

WEBVTT

NOTE duration:"00:04:51"

NOTE recognizability:0.930

NOTE language:en-us

NOTE Confidence: 0.91111237

00:00:03.240 --> 00:00:04.800 Hi Nikki. It's so good to see you

NOTE Confidence: 0.91111237

00:00:04.800 --> 00:00:06.402 again. How have you been feeling

NOTE Confidence: 0.91111237

00:00:06.402 --> 00:00:08.398 since the last time that that we met?

NOTE Confidence: 0.91111237

00:00:08.400 --> 00:00:09.400 Things have been good.

NOTE Confidence: 0.91111237

00:00:09.400 --> 00:00:11.370 Yeah. I saw my family

NOTE Confidence: 0.91111237

00:00:11.370 --> 00:00:12.920 this weekend, my cousins.

NOTE Confidence: 0.91111237

00:00:12.920 --> 00:00:15.680 We had a big BBQ, which was really fun.

NOTE Confidence: 0.91111237

00:00:15.720 --> 00:00:18.882 But I have been feeling pretty

NOTE Confidence: 0.91111237

00:00:18.882 --> 00:00:20.576 kind of worried today and I've and

NOTE Confidence: 0.91111237

00:00:20.576 --> 00:00:21.960 my stomach's been hurting a lot.

NOTE Confidence: 0.91111237

00:00:21.960 --> 00:00:23.318 So I've been thinking maybe I should

NOTE Confidence: 0.91111237

00:00:23.320 --> 00:00:25.024 go to the nurse. OK, so it sounds

NOTE Confidence: 0.91111237

00:00:25.024 --> 00:00:27.040 like it was a really fun weekend,

NOTE Confidence: 0.93090676875

00:00:27.080 --> 00:00:29.120 but today you're just stomach  
NOTE Confidence: 0.93090676875

00:00:29.120 --> 00:00:31.642 isn't feeling right and it could  
NOTE Confidence: 0.93090676875

00:00:31.642 --> 00:00:33.647 be related to your worries.  
NOTE Confidence: 0.93090676875

00:00:33.650 --> 00:00:34.994 So why don't we do our session today?  
NOTE Confidence: 0.93090676875

00:00:34.994 --> 00:00:36.530 We'll do our feelings, check in,  
NOTE Confidence: 0.93373454

00:00:36.530 --> 00:00:38.707 and then see how your stomach's feeling  
NOTE Confidence: 0.93373454

00:00:38.707 --> 00:00:40.040 after that. And if you still need  
NOTE Confidence: 0.93373454

00:00:40.040 --> 00:00:41.289 to go to the nurse after we meet,  
NOTE Confidence: 0.93373454

00:00:41.290 --> 00:00:43.363 we can make sure to get you over there.  
NOTE Confidence: 0.93373454

00:00:43.363 --> 00:00:45.258 OK, That sounds good. All right,  
NOTE Confidence: 0.93373454

00:00:45.258 --> 00:00:47.240 So I just want to make sure that we're  
NOTE Confidence: 0.93373454

00:00:47.240 --> 00:00:49.034 not missing anything about the different  
NOTE Confidence: 0.93373454

00:00:49.034 --> 00:00:51.167 kinds of worries that you might be having.  
NOTE Confidence: 0.93373454

00:00:51.170 --> 00:00:53.123 I'd love to have you just fill  
NOTE Confidence: 0.93373454

00:00:53.123 --> 00:00:54.810 out this GAD 7 checklist.  
NOTE Confidence: 0.93373454

00:00:54.810 --> 00:00:57.159 Now, did you want me to fill this out?

NOTE Confidence: 0.93373454  
00:00:57.160 --> 00:00:58.240 We can fill it out together,  
NOTE Confidence: 0.93373454  
00:00:58.240 --> 00:00:59.360 or you can do it.  
NOTE Confidence: 0.93373454  
00:00:59.360 --> 00:01:01.064 I think I can do it. Yeah. OK, great.  
NOTE Confidence: 0.93373454  
00:01:01.064 --> 00:01:03.032 We've gotten so used to these.  
NOTE Confidence: 0.93373454  
00:01:03.040 --> 00:01:03.472 That's great.  
NOTE Confidence: 0.93373454  
00:01:03.472 --> 00:01:04.120 Take your time.  
NOTE Confidence: 0.92246854  
00:01:15.160 --> 00:01:18.000 OK, Good. Awesome. All right.  
NOTE Confidence: 0.92246854  
00:01:18.000 --> 00:01:19.400 So is it OK if we score this  
NOTE Confidence: 0.92246854  
00:01:19.400 --> 00:01:20.800 and we can talk it through?  
NOTE Confidence: 0.92246854  
00:01:20.800 --> 00:01:22.200 Great. All right. So remember,  
NOTE Confidence: 0.92246854  
00:01:22.200 --> 00:01:25.398 we do our quick math here.  
NOTE Confidence: 0.92246854  
00:01:25.400 --> 00:01:27.176 I know you can can let me know  
NOTE Confidence: 0.92246854  
00:01:27.176 --> 00:01:29.060 if I'm not adding it up right.  
NOTE Confidence: 0.92246854  
00:01:29.060 --> 00:01:30.698 Okay. So today it looks like  
NOTE Confidence: 0.92246854  
00:01:30.698 --> 00:01:32.139 your total score is a 12.  
NOTE Confidence: 0.92246854

