

What! Huh!! Come On Now!!!

PRESENTED BY

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TYPICAL DECISIONMAKING PROCESS



ATYPICAL...



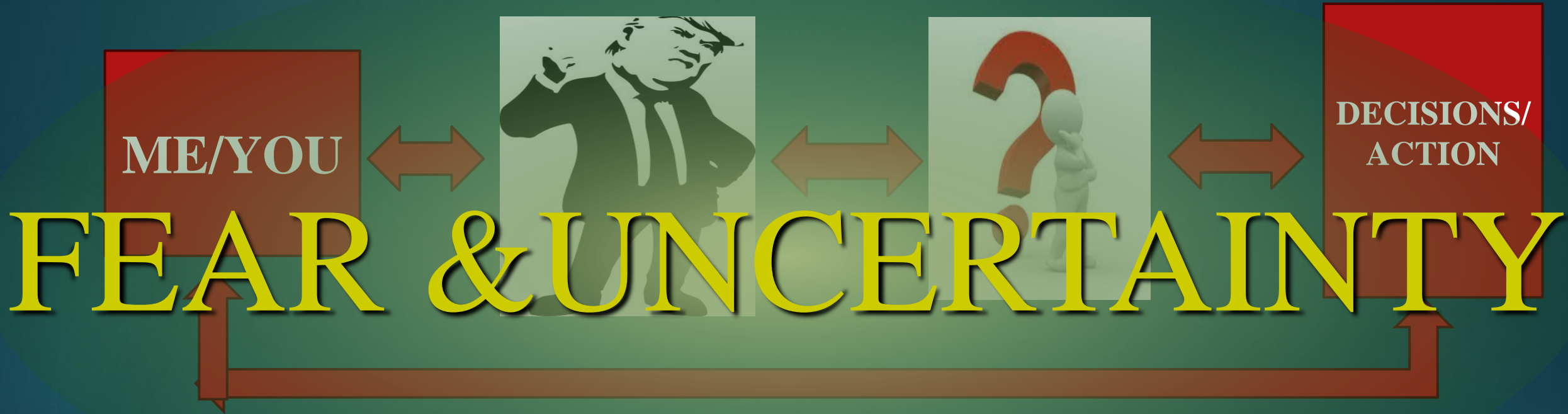
ME/YOU



**DECISIONS/
ACTION**



Normal to be ...



