

Fall 2020 GBM #3

Meeting Info

10/7/2020

Start time: 6:05 pm

End time: 7:05 pm

Location: Zoom

Link: <https://ufl.zoom.us/j/98504050385?pwd=aUJCR1NNZC9zMXlpQ040LzhuTmM4Zz09>

Number in attendance: 21

Exec in attendance: Payton, Julie, Paola, Tori

Attendance

Sent out attendance link -

https://docs.google.com/forms/d/e/1FAIpQLSdRBZorM_pBh4WhqfAu50R-Uv30m7aJiEeEUxSeRhYmQERU1w/viewform?usp=sf_link

Recorded this number above

Check-in

How are you feeling mental health-wise? Poll

Dylan's Presentation

Introduction

- Dylan Larson-Konar
 - 4th yr. Ph.D. student, counselor, therapist, instructor, sex and gender research
 - Email: dlarsonkonar@ufl.edu

Case Studies

- Laura: "The wrong relationship"
 - 2-3 yr relationship
 - Partner with mental health issues
 - She has to be a "therapist" in the relationship
 - Losing sleep, loss of appetite, constant care mode
- Henry: "Asserting his needs"

- Not saying what he wants
 - Expecting others to know
 - Building resentment when they don't
 - Anxiety surrounding this
- Mack: "Managing uncertainty of future"
 - Freaked out about next year and the uncertainties
- What their bodies are saying:
 - Laura needs to get out of her relationship
 - Henry needs to communicate for himself
 - Mack needs to figure it out

Sometimes we need to listen to what the body is saying, but other times we shouldn't

Two Responses to Anxiety

- Your body's response can be:
 - Physiological- shaky, sweat, heart racing, waking up, feeling tired, restless, nausea, tightness, headaches
 - Cognitive- thoughts racing, associating physiological symptoms with thoughts

Treating the Anxiety

Making it stop or go down

- Mindful meditation practice -should provide CLARITY, not provide CALM
 - Guided practices can help to make you feel like someone else is there
 - All about RE-directing your focus (focusing on your breath can be helpful in the moment)
 - It can take years to feel a real change
 - Feelings of panic: meditation is pulling back, stepping away, and watching from a distance
 - Staying grounded: It's a redirecting of attention away from flashbacks or checking in when feeling out of whack.
- Exercise
 - Tied to some complex issues like comments or feelings about your body
 - But exercise itself can be very, very helpful
- "Worry " time or place
 - Allowing yourself a certain time or place to worry
 - You are totally free to worry here but there is a certain start and stop to it
- Speak your fears
 - Things that have not otherwise been spoken- not just something that you have already identified and know how to talk about
 - The things that aren't said out loud can be scary
 - Once out in the open, you can challenge that thought that was scaring you

Treating the Environment

Changing the situation the anxiety is in (often overlooked by DSM)

- Face your fears
 - Systematic desensitization
 - You're going to be scared and want to avoid it, but if you don't or can't avoid the fear, then the physiological response eventually goes away
 - Procrastination- doing the task that you want to do the least first
- Taking something off your plate
 - Challenge the idea that you can't take anything off your plate
 - Evaluate what everything is costing
 - Managing your schedule better
 - Takes a long time to develop
 - Sometimes this means saying no
 - To what you can
- Re-evaluate relationships
 - Balancing emotional labor
 - Doesn't always mean cutting off a relationship- might mean adjustments need to be made
 - Communicate with the other person
- Ask what your body is trying to tell you
- Tolerating uncertainty
 - Instead of always trying to find certainty