confidence: 0.87166834

00:22:08.222 --> 00:22:10.639 who she is and how she feels.  
NOTE Confidence: 0.87166834

00:22:10.640 --> 00:22:12.656 And when I would give presentations  
NOTE Confidence: 0.87166834

00:22:12.656 --> 00:22:14.879 about this book on my book tour,  
NOTE Confidence: 0.87166834

00:22:14.880 --> 00:22:18.003 I would say so cat has anxiety and she  
NOTE Confidence: 0.87166834

00:22:18.003 --> 00:22:21.010 and I actually have that in common.

NOTE Confidence: 0.87166834

00:22:21.010 --> 00:22:22.826 And then I would move on to the

NOTE Confidence: 0.87166834

00:22:22.826 --> 00:22:24.467 next slide and people were like,

NOTE Confidence: 0.87166834

00:22:24.470 --> 00:22:25.946 wait, wait, wait, tell us more.

NOTE Confidence: 0.87166834

00:22:25.950 --> 00:22:27.002 That's really interesting because

NOTE Confidence: 0.87166834

00:22:27.002 --> 00:22:29.080 we know a lot of people that have

NOTE Confidence: 0.87166834

00:22:29.080 --> 00:22:30.888 anxiety and we want to hear bout yours.

NOTE Confidence: 0.87166834

00:22:30.890 --> 00:22:32.770 So I wasn't sure if I was ready

NOTE Confidence: 0.87166834

00:22:32.770 --> 00:22:33.850 to talk about it.

NOTE Confidence: 0.87166834

00:22:33.850 --> 00:22:35.495 But I got so much feedback people

NOTE Confidence: 0.87166834

00:22:35.495 --> 00:22:37.431 wanted to hear that story and so that's

NOTE Confidence: 0.87166834

00:22:37.431 --> 00:22:39.446 the reason that I wrote butts was I

NOTE Confidence: 0.87166834

00:22:39.446 --> 00:22:41.012 had this conversation over and over.

NOTE Confidence: 0.85857713

00:22:41.020 --> 00:22:42.250 So I felt like, alright,

NOTE Confidence: 0.85857713

00:22:42.250 --> 00:22:43.485 let's let's talk about the

NOTE Confidence: 0.85857713

00:22:43.485 --> 00:22:44.720 therapy that I've been through.

NOTE Confidence: 0.85857713

00:22:44.720 --> 00:22:46.202 Let's talk about some of the  
NOTE Confidence: 0.85857713

00:22:46.202 --> 00:22:47.190 coping techniques and justice,  
NOTE Confidence: 0.85857713

00:22:47.190 --> 00:22:49.270 the ways that I learned to breathe in  
NOTE Confidence: 0.85857713

00:22:49.270 --> 00:22:51.610 the ways that I learn to ground my feet.  
NOTE Confidence: 0.85857713

00:22:51.610 --> 00:22:53.570 And the ways that over the years I've  
NOTE Confidence: 0.85857713

00:22:53.570 --> 00:22:55.529 been able to not sure or fix anxiety,  
NOTE Confidence: 0.85857713

00:22:55.530 --> 00:22:58.290 but just to learn to live with it.  
NOTE Confidence: 0.85857713

00:22:58.290 --> 00:23:01.062 And for me, I think the best coping strategy  
NOTE Confidence: 0.85857713

00:23:01.062 --> 00:23:03.484 I'd ever had is that I like to draw.  
NOTE Confidence: 0.85857713

00:23:03.490 --> 00:23:06.430 I like to tell stories.  
NOTE Confidence: 0.85857713

00:23:06.430 --> 00:23:07.369 Please tell kids.  
NOTE Confidence: 0.85857713

00:23:07.369 --> 00:23:08.934 It's OK if you're not  
NOTE Confidence: 0.85857713

00:23:08.934 --> 00:23:10.519 an artist or cartoonist.  
NOTE Confidence: 0.85857713

00:23:10.520 --> 00:23:12.225 There's so many other ways  
NOTE Confidence: 0.85857713

00:23:12.225 --> 00:23:13.248 to express yourselves.  
NOTE Confidence: 0.85857713

00:23:13.250 --> 00:23:14.960 Find 1 whatever it is,

NOTE Confidence: 0.85857713

00:23:14.960 --> 00:23:16.705 whether it's you know making

NOTE Confidence: 0.85857713

00:23:16.705 --> 00:23:18.450 YouTube videos or performing plays

NOTE Confidence: 0.85857713

00:23:18.515 --> 00:23:20.070 for your friends or writing.

NOTE Confidence: 0.85857713

00:23:20.070 --> 00:23:20.752 Or Gosh,

NOTE Confidence: 0.85857713

00:23:20.752 --> 00:23:23.480 there's so many ways to tell your story.

NOTE Confidence: 0.85857713

00:23:23.480 --> 00:23:24.844 Choose whatever feels the

NOTE Confidence: 0.85857713

00:23:24.844 --> 00:23:26.208 most authentic for you.

NOTE Confidence: 0.85857713

00:23:26.210 --> 00:23:29.279 I did that, and I'm glad that I did.

NOTE Confidence: 0.85857713

00:23:29.280 --> 00:23:31.320 Because when you Share your story,

NOTE Confidence: 0.85857713

00:23:31.320 --> 00:23:33.707 it helps other people feel less alone.

NOTE Confidence: 0.85857713

00:23:33.710 --> 00:23:34.392 Thank you.

NOTE Confidence: 0.85857713

00:23:34.392 --> 00:23:35.756 Thank you so much.

NOTE Confidence: 0.8540194

00:23:37.670 --> 00:23:39.585 Irina, thank you so much

NOTE Confidence: 0.8540194

00:23:39.585 --> 00:23:41.117 for sharing your story.

NOTE Confidence: 0.8540194

00:23:41.120 --> 00:23:42.780 It was completely relatable.

NOTE Confidence: 0.8540194

00:23:42.780 --> 00:23:44.855 I think for everyone watching  
NOTE Confidence: 0.8540194

00:23:44.855 --> 00:23:47.102 an I think that the way you  
NOTE Confidence: 0.8540194

00:23:47.102 --> 00:23:49.160 tell your story so beautifully,  
NOTE Confidence: 0.8540194

00:23:49.160 --> 00:23:52.216 both in in your books and in person.  
NOTE Confidence: 0.8540194

00:23:52.220 --> 00:23:54.428 So thank you for sharing and  
NOTE Confidence: 0.8540194

00:23:54.428 --> 00:23:56.440 that advice to read books.  
NOTE Confidence: 0.8540194

00:23:56.440 --> 00:23:57.586 Talk to people,  
NOTE Confidence: 0.8540194

00:23:57.586 --> 00:23:59.878 be brave and Share your story.  
NOTE Confidence: 0.8540194

00:23:59.880 --> 00:24:01.824 I think I just.  
NOTE Confidence: 0.8540194

00:24:01.824 --> 00:24:02.796 You know,  
NOTE Confidence: 0.8540194

00:24:02.800 --> 00:24:04.858 for great pieces of advice for  
NOTE Confidence: 0.8540194

00:24:04.858 --> 00:24:06.626 educators who are dealing with  
NOTE Confidence: 0.8540194

00:24:06.626 --> 00:24:08.281 children and their staff going  
NOTE Confidence: 0.8540194

00:24:08.281 --> 00:24:10.279 back to school and and covid.  
NOTE Confidence: 0.8540194

00:24:10.280 --> 00:24:13.048 So thank you so much and will have  
NOTE Confidence: 0.8540194

00:24:13.048 --> 00:24:15.406 questions at the end of the session

NOTE Confidence: 0.8540194

00:24:15.406 --> 00:24:18.099 and now we'd like to hear from Eli.

NOTE Confidence: 0.84031546

00:24:19.630 --> 00:24:21.990 Alright, thank you very much.

NOTE Confidence: 0.84031546

00:24:21.990 --> 00:24:24.340 I'm Eli Lebowitz about the

NOTE Confidence: 0.84031546

00:24:24.340 --> 00:24:26.220 yell child study center.

NOTE Confidence: 0.84031546

00:24:26.220 --> 00:24:28.060 Ann. I study entry,

NOTE Confidence: 0.84031546

00:24:28.060 --> 00:24:30.360 childhood anxiety and thank you

NOTE Confidence: 0.84031546

00:24:30.360 --> 00:24:33.286 very much for that wonderful talk.

NOTE Confidence: 0.84031546

00:24:33.290 --> 00:24:37.529 I can say that I read and loved guts,

NOTE Confidence: 0.84031546

00:24:37.530 --> 00:24:38.943 but more importantly,

NOTE Confidence: 0.84031546

00:24:38.943 --> 00:24:41.769 as the father of three children,

NOTE Confidence: 0.84031546

00:24:41.770 --> 00:24:44.278 one of whom is a particularly

NOTE Confidence: 0.84031546

00:24:44.278 --> 00:24:47.156 anxious child and the other who

NOTE Confidence: 0.84031546

00:24:47.156 --> 00:24:49.396 are sometimes anxious children.

NOTE Confidence: 0.84031546

00:24:49.400 --> 00:24:52.118 More importantly than I loved it,

NOTE Confidence: 0.84031546

00:24:52.120 --> 00:24:55.011 they loved it and so could not

NOTE Confidence: 0.84031546



00:24:55.011 --> 00:24:57.120 recommend it more strongly.  
NOTE Confidence: 0.84031546

00:24:57.120 --> 00:24:59.838 For anybody interested in overcoming anxiety.  
NOTE Confidence: 0.84031546

00:24:59.840 --> 00:25:04.380 So I'm going to bring up some slides as well.  
NOTE Confidence: 0.84031546

00:25:04.380 --> 00:25:07.359 OK, what I'm going to do is talk a  
NOTE Confidence: 0.84031546

00:25:07.359 --> 00:25:10.161 little bit about childhood anxiety  
NOTE Confidence: 0.84031546

00:25:10.161 --> 00:25:12.545 and childhood anxiety problems.  
NOTE Confidence: 0.84031546

00:25:12.550 --> 00:25:15.292 Hopefully will be able to understand  
NOTE Confidence: 0.84031546

00:25:15.292 --> 00:25:18.459 these problems just a little bit more,  
NOTE Confidence: 0.84031546

00:25:18.460 --> 00:25:20.892 and think about how.  
NOTE Confidence: 0.84031546

00:25:20.892 --> 00:25:25.250 We can detect them and address them  
NOTE Confidence: 0.84031546

00:25:25.250 --> 00:25:29.914 both at home and in the school setting.  
NOTE Confidence: 0.84031546

00:25:29.920 --> 00:25:33.030 So understanding, noticing and helping.  
NOTE Confidence: 0.8634643

00:25:35.150 --> 00:25:38.867 I know conflicts of interest to disclose,  
NOTE Confidence: 0.8634643

00:25:38.870 --> 00:25:41.530 So what we talk about?  
NOTE Confidence: 0.8634643

00:25:41.530 --> 00:25:43.826 Anxiety disorders, anxiety problems.  
NOTE Confidence: 0.8634643

00:25:43.826 --> 00:25:47.827 These are the main anxiety problems that

NOTE Confidence: 0.8634643

00:25:47.827 --> 00:25:51.110 we currently diagnose and see in children.

NOTE Confidence: 0.8634643

00:25:51.110 --> 00:25:54.827 I'll just say what they are really.

NOTE Confidence: 0.8634643

00:25:54.830 --> 00:25:57.490 Briefly, we have our phobias

NOTE Confidence: 0.8634643

00:25:57.490 --> 00:26:00.150 just starting at the top.

NOTE Confidence: 0.8634643

00:26:00.150 --> 00:26:02.810 Phobias, phobias are strong, exaggerated,

NOTE Confidence: 0.8634643

00:26:02.810 --> 00:26:06.639 irrational fears of anything could be vomit.

NOTE Confidence: 0.8634643

00:26:06.640 --> 00:26:08.887 Could be many other things as well.

NOTE Confidence: 0.8634643

00:26:08.890 --> 00:26:10.326 Sometimes it's an animal,

NOTE Confidence: 0.8634643

00:26:10.326 --> 00:26:12.121 sometimes natural phenomenon like the

NOTE Confidence: 0.8634643

00:26:12.121 --> 00:26:14.340 dark or are storms or things like that.

NOTE Confidence: 0.8634643

00:26:14.340 --> 00:26:16.524 If you ever really want to waste

NOTE Confidence: 0.8634643

00:26:16.524 --> 00:26:18.839 a day or two of your life,

NOTE Confidence: 0.8634643

00:26:18.840 --> 00:26:20.754 Google things that end in phobia

NOTE Confidence: 0.8634643

00:26:20.754 --> 00:26:22.727 and you'll see that people love

NOTE Confidence: 0.8634643

00:26:22.727 --> 00:26:24.953 nothing more than to find the Latin

NOTE Confidence: 0.8634643

00:26:24.953 --> 00:26:26.902 word or Greek word for something  
NOTE Confidence: 0.8634643

00:26:26.902 --> 00:26:29.190 and attack on phobia at the end.  
NOTE Confidence: 0.8634643

00:26:29.190 --> 00:26:30.990 But actually there are certain  
NOTE Confidence: 0.8634643

00:26:30.990 --> 00:26:33.222 phobias that are a lot more common  
NOTE Confidence: 0.8634643

00:26:33.222 --> 00:26:35.635 and they have to do with the things  
NOTE Confidence: 0.8634643

00:26:35.635 --> 00:26:37.807 that pose threats to human beings.  
NOTE Confidence: 0.8634643

00:26:37.810 --> 00:26:40.624 Over the course of our evolutionary history,  
NOTE Confidence: 0.8634643

00:26:40.630 --> 00:26:44.022 and so there are a lot more children  
NOTE Confidence: 0.8634643

00:26:44.022 --> 00:26:47.671 who are scared of animals than there  
NOTE Confidence: 0.8634643

00:26:47.671 --> 00:26:50.760 are children who are scared of.  
NOTE Confidence: 0.8634643

00:26:50.760 --> 00:26:52.460 Electrical sockets, for example.  
NOTE Confidence: 0.8634643

00:26:52.460 --> 00:26:55.010 Even though many parents would probably  
NOTE Confidence: 0.8634643

00:26:55.073 --> 00:26:57.385 prefer their child be just a little bit  
NOTE Confidence: 0.8634643

00:26:57.385 --> 00:26:59.737 more wary and cautious of that instead,  
NOTE Confidence: 0.8634643

00:26:59.740 --> 00:27:02.246 and phobias can really disrupt your life,  
NOTE Confidence: 0.8634643

00:27:02.250 --> 00:27:04.630 even though they seem to be so

NOTE Confidence: 0.8634643

00:27:04.630 --> 00:27:06.918 specifically focused on a particular thing.