JUST BECAUSE
YOU'RE

PARANOID

DOESN'T
MEAN
THEY'RE NOT
OUT TO
GET YOU



Daily Life Challenges

Planning Future

Workload

Child Care

Health

Relationships

Finances The Economy

Children

Transport

Household Chores

Exercise

Religion/
Spirituality/Disbelie

Friend Demands Unemployment/

Underemployment


Crime

Exercise

Family Drama

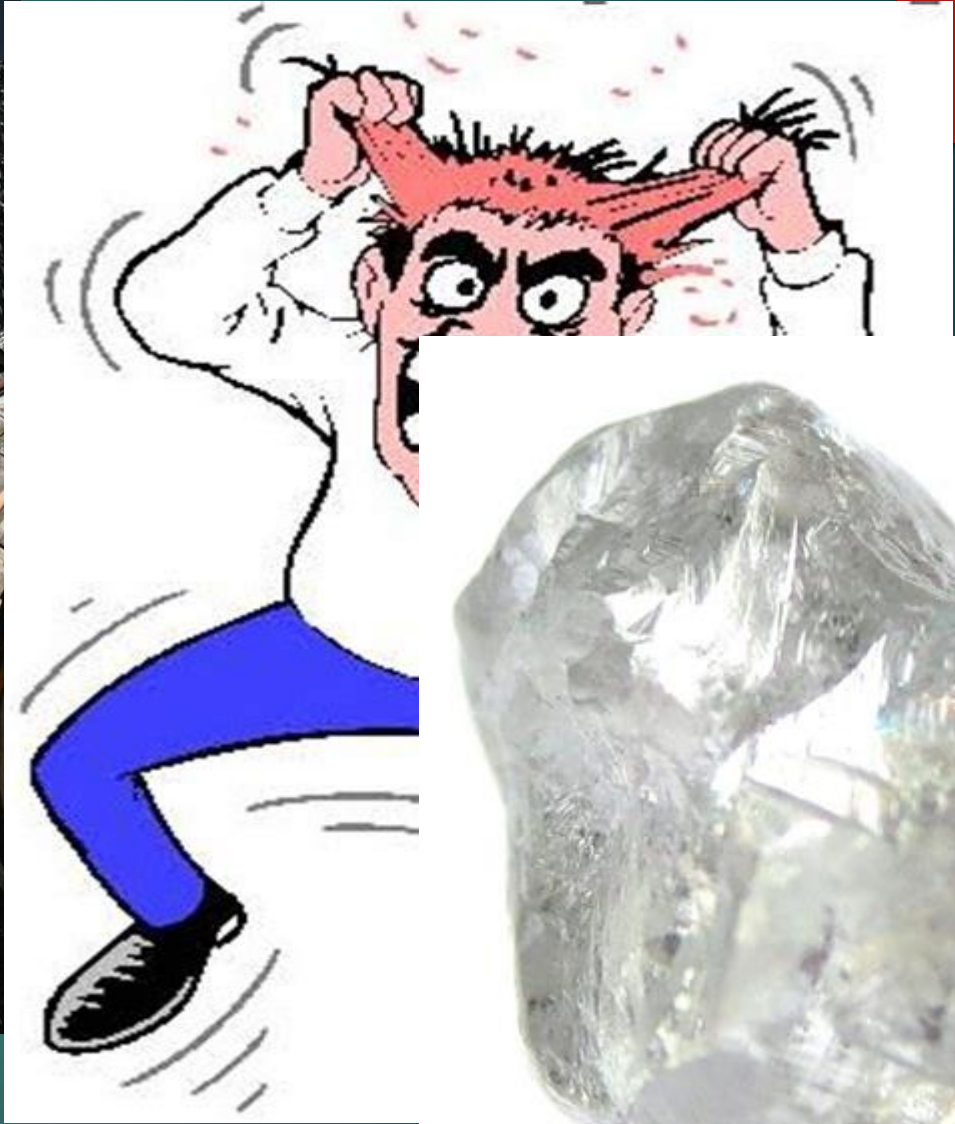
Work Relationships

Political Climate

- 
- ▶ **STRESS** is a normal physiological, psychological and/or emotional response to challenging or threatening situations.
 - ▶ **ANXIETY** is a persistent and excessive worry or fear in response to external stressors.

STRESS CAN MANIFEST AS:

- **Physical symptoms**: Increased heart rate, sweating, muscle tension, headaches, fatigue
- **Emotional symptoms**: Anxiety, irritability, nervousness, fear, overwhelm
- **Cognitive symptoms**: Difficulty concentrating, memory problems, poor decision-making
- **Behavioral symptoms**: Avoidance, stagnation



My face when someone tells me stress balls are for squeezing, not for throwing at people who stress me out



