



Coping with Stress

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What I
will talk
about

1

Stress

Differentiating between different kinds of stress and their impact

2

Survival v.s. Adventure Mind

How psychological safety supports our capacity to adapt

3

C.O.P.I.N.G.

Techniques you can use to feel grounded when overwhelmed and help you remain flexible even during stressful times.

Stress

Positive
Tolerable
Toxic



Positive Stress

It feels like a brief elevation in heart rate and involves a mild elevation in stress hormones. Examples: Job interview, taking a test, running late for an appointment.



Tolerable Stress

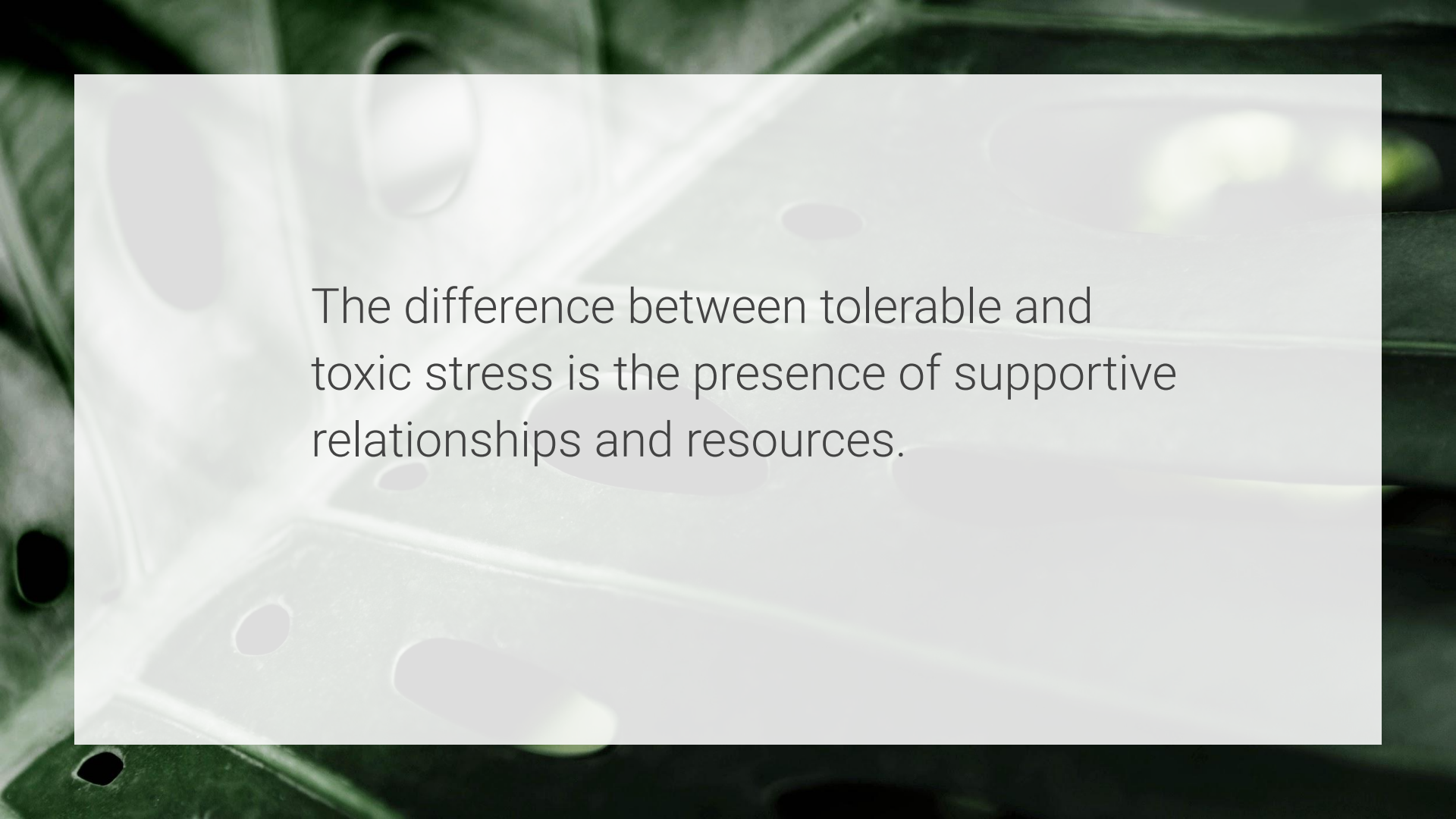
It feels like a serious but temporary stress response which may be buffered by supportive relationships and resources. Examples: Getting sick or worried about others getting sick. Changing job market. Online learning. Missing milestones like prom and graduation. Needing to make decisions about school and moves. Loss of a loved one. Witnessing violence.