NOTE Confidence: 0.8634643

00:27:06.920 --> 00:27:08.780 Our tendency to generalize our

NOTE Confidence: 0.8634643

00:27:08.780 --> 00:27:11.335 avoidance of the things that we fear

NOTE Confidence: 0.8634643

00:27:11.335 --> 00:27:13.540 means that even a very specific phobia

NOTE Confidence: 0.8634643

00:27:13.540 --> 00:27:15.435 can have an extremely disruptive

NOTE Confidence: 0.8634643

00:27:15.435 --> 00:27:17.325 impact on a child's life.

NOTE Confidence: 0.8634643

00:27:17.330 --> 00:27:18.422 So, for example,

NOTE Confidence: 0.8634643

00:27:18.422 --> 00:27:20.970 that child who is afraid of dogs.

NOTE Confidence: 0.8634643

00:27:20.970 --> 00:27:23.218 May not only be afraid when they faced

NOTE Confidence: 0.8634643

00:27:23.218 --> 00:27:26.138 by a large scary dog wants to bite them,

NOTE Confidence: 0.8634643

00:27:26.140 --> 00:27:28.932 they may also be scared of seeing a

NOTE Confidence: 0.8634643

00:27:28.932 --> 00:27:31.607 picture of a dog on TV or in a book.

NOTE Confidence: 0.8634643

00:27:31.610 --> 00:27:33.563 They may be scared of leaving the

NOTE Confidence: 0.8634643

00:27:33.563 --> 00:27:35.560 house at all because what if there

NOTE Confidence: 0.8634643

00:27:35.560 --> 00:27:37.956 is a dog outside and so they can

NOTE Confidence: 0.8634643

00:27:37.956 --> 00:27:39.686 really impact and impair Childs  
NOTE Confidence: 0.8634643

00:27:39.686 --> 00:27:43.110 functioning on a day to day basis?  
NOTE Confidence: 0.8634643

00:27:43.110 --> 00:27:43.613 Panic.  
NOTE Confidence: 0.8634643

00:27:43.613 --> 00:27:47.637 Random mention panic in her in her talk,  
NOTE Confidence: 0.8634643

00:27:47.640 --> 00:27:50.286 and for those who haven't experienced a  
NOTE Confidence: 0.8634643

00:27:50.286 --> 00:27:53.080 panic attack in the past panic attacks.  
NOTE Confidence: 0.8634643

00:27:53.080 --> 00:27:55.800 It's a little bit like a wire tripping  
NOTE Confidence: 0.8634643

00:27:55.800 --> 00:27:58.952 in your brain and your just awash in  
NOTE Confidence: 0.8634643

00:27:58.952 --> 00:28:01.220 these tremendous waves of anxiety.  
NOTE Confidence: 0.8634643

00:28:01.220 --> 00:28:03.761 But crash over you with racing heart  
NOTE Confidence: 0.8634643

00:28:03.761 --> 00:28:05.879 and short breath and trembling.  
NOTE Confidence: 0.8634643

00:28:05.880 --> 00:28:07.790 Sometimes your perception seems to  
NOTE Confidence: 0.8634643

00:28:07.790 --> 00:28:10.543 shift so it feels like the world  
NOTE Confidence: 0.8634643

00:28:10.543 --> 00:28:12.853 looks weird or something is strange,  
NOTE Confidence: 0.8634643

00:28:12.860 --> 00:28:15.919 and it's a very scary and uncomfortable.  
NOTE Confidence: 0.8634643

00:28:15.920 --> 00:28:19.040 I'm experience and a key thing to know

NOTE Confidence: 0.8634643

00:28:19.040 --> 00:28:22.086 about panic attacks is that they're

NOTE Confidence: 0.8634643

00:28:22.086 --> 00:28:24.816 actually not very dangerous themselves.

NOTE Confidence: 0.8634643

00:28:24.820 --> 00:28:26.855 Your child's body isn't working

NOTE Confidence: 0.8634643

00:28:26.855 --> 00:28:28.483 significantly harder when they're

NOTE Confidence: 0.8634643

00:28:28.483 --> 00:28:30.162 having a panic attack then it

NOTE Confidence: 0.8634643

00:28:30.162 --> 00:28:32.169 does when they run a quick Sprint.

NOTE Confidence: 0.8634643

00:28:32.170 --> 00:28:33.390 When you run quickly,

NOTE Confidence: 0.8634643

00:28:33.390 --> 00:28:35.840 your body also is showing similar responses.

NOTE Confidence: 0.8634643

00:28:35.840 --> 00:28:38.297 Your heart races and you might tremble

NOTE Confidence: 0.8634643

00:28:38.297 --> 00:28:40.648 and you might be out of breath

NOTE Confidence: 0.8634643

00:28:40.648 --> 00:28:42.183 and you might be sweaty,

NOTE Confidence: 0.8634643

00:28:42.190 --> 00:28:44.558 but you know why your body is doing

NOTE Confidence: 0.8634643

00:28:44.558 --> 00:28:46.826 that because you just ran and so

NOTE Confidence: 0.8634643

00:28:46.826 --> 00:28:48.431 that makes it understandable and

NOTE Confidence: 0.871216950000001

00:28:48.499 --> 00:28:51.096 controllable in a way that's not frightening

NOTE Confidence: 0.871216950000001

00:28:51.096 --> 00:28:53.542 when it happens without a clear explanation.

NOTE Confidence: 0.8712169500000001

00:28:53.542 --> 00:28:56.268 That is, when you are the most terrified.

NOTE Confidence: 0.8712169500000001

00:28:56.270 --> 00:28:58.390 Of it, and you become very scared that

NOTE Confidence: 0.8712169500000001

00:28:58.390 --> 00:29:00.509 you'll have additional attacks like that.

NOTE Confidence: 0.8712169500000001

00:29:00.510 --> 00:29:01.722 And that's when panic

NOTE Confidence: 0.8712169500000001

00:29:01.722 --> 00:29:02.934 disorder really sets in.

NOTE Confidence: 0.8712169500000001

00:29:02.940 --> 00:29:05.364 When you get so scared of having another

NOTE Confidence: 0.8712169500000001

00:29:05.364 --> 00:29:07.452 panic attack that you worry about it

NOTE Confidence: 0.8712169500000001

00:29:07.452 --> 00:29:09.559 constant like or you start to avoid

NOTE Confidence: 0.8712169500000001

00:29:09.559 --> 00:29:12.023 situations where you may have a panic attack.

NOTE Confidence: 0.8712169500000001

00:29:12.030 --> 00:29:14.748 For example, maybe you had it in the mall.

NOTE Confidence: 0.8712169500000001

00:29:14.750 --> 00:29:17.657 Now you never want to go to the mall

NOTE Confidence: 0.8712169500000001

00:29:17.657 --> 00:29:19.895 anymore or you had it on the bus.

NOTE Confidence: 0.8712169500000001

00:29:19.900 --> 00:29:22.627 Now you don't want to ride the bus anymore.

NOTE Confidence: 0.8712169500000001

00:29:22.630 --> 00:29:24.766 I'm very closely linked to panic disorder is

NOTE Confidence: 0.8712169500000001

00:29:24.766 --> 00:29:27.250 a Gora Phobia which is avoiding situations.

NOTE Confidence: 0.871216950000001  
00:29:27.250 --> 00:29:28.063 In my life,  
NOTE Confidence: 0.871216950000001  
00:29:28.063 --> 00:29:29.960 because you think you might have panic  
NOTE Confidence: 0.871216950000001  
00:29:30.020 --> 00:29:31.808 like symptoms and you'll be trapped  
NOTE Confidence: 0.871216950000001  
00:29:31.808 --> 00:29:34.038 there and you won't be able to escape.  
NOTE Confidence: 0.871216950000001  
00:29:34.040 --> 00:29:35.738 And maybe it will be humiliating.  
NOTE Confidence: 0.871216950000001  
00:29:35.740 --> 00:29:37.438 'cause other people would notice it.  
NOTE Confidence: 0.871216950000001  
00:29:37.440 --> 00:29:39.138 And so you avoid those situations.  
NOTE Confidence: 0.871216950000001  
00:29:39.140 --> 00:29:40.920 And that's a goreaphobia.  
NOTE Confidence: 0.871216950000001  
00:29:40.920 --> 00:29:41.810 Generalized anxiety,  
NOTE Confidence: 0.871216950000001  
00:29:41.810 --> 00:29:44.498 I'm going through these fairly quickly.  
NOTE Confidence: 0.871216950000001  
00:29:44.500 --> 00:29:46.625 Generalized anxiety disorder is you  
NOTE Confidence: 0.871216950000001  
00:29:46.625 --> 00:29:49.860 could think of this as chronic worry.  
NOTE Confidence: 0.871216950000001  
00:29:49.860 --> 00:29:53.829 It's when your mind is taken over by these  
NOTE Confidence: 0.871216950000001  
00:29:53.829 --> 00:29:56.561 persistent chronic worries that are hard  
NOTE Confidence: 0.871216950000001  
00:29:56.561 --> 00:30:00.348 to stop and that really can be exhausting.  
NOTE Confidence: 0.871216950000001



00:30:00.350 --> 00:30:02.066 They can take a tremendous toll.

NOTE Confidence: 0.8712169500000001

00:30:02.070 --> 00:30:03.948 It's like having an antenna on

NOTE Confidence: 0.8712169500000001

00:30:03.948 --> 00:30:06.078 your child's head that is tuned to

NOTE Confidence: 0.8712169500000001

00:30:06.078 --> 00:30:07.982 pick up anything there is to worry

NOTE Confidence: 0.8712169500000001

00:30:08.041 --> 00:30:10.105 about it and then just run with it,

NOTE Confidence: 0.8712169500000001

00:30:10.110 --> 00:30:10.944 sometimes for hours.

NOTE Confidence: 0.8712169500000001

00:30:10.944 --> 00:30:12.612 So maybe you heard something on

NOTE Confidence: 0.8712169500000001

00:30:12.612 --> 00:30:14.412 the news about COVID-19 and now

NOTE Confidence: 0.8712169500000001

00:30:14.412 --> 00:30:16.211 you're worried about that where you

NOTE Confidence: 0.8712169500000001

00:30:16.211 --> 00:30:17.601 heard something about cell phones

NOTE Confidence: 0.8712169500000001

00:30:17.601 --> 00:30:19.292 and cancer and you start thinking

NOTE Confidence: 0.8712169500000001

00:30:19.292 --> 00:30:21.294 of all the people in your life.

NOTE Confidence: 0.8712169500000001

00:30:21.300 --> 00:30:22.740 We use a cell phone,

NOTE Confidence: 0.8712169500000001

00:30:22.740 --> 00:30:24.384 which Is everybody and so are

NOTE Confidence: 0.8712169500000001

00:30:24.384 --> 00:30:26.179 they all going to get cancer.

NOTE Confidence: 0.8712169500000001

00:30:26.180 --> 00:30:28.511 Will they all died now and one of the

NOTE Confidence: 0.871216950000001

00:30:28.511 --> 00:30:30.898 ironies of Generalized Anxiety is that it's.

NOTE Confidence: 0.871216950000001

00:30:30.900 --> 00:30:32.994 Often those times when you would

NOTE Confidence: 0.871216950000001

00:30:32.994 --> 00:30:34.738 otherwise have the opportunity to

NOTE Confidence: 0.871216950000001

00:30:34.738 --> 00:30:36.726 rest to rebuild your stores of energy,

NOTE Confidence: 0.871216950000001

00:30:36.730 --> 00:30:38.512 when those worries come up the

NOTE Confidence: 0.871216950000001

00:30:38.512 --> 00:30:40.813 most you might be focused on them

NOTE Confidence: 0.871216950000001

00:30:40.813 --> 00:30:42.553 less when you're really busy,

NOTE Confidence: 0.871216950000001

00:30:42.560 --> 00:30:44.180 or you're playing a sports

NOTE Confidence: 0.871216950000001

00:30:44.180 --> 00:30:45.800 game or something like that,

NOTE Confidence: 0.871216950000001

00:30:45.800 --> 00:30:47.750 but then you're trying to relax.

NOTE Confidence: 0.871216950000001

00:30:47.750 --> 00:30:49.010 You're watching a movie,

NOTE Confidence: 0.871216950000001

00:30:49.010 --> 00:30:50.900 or you're lying in bed at

NOTE Confidence: 0.871216950000001

00:30:50.969 --> 00:30:52.609 night and trying to sleep.