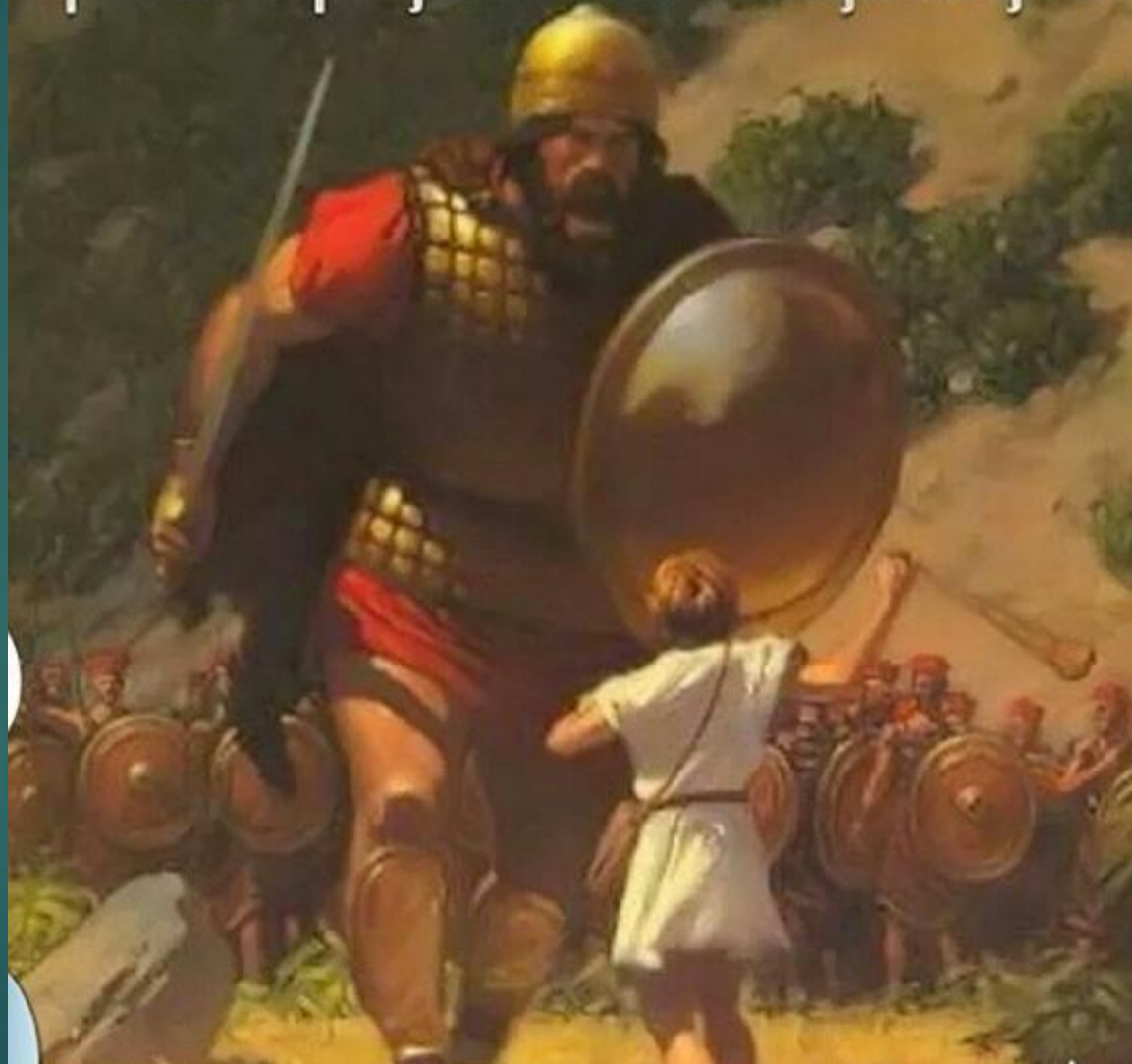
WHAT TO DO! WHAT TO DO!!!!

- ▶ **FOCUS ON WHAT YOU CAN CONTROL**
- ▶ **LEST NOT FORGET**
 - ▶ **WORST CASE**
 - ▶ **LIVED EXPERIENCE**
 - ▶ **THINGS WORSE, BUT YOU MADE IT THROUGH**
- ▶ **FIND/KEEP YOUR PLACE OF PEACE**
- ▶ **GRATITUDE**

WHAT TO DO! WHAT TO DO!!!! (CONT'D)

- ▶ CONNECTION/DISCONNECTION
- ▶ GIVE BACK/CREATE CHANGE
- ▶ MEDITATION, EXERCISE, YOGA
- ▶ MUSIC
- ▶ JOURNALING

If God be for you who can be against you?



come celebrate

with me that every

day something has

tried to kill me

and has failed.

— Lucille Clifton

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