00:01:32.140 --> 00:01:33.195 The lowest score that you  
NOTE Confidence: 0.92246854

00:01:33.195 --> 00:01:34.499 can get on this is a 0.  
NOTE Confidence: 0.92246854

00:01:34.500 --> 00:01:36.860 And then the highest score is a 21.  
NOTE Confidence: 0.92246854

00:01:36.860 --> 00:01:39.380 So today at 12 puts you in  
NOTE Confidence: 0.92246854

00:01:39.380 --> 00:01:40.980 the moderate anxiety range.  
NOTE Confidence: 0.92246854

00:01:40.980 --> 00:01:42.935 So not the highest, highest,  
NOTE Confidence: 0.92246854

00:01:42.935 --> 00:01:45.420 but but you know higher up there.  
NOTE Confidence: 0.92246854

00:01:45.420 --> 00:01:47.219 And it it looks like from this  
NOTE Confidence: 0.92246854

00:01:47.219 --> 00:01:48.819 that you're feeling pretty nervous,  
NOTE Confidence: 0.92246854

00:01:48.820 --> 00:01:51.592 anxious and on edge almost every  
NOTE Confidence: 0.92246854

00:01:51.592 --> 00:01:53.800 day and having some trouble  
NOTE Confidence: 0.92246854

00:01:53.800 --> 00:01:55.975 controlling your worrying and worrying  
NOTE Confidence: 0.92246854

00:01:55.975 --> 00:01:58.136 about a lot of different things.  
NOTE Confidence: 0.92246854

00:01:58.140 --> 00:02:00.303 It does look like though you are  
NOTE Confidence: 0.92246854

00:02:00.303 --> 00:02:02.331 not really having as much trouble  
NOTE Confidence: 0.92246854

00:02:02.331 --> 00:02:04.061 relaxing or feeling restless or

NOTE Confidence: 0.92246854

00:02:04.061 --> 00:02:06.300 having a hard time sitting still,

NOTE Confidence: 0.92246854

00:02:06.300 --> 00:02:08.022 which I can tell you look really

NOTE Confidence: 0.92246854

00:02:08.022 --> 00:02:09.060 calm just sitting here.

NOTE Confidence: 0.92246854

00:02:09.060 --> 00:02:11.276 But you're telling me that you have a

NOTE Confidence: 0.92246854

00:02:11.276 --> 00:02:13.656 lot on your mind with these scores.

NOTE Confidence: 0.92246854

00:02:13.660 --> 00:02:16.100 How does that fit with how you feel?

NOTE Confidence: 0.92246854

00:02:16.100 --> 00:02:16.760 Yeah, I think.

NOTE Confidence: 0.92246854

00:02:16.760 --> 00:02:17.420 I think that

NOTE Confidence: 0.9369116

00:02:17.420 --> 00:02:19.538 matches pretty well.

NOTE Confidence: 0.9369116

00:02:19.540 --> 00:02:21.550 Lately, I've been feeling like

NOTE Confidence: 0.9369116

00:02:21.550 --> 00:02:22.978 so many things could happen,

NOTE Confidence: 0.9369116

00:02:22.978 --> 00:02:24.613 but I just don't really

NOTE Confidence: 0.9369116

00:02:24.613 --> 00:02:26.630 have control over. And then

NOTE Confidence: 0.9368967

00:02:26.630 --> 00:02:28.214 I also have just been having, like,

NOTE Confidence: 0.9368967

00:02:28.214 --> 00:02:29.910 negative thoughts in general.