NOTE Confidence: 0.871216950000001

00:30:52.610 --> 00:30:54.922 And all those worries come up so you're

NOTE Confidence: 0.871216950000001

00:30:54.922 --> 00:30:56.959 robbed of the opportunity to actually

NOTE Confidence: 0.871216950000001

00:30:56.959 --> 00:30:59.410 recreate your energy and to get rest.  
NOTE Confidence: 0.871216950000001

00:30:59.410 --> 00:31:00.746 And that's why generalized  
NOTE Confidence: 0.871216950000001

00:31:00.746 --> 00:31:01.748 anxiety will often.  
NOTE Confidence: 0.871216950000001

00:31:01.750 --> 00:31:04.270 Need to sleep deprivation and to  
NOTE Confidence: 0.871216950000001

00:31:04.270 --> 00:31:06.461 illness because your immune system  
NOTE Confidence: 0.871216950000001

00:31:06.461 --> 00:31:09.065 gets wear down your fatigued your  
NOTE Confidence: 0.871216950000001

00:31:09.065 --> 00:31:11.242 attention is impaired because you're  
NOTE Confidence: 0.871216950000001

00:31:11.242 --> 00:31:14.035 so tired and many children will also  
NOTE Confidence: 0.871216950000001

00:31:14.035 --> 00:31:16.495 start to develop aches and pains  
NOTE Confidence: 0.871216950000001

00:31:16.495 --> 00:31:19.090 like stomach aches and back aches.  
NOTE Confidence: 0.871216950000001

00:31:19.090 --> 00:31:23.378 And so this really takes a tremendous toll.  
NOTE Confidence: 0.871216950000001

00:31:23.380 --> 00:31:24.532 Social anxiety disorder,  
NOTE Confidence: 0.871216950000001

00:31:24.532 --> 00:31:26.068 also called social phobia,  
NOTE Confidence: 0.871216950000001

00:31:26.070 --> 00:31:28.368 is as it sounds, social phobia.  
NOTE Confidence: 0.871216950000001

00:31:28.370 --> 00:31:30.290 Isn't it kind of Extreme,  
NOTE Confidence: 0.871216950000001

00:31:30.290 --> 00:31:32.290 Impairing Shyness where you fear

NOTE Confidence: 0.871216950000001  
00:31:32.290 --> 00:31:34.290 the negative evaluation of other  
NOTE Confidence: 0.871216950000001  
00:31:34.352 --> 00:31:36.718 people and so you might be avoidant  
NOTE Confidence: 0.871216950000001  
00:31:36.718 --> 00:31:37.732 of situations where  
NOTE Confidence: 0.85856414  
00:31:37.798 --> 00:31:39.888 you'll call attention to yourself,  
NOTE Confidence: 0.85856414  
00:31:39.890 --> 00:31:42.194 like talking to somebody or raising  
NOTE Confidence: 0.85856414  
00:31:42.194 --> 00:31:44.496 your hand in class, for example,  
NOTE Confidence: 0.85856414  
00:31:44.496 --> 00:31:47.177 or going to the school outing or  
NOTE Confidence: 0.85856414  
00:31:47.177 --> 00:31:49.875 meeting or party or anything like that.  
NOTE Confidence: 0.85856414  
00:31:49.880 --> 00:31:52.256 And it's important to remember that  
NOTE Confidence: 0.85856414  
00:31:52.256 --> 00:31:54.460 children with social anxiety disorder.  
NOTE Confidence: 0.85856414  
00:31:54.460 --> 00:31:56.338 Not this interested in social contact.  
NOTE Confidence: 0.85856414  
00:31:56.340 --> 00:31:58.948 They may work hard to avoid social situations  
NOTE Confidence: 0.85856414  
00:31:58.948 --> 00:32:01.347 because they fear that they will go poorly.  
NOTE Confidence: 0.85856414  
00:32:01.350 --> 00:32:03.216 Will make a fool of himself,  
NOTE Confidence: 0.85856414  
00:32:03.220 --> 00:32:04.785 will say the wrong thing  
NOTE Confidence: 0.85856414

00:32:04.785 --> 00:32:06.350 will be an awkward silence,  
NOTE Confidence: 0.85856414

00:32:06.350 --> 00:32:07.915 and so they cut themselves  
NOTE Confidence: 0.85856414

00:32:07.915 --> 00:32:09.167 off from social interaction.  
NOTE Confidence: 0.85856414

00:32:09.170 --> 00:32:11.210 But they can also be very lonely and  
NOTE Confidence: 0.85856414

00:32:11.210 --> 00:32:13.181 wish that they had friendships and  
NOTE Confidence: 0.85856414

00:32:13.181 --> 00:32:15.281 interactions with peers where they did  
NOTE Confidence: 0.85856414

00:32:15.337 --> 00:32:17.269 feel comfortable where they didn't have  
NOTE Confidence: 0.85856414

00:32:17.269 --> 00:32:21.260 to worry about how things are going to go.  
NOTE Confidence: 0.85856414

00:32:21.260 --> 00:32:22.226 Separation anxiety disorder,  
NOTE Confidence: 0.85856414

00:32:22.226 --> 00:32:23.836 which is particularly common in  
NOTE Confidence: 0.85856414

00:32:23.836 --> 00:32:25.537 young children but not limited to  
NOTE Confidence: 0.85856414

00:32:25.537 --> 00:32:26.802 young children's fear of separation  
NOTE Confidence: 0.85856414

00:32:26.802 --> 00:32:27.789 from your caregivers.  
NOTE Confidence: 0.85856414

00:32:27.790 --> 00:32:28.792 Here, attachment figures,  
NOTE Confidence: 0.85856414

00:32:28.792 --> 00:32:30.796 typically your parents and that can  
NOTE Confidence: 0.85856414

00:32:30.796 --> 00:32:32.654 be a fear of something that will

NOTE Confidence: 0.85856414

00:32:32.654 --> 00:32:34.629 happen to me when my parents aren't.

NOTE Confidence: 0.85856414

00:32:34.630 --> 00:32:36.723 There may be a burglar will come

NOTE Confidence: 0.85856414

00:32:36.723 --> 00:32:38.779 and take me where it can be.

NOTE Confidence: 0.85856414

00:32:38.780 --> 00:32:40.592 A fear that something will happen

NOTE Confidence: 0.85856414

00:32:40.592 --> 00:32:42.640 to your parents when they are away,

NOTE Confidence: 0.85856414

00:32:42.640 --> 00:32:44.705 like getting in a car accident for

NOTE Confidence: 0.85856414

00:32:44.705 --> 00:32:46.738 things like that and then they won't

NOTE Confidence: 0.85856414

00:32:46.738 --> 00:32:49.180 come home and will be alone and children.

NOTE Confidence: 0.85856414

00:32:49.180 --> 00:32:50.990 Separation anxiety will sometimes fear

NOTE Confidence: 0.85856414

00:32:50.990 --> 00:32:53.294 not just long separations like I don't

NOTE Confidence: 0.85856414

00:32:53.294 --> 00:32:55.530 want my parents to go away for the weekend.

NOTE Confidence: 0.85856414

00:32:55.530 --> 00:32:57.210 It can also be I don't want to

NOTE Confidence: 0.85856414

00:32:57.210 --> 00:32:59.028 be in another room from that.

NOTE Confidence: 0.85856414

00:32:59.030 --> 00:33:01.037 I don't want to close the door when I'm

NOTE Confidence: 0.85856414

00:33:01.037 --> 00:33:03.067 in the bathroom because I wanted to be

NOTE Confidence: 0.85856414

00:33:03.067 --> 00:33:05.200 able to see my parents and speak with  
NOTE Confidence: 0.85856414

00:33:05.200 --> 00:33:07.718 them where I can't sleep alone at night.  
NOTE Confidence: 0.85856414

00:33:07.718 --> 00:33:10.490 And I included here also OC D,  
NOTE Confidence: 0.85856414

00:33:10.490 --> 00:33:12.345 which is obsessive compulsive disorder  
NOTE Confidence: 0.85856414

00:33:12.345 --> 00:33:14.200 and obsessive compulsive disorder is  
NOTE Confidence: 0.85856414

00:33:14.250 --> 00:33:16.128 made up of obsessions and compulsions.  
NOTE Confidence: 0.85856414

00:33:16.130 --> 00:33:18.559 The O is the obsessions and those  
NOTE Confidence: 0.85856414

00:33:18.559 --> 00:33:20.365 are intrusive thoughts that come  
NOTE Confidence: 0.85856414

00:33:20.365 --> 00:33:22.459 unbidden into my mind and unwanted.  
NOTE Confidence: 0.85856414

00:33:22.460 --> 00:33:24.220 But I can't stop them.  
NOTE Confidence: 0.85856414

00:33:24.220 --> 00:33:26.684 And they made me scared or uncomfortable.  
NOTE Confidence: 0.85856414

00:33:26.690 --> 00:33:28.796 It can be thoughts like Downing.  
NOTE Confidence: 0.85856414

00:33:28.800 --> 00:33:32.320 did I do that thing that I know I did,  
NOTE Confidence: 0.85856414

00:33:32.320 --> 00:33:35.128 because I remember? But what if I didn't?  
NOTE Confidence: 0.85856414

00:33:35.130 --> 00:33:38.397 And so maybe I feel the need to check?  
NOTE Confidence: 0.85856414

00:33:38.400 --> 00:33:39.592 And that is the.

NOTE Confidence: 0.85856414

00:33:39.592 --> 00:33:40.784 See the compulsion that

NOTE Confidence: 0.85856414

00:33:40.784 --> 00:33:41.930 behavior ritualized behaviors.

NOTE Confidence: 0.85856414

00:33:41.930 --> 00:33:43.214 Sometimes it seems like

NOTE Confidence: 0.85856414

00:33:43.214 --> 00:33:43.856 extreme superstitions.

NOTE Confidence: 0.85856414

00:33:43.860 --> 00:33:45.144 Having to repeat behaviors

NOTE Confidence: 0.85856414

00:33:45.144 --> 00:33:47.070 or do them a special way.

NOTE Confidence: 0.85856414

00:33:47.070 --> 00:33:48.354 Touch something a certain

NOTE Confidence: 0.85856414

00:33:48.354 --> 00:33:49.959 number of times for example.

NOTE Confidence: 0.85856414

00:33:49.960 --> 00:33:52.340 Or maybe I'm in my obsessions are

NOTE Confidence: 0.85856414

00:33:52.340 --> 00:33:54.369 around symmetry and how things are

NOTE Confidence: 0.85856414

00:33:54.369 --> 00:33:56.567 arranged and I have to arrange the

NOTE Confidence: 0.85856414

00:33:56.637 --> 00:33:58.997 things in my room a certain way or

NOTE Confidence: 0.85856414

00:33:58.997 --> 00:34:01.255 even create symmetry in my body by

NOTE Confidence: 0.85856414

00:34:01.255 --> 00:34:03.758 evening out the two sides of my body.

NOTE Confidence: 0.85856414

00:34:03.760 --> 00:34:06.007 Like touching something with my right hand.

NOTE Confidence: 0.85856414



00:34:06.010 --> 00:34:08.706 If I touched it with my left hand.  
NOTE Confidence: 0.85856414

00:34:08.710 --> 00:34:11.125 And these can be very strange thoughts.  
NOTE Confidence: 0.85856414

00:34:11.130 --> 00:34:12.715 They can seem like strange  
NOTE Confidence: 0.85856414

00:34:12.715 --> 00:34:14.300 thoughts because we don't talk  
NOTE Confidence: 0.85856414

00:34:14.363 --> 00:34:15.979 about our obsessions usually,  
NOTE Confidence: 0.85856414

00:34:15.980 --> 00:34:17.798 even though even people without OC  
NOTE Confidence: 0.85856414

00:34:17.798 --> 00:34:20.129 D when you ask them anonymously.  
NOTE Confidence: 0.85856414

00:34:20.130 --> 00:34:23.235 Do you ever have thoughts like OC D thoughts?  
NOTE Confidence: 0.87490076

00:34:23.240 --> 00:34:25.606 Most people say yes, but they don't  
NOTE Confidence: 0.87490076

00:34:25.606 --> 00:34:28.084 say them out loud because they feel  
NOTE Confidence: 0.87490076

00:34:28.084 --> 00:34:31.245 strange and so a child who has OC D  
NOTE Confidence: 0.87490076

00:34:31.245 --> 00:34:33.273 can feel like they're losing their  
NOTE Confidence: 0.87490076

00:34:33.273 --> 00:34:35.696 mind or they're very strange or crazy,  
NOTE Confidence: 0.87490076

00:34:35.700 --> 00:34:37.530 which makes the whole experience  
NOTE Confidence: 0.87490076

00:34:37.530 --> 00:34:39.707 of the disorder that much. Worse,  
NOTE Confidence: 0.87490076

00:34:39.707 --> 00:34:42.136 so those are the main anxiety disorders,

NOTE Confidence: 0.87490076

00:34:42.140 --> 00:34:44.288 but it's also important to remember

NOTE Confidence: 0.87490076

00:34:44.288 --> 00:34:46.649 that anxiety itself is not a disease.

NOTE Confidence: 0.87490076

00:34:46.650 --> 00:34:48.708 It's not a disorder were supposed

NOTE Confidence: 0.87490076

00:34:48.708 --> 00:34:50.810 to have anxiety in our lives.

NOTE Confidence: 0.87490076

00:34:50.810 --> 00:34:53.578 You could have too little anxiety in your

NOTE Confidence: 0.87490076

00:34:53.578 --> 00:34:56.359 life, just like you can have too much.

NOTE Confidence: 0.87490076

00:34:56.360 --> 00:34:59.136 In fact, if you have too little anxiety,

NOTE Confidence: 0.87490076

00:34:59.140 --> 00:35:01.216 that's a risk factor as well,

NOTE Confidence: 0.87490076

00:35:01.220 --> 00:35:03.125 because people with significantly low

NOTE Confidence: 0.87490076

00:35:03.125 --> 00:35:05.707 anxiety may get into trouble more because

NOTE Confidence: 0.87490076

00:35:05.707 --> 00:35:08.155 anxiety helps us to stay out of trouble.

NOTE Confidence: 0.87490076

00:35:08.160 --> 00:35:09.900 They may get into accidents,

NOTE Confidence: 0.87490076

00:35:09.900 --> 00:35:12.836 because anxiety helps us to stay away from.