Toxic Stress

It feels like the prolonged activation of stress response systems and the absence of protective relationships and resources. Examples: Chronic poverty, racism, violence, abuse, or neglect. Prolonged isolation.





The difference between tolerable and toxic stress is the presence of supportive relationships and resources.



Every living organism
needs to **adapt** in order
to survive and thrive



SURVIVAL MIND

Survival mind is concerned with safety. It focuses our attention purposefully toward the future in order to get desired results, scan for dangers, and promote the feeling of being in control.



ADVENTURE MIND

Adventure mind is present-centered and absorbed in living fully for the moment. Adventure mind helps us take in new information, learn, and grow.

C.O.P.I.N.G.

A way of remembering different pathways to managing **unavoidable** stressors that aid with psychological safety (survival mind) and new learning (adventure mind)



C is for **Coming** **back to the body.**

If you're feeling overwhelmed, this is a first aid response you can try. Feel your feet on the ground, notice the smells and sounds around you, and breathe deeply for a count of 10.



There are many ways to care for our bodies in times of stress. What is one way you can **come back to your body** today?

O is for Opening up

Fear naturally focuses us on survival which can lead to self-isolation which has other negative effects like loneliness. Get your detective hat on and ask yourself and others: **What scares you? What calms you down? What happens when you start to get upset?** Observing these cues can help you notice when they arise so you can try one of your strategies to feel grounded again. Sharing our vulnerabilities with each other can make us more accepting and stronger together.



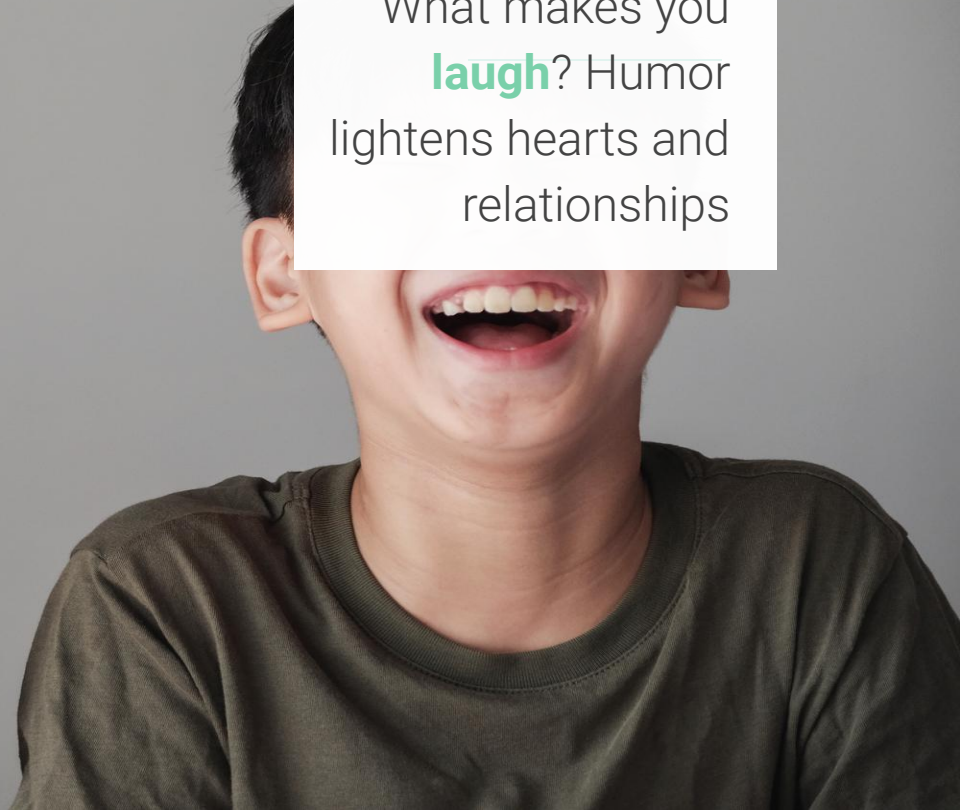


What is your go-to
way of **expressing
yourself?**

P is for Play

Playing with others is one of the best ways to relieve stress and increase flexibility. Adults need to play too! What activities allow you to experiment in a no-fail environment and have fun?





What makes you
laugh? Humor
lightens hearts and
relationships

I is for Identify resources

Identify reliable and trustworthy sources of information, help, support, and advice.