NOTE Confidence: 0.9368967

00:02:29.910 --> 00:02:31.352 OK, so it sounds like you're worrying  
NOTE Confidence: 0.9368967

00:02:31.352 --> 00:02:32.989 about a whole lot of different things,  
NOTE Confidence: 0.9368967

00:02:32.990 --> 00:02:33.896 actually, especially while  
NOTE Confidence: 0.9368967

00:02:33.896 --> 00:02:35.708 you're here at the school day.  
NOTE Confidence: 0.9368967

00:02:35.710 --> 00:02:37.238 Can you tell me a little bit more  
NOTE Confidence: 0.9368967

00:02:37.238 --> 00:02:38.910 about the negative thoughts? Yeah.  
NOTE Confidence: 0.9368967

00:02:38.910 --> 00:02:40.778 So, like, I guess I've just been  
NOTE Confidence: 0.9368967

00:02:40.778 --> 00:02:42.063 feeling kind of paranoid lately,  
NOTE Confidence: 0.9368967

00:02:43.350 --> 00:02:46.230 worried about, you know, my mom.  
NOTE Confidence: 0.9368967

00:02:46.230 --> 00:02:48.110 What if she gets in a car accident?  
NOTE Confidence: 0.9368967

00:02:48.110 --> 00:02:49.928 Or what if she gets COVID?  
NOTE Confidence: 0.9368967

00:02:49.928 --> 00:02:53.594 Or what if I get COVID and  
NOTE Confidence: 0.9368967

00:02:53.594 --> 00:02:54.758 then end up in the hospital?  
NOTE Confidence: 0.9368967

00:02:54.760 --> 00:02:57.040 Or something really bad happens?  
NOTE Confidence: 0.93831927

00:02:57.520 --> 00:02:59.250 This morning I was worrying  
NOTE Confidence: 0.93831927

00:02:59.250 --> 00:03:00.634 about my math quiz.

NOTE Confidence: 0.93831927  
00:03:00.720 --> 00:03:01.920 Even though I studied a lot  
NOTE Confidence: 0.93831927  
00:03:01.920 --> 00:03:03.120 last night, I still felt like  
NOTE Confidence: 0.93831927  
00:03:03.120 --> 00:03:04.996 I was going to fail the quiz,  
NOTE Confidence: 0.93831927  
00:03:05.000 --> 00:03:06.720 just kind of feeling really,  
NOTE Confidence: 0.93831927  
00:03:06.720 --> 00:03:08.172 like, nervous about things.  
NOTE Confidence: 0.93831927  
00:03:08.172 --> 00:03:09.987 So you're you're actually worrying  
NOTE Confidence: 0.93831927  
00:03:09.987 --> 00:03:12.119 about a whole lot of different things,  
NOTE Confidence: 0.93831927  
00:03:12.120 --> 00:03:13.968 including worrying about getting  
NOTE Confidence: 0.93831927  
00:03:13.968 --> 00:03:16.244 sick or COVID, but also things like  
NOTE Confidence: 0.93831927  
00:03:16.244 --> 00:03:17.840 the math test you were worried about  
NOTE Confidence: 0.93831927  
00:03:17.840 --> 00:03:19.808 even though that you had studied.  
NOTE Confidence: 0.93831927  
00:03:19.810 --> 00:03:21.810 So you have a lot of things on your mind.  
NOTE Confidence: 0.93831927  
00:03:21.810 --> 00:03:22.466 Yeah. OK.  
NOTE Confidence: 0.93831927  
00:03:22.466 --> 00:03:24.762 So it's really helpful to hear that.  
NOTE Confidence: 0.93831927  
00:03:24.770 --> 00:03:27.050 Thanks for sharing that with me.  
NOTE Confidence: 0.93831927

00:03:27.050 --> 00:03:29.090 I was thinking that today for our session,  
NOTE Confidence: 0.93831927

00:03:29.090 --> 00:03:30.560 we could keep working on some  
NOTE Confidence: 0.93831927

00:03:30.560 --> 00:03:32.209 different ways to take deep breaths.  
NOTE Confidence: 0.93831927

00:03:32.210 --> 00:03:33.848 I know we've been working on that.  
NOTE Confidence: 0.93831927

00:03:33.850 --> 00:03:35.404 But now that I'm hearing about this,  
NOTE Confidence: 0.93831927

00:03:35.410 --> 00:03:37.195 I'm wondering maybe you want to change  
NOTE Confidence: 0.93831927

00:03:37.195 --> 00:03:39.570 things up if it would be helpful for you to,  
NOTE Confidence: 0.93831927

00:03:39.570 --> 00:03:41.562 like, talk back to your worries  
NOTE Confidence: 0.93831927