NOTE Confidence: 0.87490076

00:35:12.840 --> 00:35:14.904 Dangers and it's important to remember

NOTE Confidence: 0.87490076

00:35:14.904 --> 00:35:16.680 that at different developmental stages,

NOTE Confidence: 0.87490076

00:35:16.680 --> 00:35:18.425 children are prone to different  
NOTE Confidence: 0.87490076

00:35:18.425 --> 00:35:20.170 kinds of fears and anxiety,  
NOTE Confidence: 0.87490076

00:35:20.170 --> 00:35:22.389 and some of these are likely to  
NOTE Confidence: 0.87490076

00:35:22.389 --> 00:35:24.010 resolve even without treatment.  
NOTE Confidence: 0.87490076

00:35:24.010 --> 00:35:26.432 So the first time your child comes  
NOTE Confidence: 0.87490076

00:35:26.432 --> 00:35:28.898 into the room and said, I said,  
NOTE Confidence: 0.87490076

00:35:28.898 --> 00:35:31.690 I think there's a monster under my bed.  
NOTE Confidence: 0.87490076

00:35:31.690 --> 00:35:34.189 You don't necessarily have to give them  
NOTE Confidence: 0.87490076

00:35:34.189 --> 00:35:36.916 Prozac or even take them to the Doctor,  
NOTE Confidence: 0.87490076

00:35:36.920 --> 00:35:37.339 But.  
NOTE Confidence: 0.87490076

00:35:37.339 --> 00:35:40.272 We, the supporters that we were just  
NOTE Confidence: 0.87490076

00:35:40.272 --> 00:35:42.868 talking about on the previous slide.  
NOTE Confidence: 0.87490076

00:35:42.870 --> 00:35:44.690 Those are anxiety problems that  
NOTE Confidence: 0.87490076

00:35:44.690 --> 00:35:45.418 are persistent,  
NOTE Confidence: 0.87490076

00:35:45.420 --> 00:35:47.280 will diagnose and anxiety disorder  
NOTE Confidence: 0.87490076

00:35:47.280 --> 00:35:49.140 when a child has significantly

NOTE Confidence: 0.87490076

00:35:49.203 --> 00:35:50.948 elevated levels of anxiety over

NOTE Confidence: 0.87490076

00:35:50.948 --> 00:35:52.693 a significant period of time,

NOTE Confidence: 0.87490076

00:35:52.700 --> 00:35:54.520 and it's impairing their function,

NOTE Confidence: 0.87490076

00:35:54.520 --> 00:35:56.446 whether that's their ability to go

NOTE Confidence: 0.87490076

00:35:56.446 --> 00:35:58.520 to school and function academically,

NOTE Confidence: 0.87490076

00:35:58.520 --> 00:36:00.300 whether it's their ability to

NOTE Confidence: 0.87490076

00:36:00.300 --> 00:36:01.724 function socially and interact

NOTE Confidence: 0.87490076

00:36:01.724 --> 00:36:03.619 with peers in our relationships,

NOTE Confidence: 0.87490076

00:36:03.620 --> 00:36:05.702 whether it's the family life that's

NOTE Confidence: 0.87490076

00:36:05.702 --> 00:36:08.129 being impaired by the anxiety problem.

NOTE Confidence: 0.87490076

00:36:08.130 --> 00:36:10.674 Or just their own personal feeling

NOTE Confidence: 0.87490076

00:36:10.674 --> 00:36:13.749 of well being like the child is

NOTE Confidence: 0.87490076

00:36:13.749 --> 00:36:16.341 losing sleep for the child whose

NOTE Confidence: 0.87490076

00:36:16.341 --> 00:36:19.449 appetite is affected or who is just

NOTE Confidence: 0.87490076

00:36:19.449 --> 00:36:21.616 suffering and those anxiety disorders,

NOTE Confidence: 0.87490076

00:36:21.616 --> 00:36:23.360 not just the occasional,  
NOTE Confidence: 0.87490076

00:36:23.360 --> 00:36:25.465 sometimes anxiety which is going  
NOTE Confidence: 0.87490076

00:36:25.465 --> 00:36:28.140 to be true of every child,  
NOTE Confidence: 0.87490076

00:36:28.140 --> 00:36:30.285 but the anxiety disorders are  
NOTE Confidence: 0.87490076

00:36:30.285 --> 00:36:32.001 actually extremely common in  
NOTE Confidence: 0.87490076

00:36:32.001 --> 00:36:34.227 children and adolescents and adults.  
NOTE Confidence: 0.87490076

00:36:34.230 --> 00:36:36.840 They are the most common mental  
NOTE Confidence: 0.87490076

00:36:36.840 --> 00:36:39.970 health problem, more common.  
NOTE Confidence: 0.87490076

00:36:39.970 --> 00:36:41.482 Other mental health problems.  
NOTE Confidence: 0.87490076

00:36:41.482 --> 00:36:43.596 Even then, attention deficit disorder,  
NOTE Confidence: 0.87490076

00:36:43.596 --> 00:36:46.308 which is another very commonly diagnosed  
NOTE Confidence: 0.87490076

00:36:46.308 --> 00:36:48.310 problem I put on this next slide.  
NOTE Confidence: 0.87490076

00:36:48.310 --> 00:36:50.200 Some other problems that are,  
NOTE Confidence: 0.87490076

00:36:50.200 --> 00:36:53.272 I think we think of us fairly common  
NOTE Confidence: 0.87490076

00:36:53.272 --> 00:36:55.807 phenomena like my child has a cavity  
NOTE Confidence: 0.87490076

00:36:55.807 --> 00:36:58.793 that needs to be filled or my child

NOTE Confidence: 0.87490076

00:36:58.793 --> 00:37:00.813 is overweight or needs glasses.

NOTE Confidence: 0.87490076

00:37:00.820 --> 00:37:02.710 These are the anxiety disorders,

NOTE Confidence: 0.87490076

00:37:02.710 --> 00:37:04.600 and so we're talking about

NOTE Confidence: 0.87490076

00:37:04.600 --> 00:37:05.734 extremely common problems.

NOTE Confidence: 0.87490076

00:37:05.740 --> 00:37:07.665 We currently estimate that approximately

NOTE Confidence: 0.87490076

00:37:07.665 --> 00:37:10.788 one in three children's going to have a

NOTE Confidence: 0.87490076

00:37:10.788 --> 00:37:12.300 significant clinical anxiety disorder.

NOTE Confidence: 0.87490076

00:37:12.300 --> 00:37:13.533 At some point,

NOTE Confidence: 0.87490076

00:37:13.533 --> 00:37:15.999 by the time they reached adulthood

NOTE Confidence: 0.87490076

00:37:15.999 --> 00:37:18.854 and those problems are likely to

NOTE Confidence: 0.87490076

00:37:18.854 --> 00:37:21.219 come along with additional ones,

NOTE Confidence: 0.87490076

00:37:21.220 --> 00:37:23.450 because anxiety is often comorbid,

NOTE Confidence: 0.87490076

00:37:23.450 --> 00:37:25.838 meaning it it comes together or

NOTE Confidence: 0.87490076

00:37:25.838 --> 00:37:28.036 Co occurs with other problems

NOTE Confidence: 0.87490076

00:37:28.036 --> 00:37:30.676 like mood disorders like substance

NOTE Confidence: 0.87490076

00:37:30.676 --> 00:37:33.710 disorders in teenagers in particular.  
NOTE Confidence: 0.87490076

00:37:33.710 --> 00:37:35.246 Substance abuse can sometimes  
NOTE Confidence: 0.87490076

00:37:35.246 --> 00:37:37.550 be a form of self medication  
NOTE Confidence: 0.86344016

00:37:37.617 --> 00:37:39.137 for an anxiety problem,  
NOTE Confidence: 0.86344016

00:37:39.140 --> 00:37:40.970 consider the child with social  
NOTE Confidence: 0.86344016

00:37:40.970 --> 00:37:43.410 anxiety who never has a relaxed,  
NOTE Confidence: 0.86344016

00:37:43.410 --> 00:37:44.958 comfortable, fun social interaction  
NOTE Confidence: 0.86344016

00:37:44.958 --> 00:37:46.893 because they're always so worried.  
NOTE Confidence: 0.86344016

00:37:46.900 --> 00:37:49.282 But then maybe there at some  
NOTE Confidence: 0.86344016

00:37:49.282 --> 00:37:51.310 gathering and someone gives them  
NOTE Confidence: 0.86344016

00:37:51.310 --> 00:37:53.500 something to smoke and they do.  
NOTE Confidence: 0.86344016

00:37:53.500 --> 00:37:55.930 And suddenly there relaxed and they're  
NOTE Confidence: 0.86344016

00:37:55.930 --> 00:37:59.433 able to talk and they are able to tell  
NOTE Confidence: 0.86344016

00:37:59.433 --> 00:38:02.418 jokes and people even laugh at their jokes.  
NOTE Confidence: 0.86344016

00:38:02.420 --> 00:38:04.312 Maybe because they're high.  
NOTE Confidence: 0.86344016

00:38:04.312 --> 00:38:07.150 And there enjoying that situation so

NOTE Confidence: 0.86344016

00:38:07.230 --> 00:38:09.595 different from their normal experience

NOTE Confidence: 0.86344016

00:38:09.595 --> 00:38:13.150 that it creates some risk for them to

NOTE Confidence: 0.86344016

00:38:13.150 --> 00:38:15.370 seek out that sensation through use

NOTE Confidence: 0.86344016

00:38:15.370 --> 00:38:19.688 of substances in the future as well.

NOTE Confidence: 0.86344016

00:38:19.690 --> 00:38:21.666 And So what does?

NOTE Confidence: 0.86344016

00:38:21.666 --> 00:38:23.148 Anxiety look like.

NOTE Confidence: 0.86344016

00:38:23.150 --> 00:38:25.194 Let's think about that was understand a

NOTE Confidence: 0.86344016

00:38:25.194 --> 00:38:27.348 little bit more about anxiety problems.

NOTE Confidence: 0.86344016

00:38:27.350 --> 00:38:29.926 But how can we detect this these problems?

NOTE Confidence: 0.86344016

00:38:29.930 --> 00:38:31.550 What does anxiety look like?

NOTE Confidence: 0.86344016

00:38:31.550 --> 00:38:34.150 Well, the truth of the matter is that

NOTE Confidence: 0.86344016

00:38:34.150 --> 00:38:36.775 anxiety can look like a lot of different

NOTE Confidence: 0.86344016

00:38:36.775 --> 00:38:38.979 things you may have in your mind.

NOTE Confidence: 0.86344016

00:38:38.980 --> 00:38:40.918 The mental image of what an

NOTE Confidence: 0.86344016

00:38:40.918 --> 00:38:42.210 anxious child looks like.

NOTE Confidence: 0.86344016



00:38:42.210 --> 00:38:43.810 Maybe they look like they're  
NOTE Confidence: 0.86344016

00:38:43.810 --> 00:38:45.760 cowering in the corner and Anne,  
NOTE Confidence: 0.86344016

00:38:45.760 --> 00:38:47.052 looking away and averting  
NOTE Confidence: 0.86344016

00:38:47.052 --> 00:38:48.667 their gaze and looking scared.  
NOTE Confidence: 0.86344016

00:38:48.670 --> 00:38:51.246 And that is true for some anxious children.  
NOTE Confidence: 0.86344016

00:38:51.250 --> 00:38:53.326 But anxiety can also look like.  
NOTE Confidence: 0.86344016

00:38:53.330 --> 00:38:56.120 Other things it can look like  
NOTE Confidence: 0.86344016

00:38:56.120 --> 00:38:58.849 oppositionality the child who is seems  
NOTE Confidence: 0.86344016

00:38:58.849 --> 00:39:01.607 to be defiant and not getting along,  
NOTE Confidence: 0.86344016

00:39:01.610 --> 00:39:04.226 is often driven by anxiety because  
NOTE Confidence: 0.86344016

00:39:04.226 --> 00:39:06.454 they're avoiding the things that  
NOTE Confidence: 0.86344016

00:39:06.454 --> 00:39:08.938 make them anxious and trying to  
NOTE Confidence: 0.86344016

00:39:08.938 --> 00:39:10.710 oppose anything that's likely  
NOTE Confidence: 0.86344016

00:39:10.710 --> 00:39:12.510 to trigger their anxiety.  
NOTE Confidence: 0.86344016

00:39:12.510 --> 00:39:13.818 And like perfectionism,  
NOTE Confidence: 0.86344016

00:39:13.818 --> 00:39:15.126 rigidity, self criticism,

NOTE Confidence: 0.86344016

00:39:15.130 --> 00:39:18.112 anger so many people forget that

NOTE Confidence: 0.86344016

00:39:18.112 --> 00:39:21.004 anger is a significant part of

NOTE Confidence: 0.86344016

00:39:21.004 --> 00:39:24.252 anxiety and the best way I think too.

NOTE Confidence: 0.86344016

00:39:24.260 --> 00:39:26.564 Not forget that is to think of that

NOTE Confidence: 0.86344016

00:39:26.564 --> 00:39:28.149 simple phrase fight or flight.

NOTE Confidence: 0.86344016

00:39:28.150 --> 00:39:29.905 Everybody knows that freeze fight

NOTE Confidence: 0.86344016

00:39:29.905 --> 00:39:32.345 or flight and yet so often we

NOTE Confidence: 0.86344016

00:39:32.345 --> 00:39:34.515 forget that half of that is fight.

NOTE Confidence: 0.86344016

00:39:34.520 --> 00:39:36.571 And what it means is that anxiety

NOTE Confidence: 0.86344016

00:39:36.571 --> 00:39:38.837 can drive us to avoidance behaviors

NOTE Confidence: 0.86344016

00:39:38.837 --> 00:39:40.589 through feelings of fear.

NOTE Confidence: 0.86344016

00:39:40.590 --> 00:39:43.326 But it can also drive us too aggressive

NOTE Confidence: 0.86344016

00:39:43.326 --> 00:39:45.179 behaviors through feelings of anger

NOTE Confidence: 0.86344016

00:39:45.179 --> 00:39:47.019 and irritability and even rage.