You can also help others identify resources that they may need at this time. You might be this resource for someone else. If you find that your mood, thoughts, or behavior (like sleeping, eating) is causing you or others concern, call on professional resources.





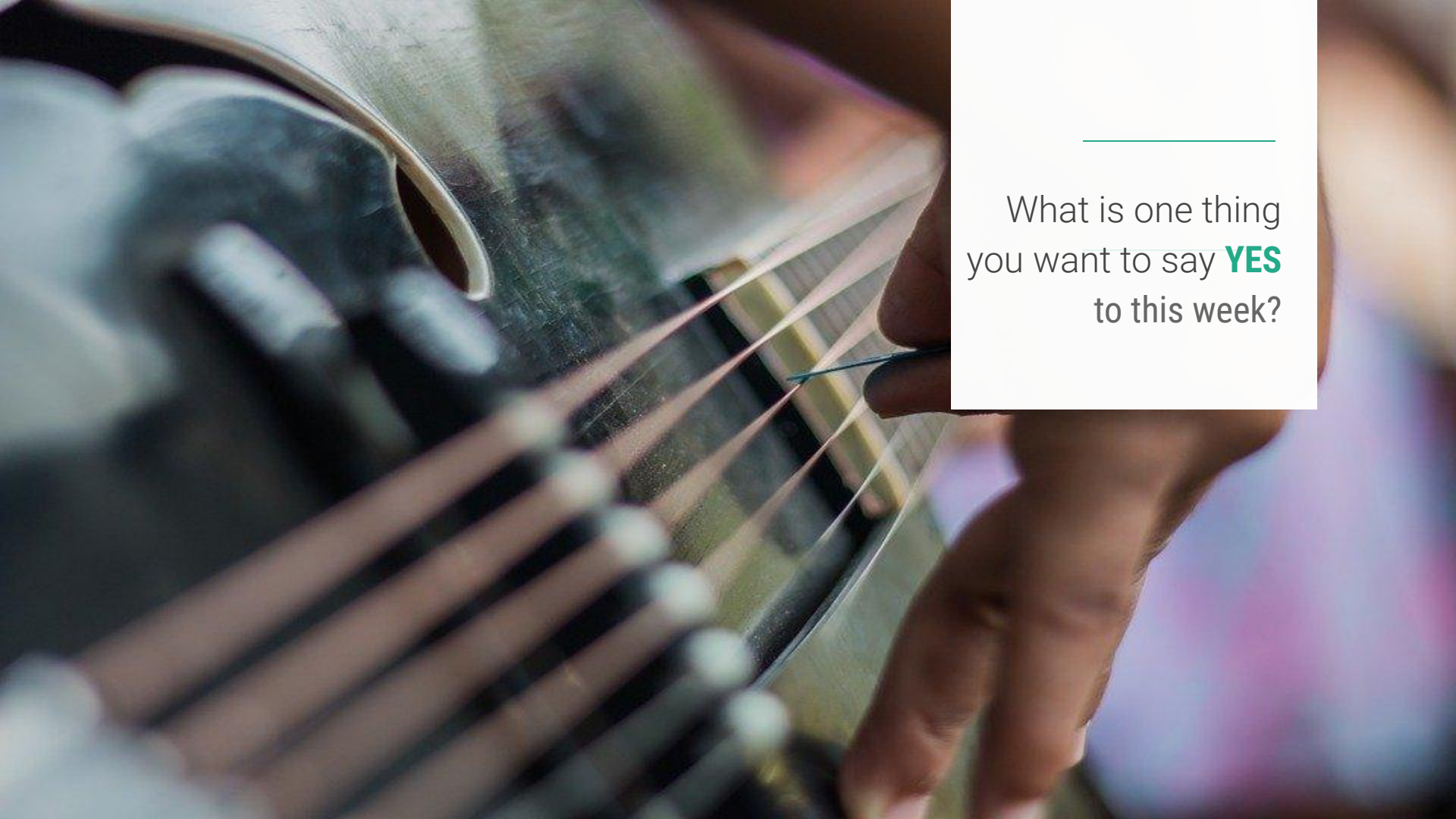
What resources help you care for your **mental & physical health** or the wellbeing of others?



N is for No

Just because you're at home and available online does not mean you're available 24/7. Saying NO to something means being able to say YES to something else like time to walk, play, dance, draw, read, or cook a great meal.

A chalkboard with the word "BOUNDARY" written in white chalk. The chalkboard is tilted and has a wooden frame. The background of the image shows a wooden desk with a red notebook and a pen.