00:03:41.562 --> 00:03:43.810 or work on some mindfulness.  
NOTE Confidence: 0.93831927

00:03:43.810 --> 00:03:45.889 There's different things that we could do.  
NOTE Confidence: 0.93831927

00:03:45.890 --> 00:03:47.600 So what are your thoughts about  
NOTE Confidence: 0.93831927

00:03:47.600 --> 00:03:49.110 what would feel helpful today?  
NOTE Confidence: 0.93831927

00:03:49.110 --> 00:03:49.470 Yeah,  
NOTE Confidence: 0.93831927

00:03:49.470 --> 00:03:52.070 I I really like the deep breathing  
NOTE Confidence: 0.9315221

00:03:52.310 --> 00:03:53.630 and I like learning about it,  
NOTE Confidence: 0.9315221

00:03:53.630 --> 00:03:56.389 but I feel like I can't think about it



NOTE Confidence: 0.9315221

00:03:56.390 --> 00:03:57.510 when I'm worried or like,

NOTE Confidence: 0.9315221

00:03:57.510 --> 00:03:58.986 I I don't practice it well,

NOTE Confidence: 0.9315221

00:03:58.990 --> 00:04:00.190 so maybe doing something

NOTE Confidence: 0.9315221

00:04:00.190 --> 00:04:01.990 else would be a good idea.

NOTE Confidence: 0.9315221

00:04:01.990 --> 00:04:03.607 OK, great. So it sounds like a

NOTE Confidence: 0.9315221

00:04:03.607 --> 00:04:05.268 good time to change things up,

NOTE Confidence: 0.9315221

00:04:05.270 --> 00:04:07.265 that we have lots of other choices.

NOTE Confidence: 0.9315221

00:04:07.270 --> 00:04:08.350 So let's see.

NOTE Confidence: 0.9315221

00:04:08.350 --> 00:04:10.870 There's a couple things we could do.

NOTE Confidence: 0.9315221

00:04:10.870 --> 00:04:12.686 We could do a worry jar where you

NOTE Confidence: 0.9315221

00:04:12.686 --> 00:04:13.797 actually write down your worries

NOTE Confidence: 0.9315221

00:04:13.797 --> 00:04:15.529 and you put them in a jar and

NOTE Confidence: 0.9315221

00:04:15.529 --> 00:04:16.829 and literally put them aside.

NOTE Confidence: 0.9315221

00:04:16.830 --> 00:04:18.790 And we could kind of talk through that.

NOTE Confidence: 0.9315221

00:04:18.790 --> 00:04:20.390 We could also start with

NOTE Confidence: 0.9315221

00:04:20.390 --> 00:04:21.350 some mindfulness activities,  
NOTE Confidence: 0.9315221

00:04:21.350 --> 00:04:22.334 some really simple things.  
NOTE Confidence: 0.9315221

00:04:22.334 --> 00:04:23.564 I don't know if you've  
NOTE Confidence: 0.9315221

00:04:23.564 --> 00:04:24.709 tried mindfulness before.  
NOTE Confidence: 0.9315221

00:04:24.710 --> 00:04:26.622 It can be a really nice way to quiet  
NOTE Confidence: 0.9315221

00:04:26.622 --> 00:04:28.710 your mind when you have a lot going on.  
NOTE Confidence: 0.9315221

00:04:28.710 --> 00:04:30.426 So what sounds good to you?  
NOTE Confidence: 0.9315221

00:04:30.430 --> 00:04:32.614 Should we talk about the worry jar or  
NOTE Confidence: 0.9315221

00:04:32.614 --> 00:04:35.550 do you want to start some mindfulness?  
NOTE Confidence: 0.9315221

00:04:35.550 --> 00:04:36.096 I like both.  
NOTE Confidence: 0.9315221

00:04:36.096 --> 00:04:37.188 I would want to try both,  
NOTE Confidence: 0.9315221

00:04:37.190 --> 00:04:38.550 but I think maybe the  
NOTE Confidence: 0.9315221

00:04:38.550 --> 00:04:40.030 mindfulness would be good today.  
NOTE Confidence: 0.9315221

00:04:40.030 --> 00:04:40.870 OK, that's great.  
NOTE Confidence: 0.9315221

00:04:40.870 --> 00:04:42.962 I have a great activity, kind of a  
NOTE Confidence: 0.9315221

00:04:42.962 --> 00:04:44.186 starter activity that you might like.

NOTE Confidence: 0.9315221

00:04:44.790 --> 00:04:44.950 Great.