NOTE Confidence: 0.86344016

00:39:47.020 --> 00:39:48.580 This is particularly important

NOTE Confidence: 0.86344016

00:39:48.580 --> 00:39:50.920 for teachers because it's a lot  
NOTE Confidence: 0.86344016

00:39:50.985 --> 00:39:53.050 easier to look at the child who  
NOTE Confidence: 0.86344016

00:39:53.050 --> 00:39:54.868 looks like your classic, scared,  
NOTE Confidence: 0.86344016

00:39:54.868 --> 00:39:56.657 anxious child and think, oh,  
NOTE Confidence: 0.86344016

00:39:56.657 --> 00:39:58.799 that must be an anxious child.  
NOTE Confidence: 0.86344016

00:39:58.800 --> 00:40:00.240 But when you see.  
NOTE Confidence: 0.86344016

00:40:00.240 --> 00:40:00.960 Your child,  
NOTE Confidence: 0.86344016

00:40:00.960 --> 00:40:03.046 he seems upset and you come over  
NOTE Confidence: 0.86344016

00:40:03.046 --> 00:40:05.633 to them and put a hand on their  
NOTE Confidence: 0.86344016

00:40:05.633 --> 00:40:07.258 shoulder and they punch you.  
NOTE Confidence: 0.86344016

00:40:07.260 --> 00:40:09.150 It's a lot harder to think.  
NOTE Confidence: 0.86344016

00:40:09.150 --> 00:40:10.730 Maybe that's an anxious child,  
NOTE Confidence: 0.86344016

00:40:10.730 --> 00:40:12.452 but that anxiety can drive that  
NOTE Confidence: 0.86344016

00:40:12.452 --> 00:40:14.376 behavior just like it can drive  
NOTE Confidence: 0.86344016

00:40:14.376 --> 00:40:15.450 the avoidance behavior.  
NOTE Confidence: 0.86344016

00:40:15.450 --> 00:40:17.340 Not to say that all aggression

NOTE Confidence: 0.86344016

00:40:17.340 --> 00:40:18.285 is anxiety driven.

NOTE Confidence: 0.86344016

00:40:18.290 --> 00:40:20.174 There are other things that can

NOTE Confidence: 0.86344016

00:40:20.174 --> 00:40:21.750 drive aggressive behavior as well,

NOTE Confidence: 0.86344016

00:40:21.750 --> 00:40:24.970 but it is important to consider it.

NOTE Confidence: 0.86344016

00:40:24.970 --> 00:40:27.162 There's a metaphor I like to use to

NOTE Confidence: 0.86344016

00:40:27.162 --> 00:40:29.148 capture a little bit of what it's

NOTE Confidence: 0.86344016

00:40:29.148 --> 00:40:31.154 like to be an anxious child and

NOTE Confidence: 0.86344016

00:40:31.154 --> 00:40:33.142 to live with anxiety as a child,

NOTE Confidence: 0.86344016

00:40:33.150 --> 00:40:34.842 something that I also have some

NOTE Confidence: 0.86344016

00:40:34.842 --> 00:40:36.250 personal first hand experience with,

NOTE Confidence: 0.86344016

00:40:36.250 --> 00:40:38.231 and that is it's a metaphor that

NOTE Confidence: 0.86344016

00:40:38.231 --> 00:40:39.629 actually comes from a period,

NOTE Confidence: 0.8639641

00:40:39.630 --> 00:40:41.604 and by value. Findings in the army.

NOTE Confidence: 0.8639641

00:40:41.610 --> 00:40:44.238 And I don't know if anyone listening on this

NOTE Confidence: 0.8639641

00:40:44.238 --> 00:40:46.680 call was in military or was in the army,

NOTE Confidence: 0.8639641

00:40:46.680 --> 00:40:49.104 but I had training that prepares you for  
NOTE Confidence: 0.8639641

00:40:49.104 --> 00:40:51.789 how you should behave if you find yourself  
NOTE Confidence: 0.8639641

00:40:51.789 --> 00:40:54.647 in a minefield and have to walk out of it.  
NOTE Confidence: 0.8639641

00:40:54.650 --> 00:40:56.270 And the truth of matter is  
NOTE Confidence: 0.8639641

00:40:56.270 --> 00:40:57.940 you don't need that training.  
NOTE Confidence: 0.8639641

00:40:57.940 --> 00:41:00.622 You just need a little bit of common sense,  
NOTE Confidence: 0.8639641

00:41:00.630 --> 00:41:02.520 because if you have any common sense  
NOTE Confidence: 0.8639641

00:41:02.520 --> 00:41:04.519 in some sense of self preservation,  
NOTE Confidence: 0.8639641

00:41:04.520 --> 00:41:06.662 you're going to walk differently in a  
NOTE Confidence: 0.8639641

00:41:06.662 --> 00:41:08.999 minefield from how you walk in other places.  
NOTE Confidence: 0.8639641

00:41:09.000 --> 00:41:11.304 And I think the two big differences and  
NOTE Confidence: 0.8639641

00:41:11.304 --> 00:41:13.604 how you walk in a minefield capture  
NOTE Confidence: 0.8639641

00:41:13.604 --> 00:41:16.120 elements of what it's like to live your  
NOTE Confidence: 0.8639641

00:41:16.120 --> 00:41:18.270 life in a minefield as a child with  
NOTE Confidence: 0.8639641

00:41:18.270 --> 00:41:20.370 a lot of anxiety who experiences the  
NOTE Confidence: 0.8639641

00:41:20.370 --> 00:41:22.157 world like a minefield where things

NOTE Confidence: 0.8639641

00:41:22.157 --> 00:41:24.549 could blow up on them at any moment.

NOTE Confidence: 0.8639641

00:41:24.550 --> 00:41:25.160 One differences.

NOTE Confidence: 0.8639641

00:41:25.160 --> 00:41:26.685 When you're in a minefield,

NOTE Confidence: 0.8639641

00:41:26.690 --> 00:41:28.150 you don't take extra steps.

NOTE Confidence: 0.8639641

00:41:28.150 --> 00:41:30.194 You take us few steps as possible.

NOTE Confidence: 0.8639641

00:41:30.200 --> 00:41:32.072 It's not worth the risk of a step

NOTE Confidence: 0.8639641

00:41:32.072 --> 00:41:33.720 that's not completely necessary.

NOTE Confidence: 0.8639641

00:41:33.720 --> 00:41:34.485 So for example,

NOTE Confidence: 0.8639641

00:41:34.485 --> 00:41:37.163 if I'm at home and I'm in my yard and

NOTE Confidence: 0.8639641

00:41:37.163 --> 00:41:39.586 I see this is rabbit that visits my

NOTE Confidence: 0.8639641

00:41:39.586 --> 00:41:41.584 yard periodically, and if he's there,

NOTE Confidence: 0.8639641

00:41:41.584 --> 00:41:43.632 I might wander over closer to get

NOTE Confidence: 0.8639641

00:41:43.632 --> 00:41:45.438 a closer look 'cause he's sweet,

NOTE Confidence: 0.8639641

00:41:45.440 --> 00:41:47.198 but when I'm in a minefield,

NOTE Confidence: 0.8639641

00:41:47.200 --> 00:41:48.660 if I see a rabbit,

NOTE Confidence: 0.8639641

00:41:48.660 --> 00:41:50.394 I don't wander over closer because  
NOTE Confidence: 0.8639641

00:41:50.394 --> 00:41:51.880 it's not worth the risk.  
NOTE Confidence: 0.8639641

00:41:51.880 --> 00:41:53.638 I wish the rabbit good luck,  
NOTE Confidence: 0.8639641

00:41:53.640 --> 00:41:55.768 and I hope he makes it out.  
NOTE Confidence: 0.8639641

00:41:55.770 --> 00:41:57.835 But I don't take the extra steps  
NOTE Confidence: 0.8639641

00:41:57.835 --> 00:42:00.318 and think of the child with anxiety  
NOTE Confidence: 0.8639641

00:42:00.318 --> 00:42:02.604 and all of the potentially positive  
NOTE Confidence: 0.8639641

00:42:02.672 --> 00:42:04.377 experiences that they forgo because  
NOTE Confidence: 0.8639641

00:42:04.377 --> 00:42:06.434 of the risk of a potentially  
NOTE Confidence: 0.8639641

00:42:06.434 --> 00:42:07.810 catastrophic and negative experience.  
NOTE Confidence: 0.8639641

00:42:07.810 --> 00:42:10.554 Like could I go to the school trip?  
NOTE Confidence: 0.8639641

00:42:10.560 --> 00:42:12.280 Sure, will I go no,  
NOTE Confidence: 0.8639641

00:42:12.280 --> 00:42:14.344 because what if it goes terribly  
NOTE Confidence: 0.8639641

00:42:14.344 --> 00:42:15.720 and we get losted,  
NOTE Confidence: 0.8639641

00:42:15.720 --> 00:42:18.464 then we all die or everybody ridicules me,  
NOTE Confidence: 0.8639641

00:42:18.470 --> 00:42:18.834 etc.

NOTE Confidence: 0.8639641

00:42:18.834 --> 00:42:21.382 The other thing that is different when

NOTE Confidence: 0.8639641

00:42:21.382 --> 00:42:23.800 you're in a minefield is that you're

NOTE Confidence: 0.8639641

00:42:23.800 --> 00:42:27.068 going to show if you have any brains at all,

NOTE Confidence: 0.8639641

00:42:27.070 --> 00:42:29.338 you're going to show a preference.

NOTE Confidence: 0.8639641

00:42:29.340 --> 00:42:29.928 In fact,

NOTE Confidence: 0.8639641

00:42:29.928 --> 00:42:31.692 I would say a fanatical preference

NOTE Confidence: 0.8639641

00:42:31.692 --> 00:42:33.120 if at all possible,

NOTE Confidence: 0.8639641

00:42:33.120 --> 00:42:35.010 to step where you've already stacked.

NOTE Confidence: 0.8639641

00:42:35.010 --> 00:42:37.800 So if you have to backtrack and walk back

NOTE Confidence: 0.8639641

00:42:37.800 --> 00:42:40.365 'cause you went too far in One Direction,

NOTE Confidence: 0.8639641

00:42:40.370 --> 00:42:42.917 you're going to want to put your feet in

NOTE Confidence: 0.8639641

00:42:42.917 --> 00:42:45.714 the very same place and not somewhere new,

NOTE Confidence: 0.8639641

00:42:45.720 --> 00:42:46.944 because everything you've tried

NOTE Confidence: 0.8639641

00:42:46.944 --> 00:42:48.780 already is tested and safe and

NOTE Confidence: 0.8639641

00:42:48.833 --> 00:42:50.759 everything else is much more dangerous.

NOTE Confidence: 0.8639641



00:42:50.760 --> 00:42:51.328 And again,  
NOTE Confidence: 0.8639641

00:42:51.328 --> 00:42:53.032 think of the child with anxiety  
NOTE Confidence: 0.8639641

00:42:53.032 --> 00:42:54.933 and the preference that they often  
NOTE Confidence: 0.8639641

00:42:54.933 --> 00:42:56.841 show for the familiar for the  
NOTE Confidence: 0.8639641

00:42:56.903 --> 00:42:58.949 pattern and the aversion to novelty,  
NOTE Confidence: 0.8639641

00:42:58.950 --> 00:43:00.948 and to change because everything new.  
NOTE Confidence: 0.8639641

00:43:00.950 --> 00:43:03.250 Feels so much more dangerous.  
NOTE Confidence: 0.8807204

00:43:07.330 --> 00:43:09.235 Those are mainly behavioral changes  
NOTE Confidence: 0.8807204

00:43:09.235 --> 00:43:11.661 that we see in anxious children  
NOTE Confidence: 0.8807204

00:43:11.661 --> 00:43:13.906 will see the avoidance behavior,  
NOTE Confidence: 0.8807204

00:43:13.910 --> 00:43:15.960 the pattern and repetition behavior.  
NOTE Confidence: 0.8807204

00:43:15.960 --> 00:43:18.718 There are also other changes that occur  
NOTE Confidence: 0.8807204

00:43:18.718 --> 00:43:21.720 in a child when they are anxious.  
NOTE Confidence: 0.8807204

00:43:21.720 --> 00:43:22.540 Their cognition,  
NOTE Confidence: 0.8807204

00:43:22.540 --> 00:43:24.180 meaning their thoughts change.  
NOTE Confidence: 0.8807204

00:43:24.180 --> 00:43:27.057 We think differently when we are anxious,

NOTE Confidence: 0.8807204

00:43:27.060 --> 00:43:30.480 we focus on the things that make us anxious

NOTE Confidence: 0.8807204

00:43:30.480 --> 00:43:34.254 at the expense of focusing on other things.

NOTE Confidence: 0.8807204

00:43:34.260 --> 00:43:35.280 And that makes sense,

NOTE Confidence: 0.8807204

00:43:35.280 --> 00:43:36.555 because if you were coping

NOTE Confidence: 0.8807204

00:43:36.555 --> 00:43:37.540 with a real danger,

NOTE Confidence: 0.8807204

00:43:37.540 --> 00:43:39.548 like a truck that's about to hit you,

NOTE Confidence: 0.8807204

00:43:39.550 --> 00:43:41.062 it doesn't make sense to think

NOTE Confidence: 0.8807204

00:43:41.062 --> 00:43:41.818 about other things.

NOTE Confidence: 0.8807204

00:43:41.820 --> 00:43:43.374 It makes sense to push everything

NOTE Confidence: 0.8807204

00:43:43.374 --> 00:43:45.127 else aside and deal with the threat

NOTE Confidence: 0.8807204

00:43:45.127 --> 00:43:46.992 and only go back to the other things

NOTE Confidence: 0.8807204

00:43:46.992 --> 00:43:48.875 after the threat has been dealt with.

NOTE Confidence: 0.8807204

00:43:48.880 --> 00:43:50.518 But when you have an anxiety

NOTE Confidence: 0.8807204

00:43:50.518 --> 00:43:52.112 disorder and you always feel like

NOTE Confidence: 0.8807204

00:43:52.112 --> 00:43:53.912 a truck is about to run you over,

NOTE Confidence: 0.8807204

00:43:53.920 --> 00:43:55.432 it means it's very hard to  
NOTE Confidence: 0.8807204

00:43:55.432 --> 00:43:56.440 think about other things.  
NOTE Confidence: 0.8807204

00:43:56.440 --> 00:43:58.681 So you may be sitting in class and your  
NOTE Confidence: 0.8807204

00:43:58.681 --> 00:44:00.467 teacher wants you to listen to them,  
NOTE Confidence: 0.8807204

00:44:00.470 --> 00:44:02.846 but your brain is thinking about what if  
NOTE Confidence: 0.8807204

00:44:02.846 --> 00:44:04.935 mom doesn't come to pick me up at the  
NOTE Confidence: 0.8807204

00:44:04.935 --> 00:44:07.325 end of the school day and I'm left alone.  
NOTE Confidence: 0.8807204

00:44:07.330 --> 00:44:09.682 And that makes it very hard to  
NOTE Confidence: 0.8807204

00:44:09.682 --> 00:44:11.070 concentrate on anything else.  
NOTE Confidence: 0.8807204

00:44:11.070 --> 00:44:12.990 We also tend to overestimate the  
NOTE Confidence: 0.8807204

00:44:12.990 --> 00:44:14.691 likelihood of risks and negative  
NOTE Confidence: 0.8807204

00:44:14.691 --> 00:44:16.845 events when we are feeling anxious,  
NOTE Confidence: 0.8807204

00:44:16.850 --> 00:44:17.870 our emotions change.  
NOTE Confidence: 0.8807204

00:44:17.870 --> 00:44:18.890 We feel fear.  
NOTE Confidence: 0.8807204

00:44:18.890 --> 00:44:20.726 We feel anger and it's harder  
NOTE Confidence: 0.8807204

00:44:20.726 --> 00:44:22.378 to feel positive emotions like

NOTE Confidence: 0.8807204

00:44:22.378 --> 00:44:23.846 happiness and excitement and

NOTE Confidence: 0.8807204

00:44:23.846 --> 00:44:25.681 interest and enthusiasm and etc.