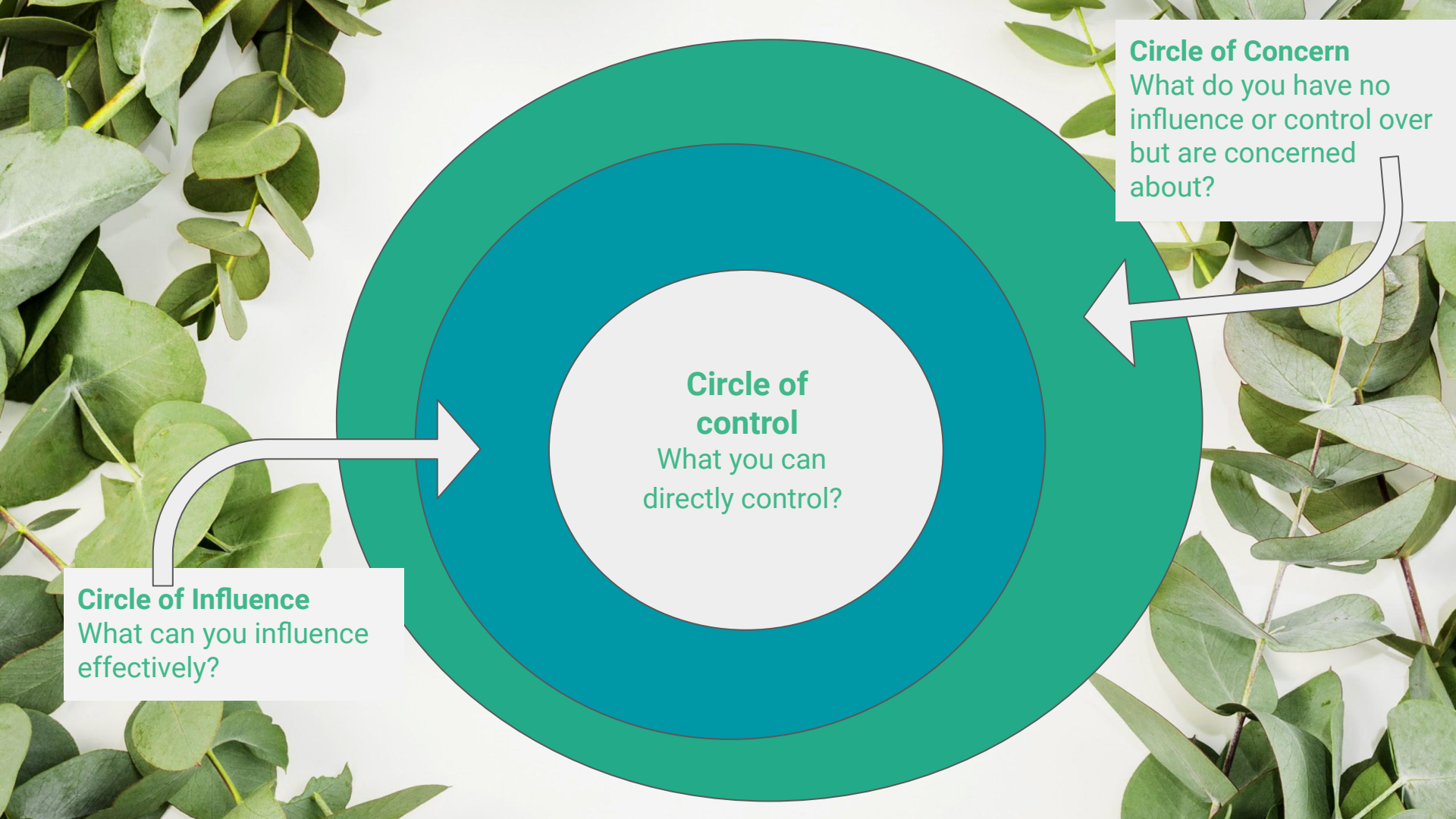


What is one thing
you want to say **YES**
to this week?



Circle of Control

An exercise to help you focus on and **say yes** to what you have control over
v.s what you have concern about



Circle of control
What you can directly control?

Circle of Influence
What can you influence effectively?

Circle of Concern
What do you have no influence or control over but are concerned about?

G is for Gratitude

What is going right these days? Amidst the uncertainty and change, what are you grateful for? Wonder and gratefulness pull our focus outwards towards what is working well and can lift our spirits.



I am
for my
family
& friends I am
grateful for
Love.

Make a **list** of what
you are grateful for
this week and find
someone to thank

A close-up photograph of green grass blades, heavily covered with water droplets. The lighting is soft, highlighting the texture of the grass and the glistening surface of the water. The background is dark and out of focus.

Thank you!

Please get in touch with any
questions

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