NOTE Confidence: 0.8807204

00:44:25.690 --> 00:44:27.730 And of course our body changes.

NOTE Confidence: 0.8807204

00:44:27.730 --> 00:44:29.998 We have the short term acute changes

NOTE Confidence: 0.8807204

00:44:29.998 --> 00:44:32.660 like the racing heart etc and we have

NOTE Confidence: 0.8807204

00:44:32.660 --> 00:44:34.715 those longer term changes like the

NOTE Confidence: 0.8807204

00:44:34.715 --> 00:44:36.905 physical pains and sleep and fatigue.

NOTE Confidence: 0.874553429473684

00:44:39.180 --> 00:44:42.820 So. What do we want to do when we're trying

NOTE Confidence: 0.874553429473684

00:44:42.907 --> 00:44:46.543 to help a child who is coping with anxiety?

NOTE Confidence: 0.874553429473684

00:44:46.550 --> 00:44:47.866 What would we want,

NOTE Confidence: 0.874553429473684

00:44:47.866 --> 00:44:50.230 kids and parents and teachers to know?

NOTE Confidence: 0.874553429473684

00:44:50.230 --> 00:44:51.895 One thing is important to

NOTE Confidence: 0.874553429473684

00:44:51.895 --> 00:44:52.894 normalize the problem.

NOTE Confidence: 0.874553429473684

00:44:52.900 --> 00:44:55.063 To remember that anxiety is a normal

NOTE Confidence: 0.874553429473684

00:44:55.063 --> 00:44:57.459 phenomenon and that lots of children are

NOTE Confidence: 0.874553429473684

00:44:57.459 --> 00:44:59.577 struggling with elevated levels of anxiety.  
NOTE Confidence: 0.874553429473684

00:44:59.580 --> 00:45:02.396 We explain anxiety to children as an alarm  
NOTE Confidence: 0.874553429473684

00:45:02.396 --> 00:45:05.257 system that is there to help keep them safe,  
NOTE Confidence: 0.874553429473684

00:45:05.260 --> 00:45:06.805 but that cannot function that  
NOTE Confidence: 0.874553429473684

00:45:06.805 --> 00:45:09.143 can go off for the wrong reason  
NOTE Confidence: 0.874553429473684

00:45:09.143 --> 00:45:11.315 and kids are familiar with this.  
NOTE Confidence: 0.874553429473684

00:45:11.320 --> 00:45:12.810 Often I'll ask a child,  
NOTE Confidence: 0.874553429473684

00:45:12.810 --> 00:45:14.890 have you ever heard a car alarm go  
NOTE Confidence: 0.874553429473684

00:45:14.890 --> 00:45:16.957 off and invariably they say yes,  
NOTE Confidence: 0.874553429473684

00:45:16.960 --> 00:45:18.450 and then I'll ask them,  
NOTE Confidence: 0.874553429473684

00:45:18.450 --> 00:45:20.674 have you ever heard a car alarm go  
NOTE Confidence: 0.874553429473684

00:45:20.674 --> 00:45:22.844 off because the car was being stolen  
NOTE Confidence: 0.874553429473684

00:45:22.844 --> 00:45:24.982 and generally they say no, I haven't.  
NOTE Confidence: 0.874553429473684

00:45:24.982 --> 00:45:26.758 And what does that tell us?  
NOTE Confidence: 0.874553429473684

00:45:26.760 --> 00:45:29.136 It tells us that alarms are not perfect,  
NOTE Confidence: 0.874553429473684

00:45:29.140 --> 00:45:30.620 but sometimes they go off

NOTE Confidence: 0.874553429473684  
00:45:30.620 --> 00:45:31.804 for the wrong reason.  
NOTE Confidence: 0.874553429473684  
00:45:31.810 --> 00:45:33.598 And when you hear in alarm,  
NOTE Confidence: 0.874553429473684  
00:45:33.600 --> 00:45:35.928 you can't decide whether it's a real alarm  
NOTE Confidence: 0.874553429473684  
00:45:35.928 --> 00:45:38.940 or a false alarm based on how loud it's so.  
NOTE Confidence: 0.874553429473684  
00:45:38.940 --> 00:45:40.902 The fact that your body is  
NOTE Confidence: 0.874553429473684  
00:45:40.902 --> 00:45:42.210 very anxious right now.  
NOTE Confidence: 0.874553429473684  
00:45:42.210 --> 00:45:44.345 Doesn't mean that it's a real danger.  
NOTE Confidence: 0.874553429473684  
00:45:44.350 --> 00:45:46.132 In order to determine if it's  
NOTE Confidence: 0.874553429473684  
00:45:46.132 --> 00:45:48.310 a real alarm or a false alarm,  
NOTE Confidence: 0.874553429473684  
00:45:48.310 --> 00:45:50.334 you have to check the reality you have  
NOTE Confidence: 0.874553429473684  
00:45:50.334 --> 00:45:52.244 to ask yourself real life questions  
NOTE Confidence: 0.874553429473684  
00:45:52.244 --> 00:45:54.720 like he's my car actually being stolen,  
NOTE Confidence: 0.874553429473684  
00:45:54.720 --> 00:45:56.848 or if my smoke alarm went off,  
NOTE Confidence: 0.874553429473684  
00:45:56.850 --> 00:45:58.380 is there really a fire?  
NOTE Confidence: 0.874553429473684  
00:45:58.380 --> 00:46:00.550 Or maybe moms calling something or dance  
NOTE Confidence: 0.874553429473684

00:46:00.550 --> 00:46:02.339 cooking something and made some smoke?  
NOTE Confidence: 0.874553429473684

00:46:02.340 --> 00:46:04.475 We talk about building up anxiety muscles,  
NOTE Confidence: 0.874553429473684

00:46:04.480 --> 00:46:06.818 meaning the need to tolerate anxiety to  
NOTE Confidence: 0.874553429473684

00:46:06.818 --> 00:46:09.048 cope with anxiety and not to avoid it.  
NOTE Confidence: 0.874553429473684

00:46:09.050 --> 00:46:10.880 And we explained to children the  
NOTE Confidence: 0.874553429473684

00:46:10.880 --> 00:46:12.818 anxiety curve, which is the idea.  
NOTE Confidence: 0.874553429473684

00:46:12.818 --> 00:46:14.478 That our anxiety goes up,  
NOTE Confidence: 0.874553429473684

00:46:14.480 --> 00:46:16.346 but it also comes back down.  
NOTE Confidence: 0.874553429473684

00:46:16.350 --> 00:46:18.222 Our body knows how to bring  
NOTE Confidence: 0.874553429473684

00:46:18.222 --> 00:46:19.470 the anxiety back down,  
NOTE Confidence: 0.874553429473684

00:46:19.470 --> 00:46:22.900 but we have to give it a chance to do it.  
NOTE Confidence: 0.874553429473684

00:46:22.900 --> 00:46:24.555 We can't interrupt that process  
NOTE Confidence: 0.874553429473684

00:46:24.555 --> 00:46:26.210 by avoidance because then we'll  
NOTE Confidence: 0.874553429473684

00:46:26.268 --> 00:46:27.900 be anxious again the next time.  
NOTE Confidence: 0.874553429473684

00:46:27.900 --> 00:46:30.077 Whereas if we let that process happen,  
NOTE Confidence: 0.874553429473684

00:46:30.080 --> 00:46:32.888 if we let the anxiety go up without avoiding,

NOTE Confidence: 0.874553429473684

00:46:32.890 --> 00:46:35.067 but also let it come back down,

NOTE Confidence: 0.874553429473684

00:46:35.070 --> 00:46:37.310 now will be in a new reality where

NOTE Confidence: 0.874553429473684

00:46:37.310 --> 00:46:39.438 we haven't avoided and we're still.

NOTE Confidence: 0.874553429473684

00:46:39.440 --> 00:46:41.701 And we're feeling calm again and that

NOTE Confidence: 0.874553429473684

00:46:41.701 --> 00:46:43.968 will help us to be less anxious.

NOTE Confidence: 0.874553429473684

00:46:43.970 --> 00:46:46.730 The next time around.

NOTE Confidence: 0.874553429473684

00:46:46.730 --> 00:46:48.806 And we teach physical calming skills

NOTE Confidence: 0.874553429473684

00:46:48.806 --> 00:46:51.090 like muscle relaxation or deep breathing,

NOTE Confidence: 0.874553429473684

00:46:51.090 --> 00:46:53.407 and there's many scripts you can find

NOTE Confidence: 0.874553429473684

00:46:53.407 --> 00:46:56.017 online for how to teach deep breathing

NOTE Confidence: 0.874553429473684

00:46:56.017 --> 00:46:58.345 or how to practice muscle relaxation.

NOTE Confidence: 0.874553429473684

00:46:58.350 --> 00:46:59.846 And they're all great,

NOTE Confidence: 0.874553429473684

00:46:59.846 --> 00:47:03.068 and you could just find any one of them,

NOTE Confidence: 0.874553429473684

00:47:03.070 --> 00:47:05.569 and it will probably be useful for

NOTE Confidence: 0.874553429473684

00:47:05.569 --> 00:47:08.147 you just taking two minutes of slow,

NOTE Confidence: 0.874553429473684



00:47:08.150 --> 00:47:10.790 deep breaths is a great way to calm  
NOTE Confidence: 0.874553429473684

00:47:10.790 --> 00:47:13.121 your body down and start turning  
NOTE Confidence: 0.874553429473684

00:47:13.121 --> 00:47:14.315 off that alarm.  
NOTE Confidence: 0.874553429473684

00:47:14.320 --> 00:47:16.828 And we teach cognitive skills like.  
NOTE Confidence: 0.874553429473684

00:47:16.830 --> 00:47:18.170 Challenging your anxious thoughts,  
NOTE Confidence: 0.874553429473684

00:47:18.170 --> 00:47:19.845 we call it stop sometimes.  
NOTE Confidence: 0.874553429473684

00:47:19.850 --> 00:47:22.188 Like for an as an acronym for.  
NOTE Confidence: 0.874553429473684

00:47:22.190 --> 00:47:23.538 Are you feeling scared?  
NOTE Confidence: 0.874553429473684

00:47:23.538 --> 00:47:25.560 What is the thought that you're  
NOTE Confidence: 0.8774328

00:47:25.622 --> 00:47:27.644 having and what is an alternative  
NOTE Confidence: 0.8774328

00:47:27.644 --> 00:47:30.007 thought that might be a little bit  
NOTE Confidence: 0.8774328

00:47:30.007 --> 00:47:31.915 more realistic and then give yourself  
NOTE Confidence: 0.8774328

00:47:31.915 --> 00:47:34.250 a high 5 some praise for having  
NOTE Confidence: 0.8774328

00:47:34.250 --> 00:47:36.319 challenge your own, your own anxiety.  
NOTE Confidence: 0.8774328

00:47:36.319 --> 00:47:38.084 And it's important to think  
NOTE Confidence: 0.8774328

00:47:38.084 --> 00:47:39.950 about how we as the adults,

NOTE Confidence: 0.8774328

00:47:39.950 --> 00:47:42.421 whether that is teachers in the classroom

NOTE Confidence: 0.8774328

00:47:42.421 --> 00:47:44.970 or whether that is parents in the home.

NOTE Confidence: 0.8774328

00:47:44.970 --> 00:47:47.476 How we respond to a child's anxiety.

NOTE Confidence: 0.8774328

00:47:47.480 --> 00:47:49.520 And that's a really important component

NOTE Confidence: 0.8774328

00:47:49.520 --> 00:47:52.580 as well, and I would say that our goal,

NOTE Confidence: 0.8774328

00:47:52.580 --> 00:47:54.020 as the caregivers, educators,

NOTE Confidence: 0.8774328

00:47:54.020 --> 00:47:57.185 and the teacher and the parents is to be

NOTE Confidence: 0.8774328

00:47:57.185 --> 00:47:59.376 supportive in response to a child's anxiety.

NOTE Confidence: 0.8774328

00:47:59.380 --> 00:48:01.780 The way to be supportive is to show

NOTE Confidence: 0.8774328

00:48:01.780 --> 00:48:03.757 your child through your words and

NOTE Confidence: 0.8774328

00:48:03.757 --> 00:48:06.167 your actions to show them a message

NOTE Confidence: 0.8774328

00:48:06.167 --> 00:48:08.062 that includes both an acceptance

NOTE Confidence: 0.8774328

00:48:08.062 --> 00:48:10.260 of what the child is experiencing.

NOTE Confidence: 0.8774328

00:48:10.260 --> 00:48:12.300 So don't try to negate it.

NOTE Confidence: 0.8774328

00:48:12.300 --> 00:48:15.700 Don't go with oh, don't worry about it or no,

NOTE Confidence: 0.8774328

00:48:15.700 --> 00:48:17.866 it's not not a big deal.  
NOTE Confidence: 0.8774328

00:48:17.870 --> 00:48:19.540 Or just suck it up.  
NOTE Confidence: 0.8774328

00:48:19.540 --> 00:48:21.484 Those are messages that are not  
NOTE Confidence: 0.8774328

00:48:21.484 --> 00:48:23.860 excepting if the child could choose the,  
NOTE Confidence: 0.8774328

00:48:23.860 --> 00:48:26.492 just don't know if I'm there anxiety they  
NOTE Confidence: 0.8774328

00:48:26.492 --> 00:48:28.529 would already have made that choice,  
NOTE Confidence: 0.8774328

00:48:28.530 --> 00:48:30.750 so show them acceptance by saying  
NOTE Confidence: 0.8774328

00:48:30.750 --> 00:48:33.188 words that are accepting like I get it.  
NOTE Confidence: 0.8774328

00:48:33.190 --> 00:48:35.188 This is really hard for you.  
NOTE Confidence: 0.8774328

00:48:35.190 --> 00:48:37.846 Where I get it, you are genuinely scared.  
NOTE Confidence: 0.8774328

00:48:37.850 --> 00:48:39.782 It's difficult but also show them  
NOTE Confidence: 0.8774328

00:48:39.782 --> 00:48:42.141 confidence meaning a vote of confidence in  
NOTE Confidence: 0.8774328

00:48:42.141 --> 00:48:44.175 their ability to tolerate some anxiety,  
NOTE Confidence: 0.8774328

00:48:44.180 --> 00:48:46.500 to be able to survive some anxiety when  
NOTE Confidence: 0.8774328

00:48:46.500 --> 00:48:49.290 we put those two magic messages together.  
NOTE Confidence: 0.8774328

00:48:49.290 --> 00:48:51.690 Which can be as simple as

NOTE Confidence: 0.8774328

00:48:51.690 --> 00:48:52.890 saying something like.

NOTE Confidence: 0.8774328

00:48:52.890 --> 00:48:55.690 I get that you're really scared now,

NOTE Confidence: 0.8774328

00:48:55.690 --> 00:48:58.490 but I believe you can handle it.

NOTE Confidence: 0.8774328

00:48:58.490 --> 00:49:00.890 That's when we are being supportive.

NOTE Confidence: 0.8774328

00:49:00.890 --> 00:49:02.090 So in summary,

NOTE Confidence: 0.8774328

00:49:02.090 --> 00:49:04.090 these are really common problems.

NOTE Confidence: 0.8774328

00:49:04.090 --> 00:49:06.664 They look very different in different

NOTE Confidence: 0.8774328

00:49:06.664 --> 00:49:09.180 children and facing anxiety rather than

NOTE Confidence: 0.8774328

00:49:09.180 --> 00:49:12.084 avoiding it is a key to overcoming anxiety.

NOTE Confidence: 0.8774328

00:49:12.090 --> 00:49:14.519 We can use coping skills for the

NOTE Confidence: 0.8774328

00:49:14.519 --> 00:49:17.032 mind for the body and through

NOTE Confidence: 0.8774328

00:49:17.032 --> 00:49:19.347 our behavior and as caregivers.

NOTE Confidence: 0.8774328

00:49:19.350 --> 00:49:22.052 We should try to adopt A supportive

NOTE Confidence: 0.8774328

00:49:22.052 --> 00:49:24.659 attitude that shows the child both

NOTE Confidence: 0.8774328

00:49:24.659 --> 00:49:26.944 acceptance and confidence rather than

NOTE Confidence: 0.8774328

00:49:26.944 --> 00:49:29.279 bending over backwards to accommodate

NOTE Confidence: 0.8774328

00:49:29.279 --> 00:49:32.429 the anxious child by ensuring that they

NOTE Confidence: 0.8774328

00:49:32.430 --> 00:49:35.918 don't have to cope or face there fear.

NOTE Confidence: 0.8774328

00:49:35.920 --> 00:49:38.100 So thank you very much.

NOTE Confidence: 0.8162375

00:49:46.760 --> 00:49:48.580 Thank you so much Ellie.

NOTE Confidence: 0.8162375

00:49:48.580 --> 00:49:50.988 I loved your presentation and the way

NOTE Confidence: 0.8162375

00:49:50.988 --> 00:49:53.203 that you explained the science behind

NOTE Confidence: 0.8162375

00:49:53.203 --> 00:49:55.447 what we're all experiencing and what

NOTE Confidence: 0.8162375

00:49:55.447 --> 00:49:58.038 Raina is has been experiencing right now.

NOTE Confidence: 0.8162375

00:49:58.040 --> 00:50:00.386 Perhaps this gives you new insights.

NOTE Confidence: 0.8162375

00:50:00.390 --> 00:50:02.240 Your next step, traffic novel,

NOTE Confidence: 0.8162375

00:50:02.240 --> 00:50:04.090 or perhaps you could illustrate

NOTE Confidence: 0.8162375

00:50:04.090 --> 00:50:05.200 Elyse next presentation?

NOTE Confidence: 0.8162375

00:50:05.200 --> 00:50:08.900 But thank you both so much and we do have.

NOTE Confidence: 0.8162375

00:50:08.900 --> 00:50:12.160 I think we have a little bit of time and

NOTE Confidence: 0.8162375

00:50:12.249 --> 00:50:15.189 we do have some questions coming in,

NOTE Confidence: 0.8162375

00:50:15.190 --> 00:50:18.187 so Sonia Rights in that she has a student

NOTE Confidence: 0.8162375

00:50:18.187 --> 00:50:20.882 where they need to let her know every

NOTE Confidence: 0.8162375

00:50:20.882 --> 00:50:24.067 time there's a fire drill practice happening.

NOTE Confidence: 0.8162375

00:50:24.070 --> 00:50:27.278 She screams when she hears the alarm and

NOTE Confidence: 0.8162375

00:50:27.278 --> 00:50:30.737 the funny wants to know if that's part of.

NOTE Confidence: 0.8162375

00:50:30.740 --> 00:50:31.886 Um, normal anxiety,

NOTE Confidence: 0.8162375

00:50:31.886 --> 00:50:34.178 or perhaps symptomatic of a some

NOTE Confidence: 0.8162375

00:50:34.178 --> 00:50:36.860 sort of disorder and how you would

NOTE Confidence: 0.8162375

00:50:36.860 --> 00:50:37.976 know the difference.

NOTE Confidence: 0.8162375

00:50:37.980 --> 00:50:40.647 So do you want to feel that?

NOTE Confidence: 0.8162375

00:50:40.650 --> 00:50:41.030 Sure,

NOTE Confidence: 0.8396714

00:50:41.030 --> 00:50:42.554 so first of all,

NOTE Confidence: 0.8396714

00:50:42.554 --> 00:50:44.840 that is a description we hear.

NOTE Confidence: 0.8396714

00:50:44.840 --> 00:50:46.360 Commonly there are many

NOTE Confidence: 0.8396714

00:50:46.360 --> 00:50:47.500 children were startled.

NOTE Confidence: 0.8396714

00:50:47.500 --> 00:50:50.032 There's a fire alarm brings together  
NOTE Confidence: 0.8396714

00:50:50.032 --> 00:50:53.128 a lot of challenges for for a lot  
NOTE Confidence: 0.8396714

00:50:53.128 --> 00:50:55.120 of children it's a loud noise.  
NOTE Confidence: 0.8396714

00:50:55.120 --> 00:50:57.406 It's a change in the schedule.  
NOTE Confidence: 0.8396714

00:50:57.410 --> 00:50:58.553 It's a surprise,  
NOTE Confidence: 0.8396714

00:50:58.553 --> 00:51:02.050 and it is related to the idea of fires.  
NOTE Confidence: 0.8396714

00:51:02.050 --> 00:51:04.255 And it means that everybody starts running.  
NOTE Confidence: 0.8396714

00:51:04.260 --> 00:51:06.054 You know, getting up and moving  
NOTE Confidence: 0.8396714

00:51:06.054 --> 00:51:08.049 in a way that is unusual,  
NOTE Confidence: 0.8396714

00:51:08.050 --> 00:51:10.269 and so for a lot of children,  
NOTE Confidence: 0.8396714

00:51:10.270 --> 00:51:12.862 one or many of those things are going to  
NOTE Confidence: 0.8396714

00:51:12.862 --> 00:51:15.010 trigger anxiety in terms of different.  
NOTE Confidence: 0.8396714

00:51:15.010 --> 00:51:16.585 Whether that is a symptom  
NOTE Confidence: 0.8396714

00:51:16.585 --> 00:51:17.845 of a bigger problem.  
NOTE Confidence: 0.8396714

00:51:17.850 --> 00:51:20.410 What I would say is let's take a look at  
NOTE Confidence: 0.8396714

00:51:20.476 --> 00:51:22.906 the child's life alittle more broadly.

NOTE Confidence: 0.8396714

00:51:22.910 --> 00:51:25.126 In other words, if that were the only

NOTE Confidence: 0.8396714

00:51:25.126 --> 00:51:27.009 symptom of anxiety and otherwise,

NOTE Confidence: 0.8396714

00:51:27.010 --> 00:51:28.146 well, it seems fine.

NOTE Confidence: 0.8396714

00:51:28.146 --> 00:51:30.641 It's just the fire alarms then I probably

NOTE Confidence: 0.8396714

00:51:30.641 --> 00:51:32.819 wouldn't consider it an anxiety disorder.

NOTE Confidence: 0.8396714

00:51:32.820 --> 00:51:33.400 But it,

NOTE Confidence: 0.8396714

00:51:33.400 --> 00:51:34.850 but the tools that we're

NOTE Confidence: 0.8396714

00:51:34.850 --> 00:51:36.470 talking about here makes sense.

NOTE Confidence: 0.8396714

00:51:36.470 --> 00:51:38.654 Whether you have an anxiety disorder that

NOTE Confidence: 0.8396714

00:51:38.654 --> 00:51:41.026 we would diagnose a clinical problem or not,

NOTE Confidence: 0.8396714

00:51:41.030 --> 00:51:43.142 even if the child has not a real

NOTE Confidence: 0.8396714

00:51:43.142 --> 00:51:45.280 full blown kind of anxiety disorder,

NOTE Confidence: 0.8396714

00:51:45.280 --> 00:51:47.408 they can still benefit from those tools,

NOTE Confidence: 0.8396714

00:51:47.410 --> 00:51:49.634 and so we can talk with the child

NOTE Confidence: 0.8396714

00:51:49.634 --> 00:51:51.229 about what goes through your

NOTE Confidence: 0.8396714



00:51:51.229 --> 00:51:53.490 mind when the fire alarm goes off  
NOTE Confidence: 0.8396714

00:51:53.553 --> 00:51:55.632 under can you take 3 deep breaths  
NOTE Confidence: 0.8396714

00:51:55.632 --> 00:51:57.442 when the fire alarm goes off,  
NOTE Confidence: 0.8396714

00:51:57.442 --> 00:51:58.658 and things like that,  
NOTE Confidence: 0.8396714

00:51:58.660 --> 00:52:01.084 even if it's not a full anxiety problem,  
NOTE Confidence: 0.8396714

00:52:01.090 --> 00:52:03.414 I will also take the opportunity to  
NOTE Confidence: 0.8396714

00:52:03.414 --> 00:52:05.649 set modem supposed to say this or not,  
NOTE Confidence: 0.8396714

00:52:05.650 --> 00:52:08.016 but I'll take the opportunity to say.  
NOTE Confidence: 0.8396714

00:52:08.020 --> 00:52:09.581 And here at the child study center  
NOTE Confidence: 0.8396714

00:52:09.581 --> 00:52:11.317 we have a very active anxiety  
NOTE Confidence: 0.8396714

00:52:11.317 --> 00:52:13.012 disorders program and we provide  
NOTE Confidence: 0.8396714

00:52:13.012 --> 00:52:14.832 evaluation and also treatment for  
NOTE Confidence: 0.8396714

00:52:14.832 --> 00:52:16.280 children with anxiety problems.  
NOTE Confidence: 0.8396714

00:52:16.280 --> 00:52:18.144 In many cases we can even do that  
NOTE Confidence: 0.8396714

00:52:18.144 --> 00:52:20.054 at no cost if people participated  
NOTE Confidence: 0.8396714

00:52:20.054 --> 00:52:22.130 in research where where it can

NOTE Confidence: 0.8396714

00:52:22.196 --> 00:52:23.628 not be through research,

NOTE Confidence: 0.8396714

00:52:23.630 --> 00:52:25.786 and so if there's a question about

NOTE Confidence: 0.8396714

00:52:25.786 --> 00:52:27.807 a specific child and we're not sure

NOTE Confidence: 0.8396714

00:52:27.807 --> 00:52:30.104 a good a good idea maybe to actually

NOTE Confidence: 0.8396714

00:52:30.104 --> 00:52:32.132 have an assessment meet with somebody

NOTE Confidence: 0.8396714

00:52:32.132 --> 00:52:34.038 who is expert in anxiety problems

NOTE Confidence: 0.8396714

00:52:34.038 --> 00:52:36.170 and they'll be able to tell you.

NOTE Confidence: 0.8396714

00:52:36.170 --> 00:52:36.536 Yes,

NOTE Confidence: 0.8396714

00:52:36.536 --> 00:52:39.830 I think this child needs a little bit more.

NOTE Confidence: 0.8396714

00:52:39.830 --> 00:52:41.828 Or maybe just give parents some

NOTE Confidence: 0.8396714

00:52:41.828 --> 00:52:43.498 suggestions and say Let's check

NOTE Confidence: 0.8396714

00:52:43.498 --> 00:52:44.618 back in next year.

NOTE Confidence: 0.85411245

00:52:48.270 --> 00:52:50.225 OK, and I think there's

NOTE Confidence: 0.85411245

00:52:50.225 --> 00:52:52.180 time for one more question,

NOTE Confidence: 0.85411245

00:52:52.180 --> 00:52:54.917 which is goes to. Both of you.

NOTE Confidence: 0.85411245

00:52:54.920 --> 00:52:57.260 Are you hearing particular outrage from  
NOTE Confidence: 0.85411245

00:52:57.260 --> 00:52:59.652 educators about anxiety in relation to  
NOTE Confidence: 0.85411245

00:52:59.652 --> 00:53:01.956 the experience of kovid remote learning?  
NOTE Confidence: 0.85411245

00:53:01.960 --> 00:53:04.300 The racial justice issues like what?  
NOTE Confidence: 0.85411245

00:53:04.300 --> 00:53:06.532 What sort of uptick in outreach  
NOTE Confidence: 0.85411245

00:53:06.532 --> 00:53:08.989 to both of you have noted?  
NOTE Confidence: 0.85411245

00:53:08.990 --> 00:53:11.605 Have you noticed in how  
NOTE Confidence: 0.85411245

00:53:11.605 --> 00:53:14.220 are you responding to it?  
NOTE Confidence: 0.85411245

00:53:14.220 --> 00:53:17.404 I'm so Rainha do you want to start  
NOTE Confidence: 0.86579627

00:53:17.410 --> 00:53:18.946 with that? I mean,  
NOTE Confidence: 0.86579627

00:53:18.946 --> 00:53:21.800 I'm I'm not in the educational field,  
NOTE Confidence: 0.86579627

00:53:21.800 --> 00:53:24.200 but I am connected with librarians,  
NOTE Confidence: 0.86579627

00:53:24.200 --> 00:53:26.190 teachers, and parents and friends,  
NOTE Confidence: 0.86579627

00:53:26.190 --> 00:53:28.500 and my my unusual personal experience  
NOTE Confidence: 0.86579627

00:53:28.500 --> 00:53:31.327 was that my anxiety levels went down  
NOTE Confidence: 0.86579627

00:53:31.327 --> 00:53:34.162 significantly as soon as lock down started,

NOTE Confidence: 0.86579627

00:53:34.170 --> 00:53:35.762 because suddenly I wasn't

NOTE Confidence: 0.86579627

00:53:35.762 --> 00:53:36.956 worried about germs.

NOTE Confidence: 0.86579627

00:53:36.960 --> 00:53:39.795 I wasn't worried about some of the

NOTE Confidence: 0.86579627

00:53:39.795 --> 00:53:42.547 social phobias and issues that I have,

NOTE Confidence: 0.86579627

00:53:42.550 --> 00:53:44.690 and I've I've heard that.

NOTE Confidence: 0.86579627

00:53:44.690 --> 00:53:50.269 Kids who come fall towards the anxious.

NOTE Confidence: 0.86579627

00:53:50.270 --> 00:53:52.916 By personality types are having a similar

NOTE Confidence: 0.86579627

00:53:52.916 --> 00:53:55.100 experience where they're like it's so much

NOTE Confidence: 0.86579627

00:53:55.100 --> 00:53:57.329 easier for me to learn in this format,

NOTE Confidence: 0.86579627

00:53:57.330 --> 00:53:59.818 and it's easier to not have to be

NOTE Confidence: 0.86579627

00:53:59.818 --> 00:54:01.830 surrounded by people all the time,

NOTE Confidence: 0.86579627

00:54:01.830 --> 00:54:04.070 and so a combination of remote learning,

NOTE Confidence: 0.86579627

00:54:04.070 --> 00:54:04.714 video learning.

NOTE Confidence: 0.86579627

00:54:04.714 --> 00:54:06.002 You know self directed

NOTE Confidence: 0.86579627

00:54:06.002 --> 00:54:07.600 learning really works for them,

NOTE Confidence: 0.86579627

00:54:07.600 --> 00:54:10.032 so then it just it just leaves the

NOTE Confidence: 0.86579627

00:54:10.032 --> 00:54:12.006 question of like what comes next

NOTE Confidence: 0.86579627

00:54:12.006 --> 00:54:14.350 and what does next year look like?

NOTE Confidence: 0.86579627

00:54:14.350 --> 00:54:15.310 What is next?

NOTE Confidence: 0.86579627

00:54:15.310 --> 00:54:17.230 The next five years look like?

NOTE Confidence: 0.86579627

00:54:17.230 --> 00:54:18.193 Should they consider

NOTE Confidence: 0.86579627

00:54:18.193 --> 00:54:19.156 homeschooling their kids?

NOTE Confidence: 0.86579627

00:54:19.160 --> 00:54:20.768 Should they you know,

NOTE Confidence: 0.86579627

00:54:20.768 --> 00:54:21.974 look into alternative?

NOTE Confidence: 0.86579627

00:54:21.980 --> 00:54:23.410 Schools like I again like

NOTE Confidence: 0.86579627

00:54:23.410 --> 00:54:24.840 since I'm not a parent,

NOTE Confidence: 0.86579627

00:54:24.840 --> 00:54:26.454 I don't have to deal with

NOTE Confidence: 0.86579627

00:54:26.454 --> 00:54:27.990 this on the day today,

NOTE Confidence: 0.86579627

00:54:27.990 --> 00:54:29.670 but I've been listening and learning

NOTE Confidence: 0.86579627

00:54:29.670 --> 00:54:32.055 from a lot of the conversations and I

NOTE Confidence: 0.86579627

00:54:32.055 --> 00:54:34.449 can't help but think what kind of kid

NOTE Confidence: 0.86579627

00:54:34.449 --> 00:54:36.276 would I have been like during this?

NOTE Confidence: 0.86579627

00:54:36.280 --> 00:54:38.552 I think I would have been the same

NOTE Confidence: 0.86579627

00:54:38.552 --> 00:54:41.140 as I am now, which is such a relief.

NOTE Confidence: 0.86579627

00:54:41.140 --> 00:54:42.826 I'm really tired of being around

NOTE Confidence: 0.86579627

00:54:42.826 --> 00:54:44.290 my family all the time,

NOTE Confidence: 0.86579627

00:54:44.290 --> 00:54:47.938 but I really like not having.

NOTE Confidence: 0.86579627

00:54:47.940 --> 00:54:48.227 Yeah,

NOTE Confidence: 0.86579627

00:54:48.227 --> 00:54:50.236 so I think that that transition is

NOTE Confidence: 0.86579627

00:54:50.236 --> 00:54:52.980 going to be tough for a lot of a lot of kids.

NOTE Confidence: 0.44052765

00:54:55.430 --> 00:54:56.020 Ellie

NOTE Confidence: 0.84327614

00:54:57.610 --> 00:54:59.080 Raiders experience is not all

NOTE Confidence: 0.84327614

00:54:59.080 --> 00:55:00.550 that a typical there there.

NOTE Confidence: 0.84327614

00:55:00.550 --> 00:55:02.020 There are a lot of.

NOTE Confidence: 0.84327614

00:55:02.020 --> 00:55:03.973 There are a lot of children who

NOTE Confidence: 0.84327614

00:55:03.973 --> 00:55:05.250 are experiencing elevated anxiety.

NOTE Confidence: 0.84327614

00:55:05.250 --> 00:55:07.020 Now they're worried about their families.

NOTE Confidence: 0.84327614

00:55:07.020 --> 00:55:08.490 They worried about their health.

NOTE Confidence: 0.84327614

00:55:08.490 --> 00:55:10.689 They're worried about.

NOTE Confidence: 0.84327614

00:55:10.690 --> 00:55:13.049 What is next year gonna look like?

NOTE Confidence: 0.84327614

00:55:13.050 --> 00:55:14.810 They may know somebody directly

NOTE Confidence: 0.84327614

00:55:14.810 --> 00:55:16.570 affected by this pandemic and

NOTE Confidence: 0.84327614

00:55:16.632 --> 00:55:18.732 that can trigger a lot of anxiety

NOTE Confidence: 0.84327614

00:55:18.732 --> 00:55:20.732 or likewise around the issues of

NOTE Confidence: 0.84327614

00:55:20.732 --> 00:55:22.462 social justice protests that are

NOTE Confidence: 0.84327614

00:55:22.462 --> 00:55:24.288 happening and things relating to that.

NOTE Confidence: 0.84327614

00:55:24.288 --> 00:55:26.496 There are a lot of children are

NOTE Confidence: 0.84327614

00:55:26.496 --> 00:55:27.879 experiencing elevated anxiety,

NOTE Confidence: 0.84327614

00:55:27.880 --> 00:55:29.805 but it is also true that there

NOTE Confidence: 0.84327614

00:55:29.805 --> 00:55:32.543 is a lot of children for who the

NOTE Confidence: 0.84327614

00:55:32.543 --> 00:55:34.808 real impact of this pandemic is

NOTE Confidence: 0.84327614

00:55:34.808 --> 00:55:36.926 going to manifest when they are

NOTE Confidence: 0.84327614

00:55:36.926 --> 00:55:38.662 asked to resume normal life.

NOTE Confidence: 0.84327614

00:55:38.662 --> 00:55:41.014 If you're a child with separation anxiety,

NOTE Confidence: 0.84327614

00:55:41.020 --> 00:55:43.456 this might have been the best period.

NOTE Confidence: 0.84327614

00:55:43.460 --> 00:55:45.050 Because very little separation were

NOTE Confidence: 0.84327614

00:55:45.050 --> 00:55:47.150 all at home. You have social anxiety.

NOTE Confidence: 0.84327614

00:55:47.150 --> 00:55:49.270 You may not have had to cope

NOTE Confidence: 0.84327614

00:55:49.270 --> 00:55:50.995 with the social interactions that

NOTE Confidence: 0.84327614

00:55:50.995 --> 00:55:53.029 you usually have to cope with,

NOTE Confidence: 0.84327614

00:55:53.030 --> 00:55:54.938 but we're going to be asking.

NOTE Confidence: 0.84327614

00:55:54.940 --> 00:55:56.830 Children were starting already to

NOTE Confidence: 0.84327614

00:55:56.830 --> 00:55:58.720 ask children through an increasingly

NOTE Confidence: 0.84327614

00:55:58.779 --> 00:56:00.627 will be asking children to pick back

NOTE Confidence: 0.84327614

00:56:00.627 --> 00:56:02.086 up all those functional challenges

NOTE Confidence: 0.84327614

00:56:02.086 --> 00:56:04.502 and a lot of children are going to

NOTE Confidence: 0.84327614

00:56:04.510 --> 00:56:06.430 manifest the anxiety at that point,

NOTE Confidence: 0.84327614



00:56:06.430 --> 00:56:08.495 which is why it's important even during  
NOTE Confidence: 0.84327614

00:56:08.495 --> 00:56:10.260 social distancing and social isolation,  
NOTE Confidence: 0.84327614

00:56:10.260 --> 00:56:12.388 not to let it be a vacuum  
NOTE Confidence: 0.84327614

00:56:12.388 --> 00:56:13.880 of challenge and coping.  
NOTE Confidence: 0.84327614

00:56:13.880 --> 00:56:15.637 But to do your best to ensure  
NOTE Confidence: 0.84327614

00:56:15.637 --> 00:56:17.125 that there are still functional  
NOTE Confidence: 0.84327614

00:56:17.125 --> 00:56:19.484 expectations that we get up in the  
NOTE Confidence: 0.84327614

00:56:19.484 --> 00:56:21.364 morning and we are productive that  
NOTE Confidence: 0.84327614

00:56:21.364 --> 00:56:23.148 we do interact with other people,  
NOTE Confidence: 0.84327614

00:56:23.148 --> 00:56:24.936 even if it is on zoom.  
NOTE Confidence: 0.84327614

00:56:24.940 --> 00:56:26.928 And to the extent that is possible  
NOTE Confidence: 0.84327614

00:56:26.928 --> 00:56:28.829 and safe in other ways also,  
NOTE Confidence: 0.84327614

00:56:28.830 --> 00:56:30.916 even that there is separation from parents.  
NOTE Confidence: 0.84327614

00:56:30.920 --> 00:56:33.602 Maybe you have to be in the same house.  
NOTE Confidence: 0.84327614

00:56:33.610 --> 00:56:35.738 Don't be in the same room all the  
NOTE Confidence: 0.84327614

00:56:35.738 --> 00:56:37.486 time because it's important that this

NOTE Confidence: 0.84327614

00:56:37.486 --> 00:56:39.939 not be this sort of black hole of

NOTE Confidence: 0.84327614

00:56:39.939 --> 00:56:41.584 functioning and then suddenly asks

NOTE Confidence: 0.84327614

00:56:41.584 --> 00:56:44.080 children to be right back in normal mode.

NOTE Confidence: 0.8797787

00:56:46.650 --> 00:56:48.122 Thank you, that's best.

NOTE Confidence: 0.8797787

00:56:48.122 --> 00:56:49.594 Sounds like really concrete,

NOTE Confidence: 0.8797787

00:56:49.600 --> 00:56:51.670 good advice and I wanna let

NOTE Confidence: 0.8797787

00:56:51.670 --> 00:56:53.908 our audience know that they can

NOTE Confidence: 0.8797787

00:56:53.908 --> 00:56:55.878 contact us with more questions.

NOTE Confidence: 0.8797787

00:56:55.880 --> 00:56:57.196 We're getting some questions

NOTE Confidence: 0.8797787

00:56:57.196 --> 00:56:59.670 in the chat box that are very

NOTE Confidence: 0.8797787

00:56:59.670 --> 00:57:01.410 specific to people's children.

NOTE Confidence: 0.8797787

00:57:01.410 --> 00:57:02.915 This is really resonating and

NOTE Confidence: 0.8797787

00:57:02.915 --> 00:57:05.428 we do have a help desk feature

NOTE Confidence: 0.8797787

00:57:05.428 --> 00:57:07.308 on the collaborative's website,

NOTE Confidence: 0.8797787

00:57:07.310 --> 00:57:09.900 which I'll post in the chat box.

NOTE Confidence: 0.8797787

00:57:09.900 --> 00:57:12.108 And if you send your questions,

NOTE Confidence: 0.8797787

00:57:12.110 --> 00:57:16.520 people like Ellie will get back to you so.

NOTE Confidence: 0.8797787

00:57:16.520 --> 00:57:17.876 Good luck to everyone.

NOTE Confidence: 0.8797787

00:57:17.876 --> 00:57:20.283 Thank you to our panelists and we're

NOTE Confidence: 0.8797787

00:57:20.283 --> 00:57:22.432 going to take a little break and

NOTE Confidence: 0.8797787

00:57:22.432 --> 00:57:25.092 come back with a panel as educators

NOTE Confidence: 0.8797787

00:57:25.092 --> 00:57:27.432 talking about resuming school during kovit.

NOTE Confidence: 0.8797787

00:57:27.432 --> 00:57:28.840 So thank you everyone.

NOTE Confidence: 0.8797787

00:57:28.840 --> 00:57:29.578 Thank you.