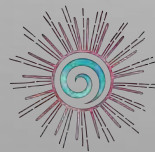


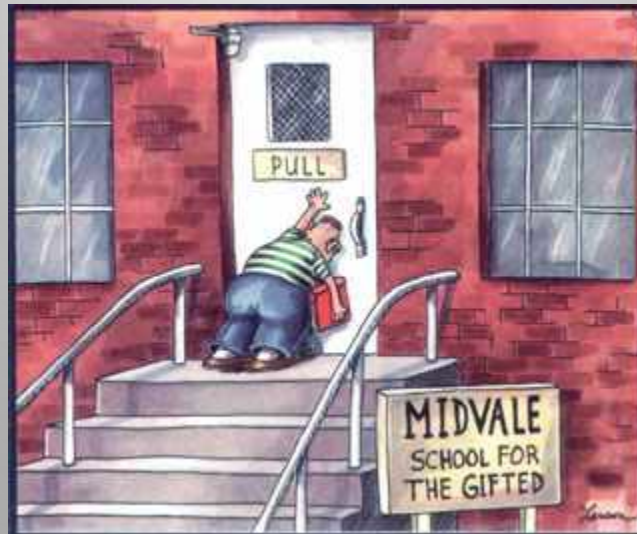
Giftedness and Stress

Understanding what is causing stress in our gifted youth and how to help them to cope

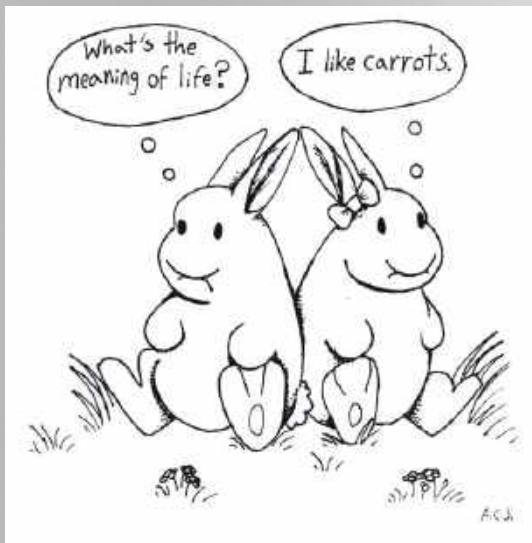


KARUNA
HEALING

What does it mean to be gifted?



What does it TRULY mean???



What is stressing them out?



Emotions are contagious!

- They spread like **secondhand smoke** due to **mirror neurons**
- Can impact people up to **three degrees of separation** from you within your social network



The Messages They Are Hearing

1. Be amazing at everything you do
2. Avoid new ventures, especially where you might fail
3. What you accomplish matters more than what you learn
4. Having lots of choices = Control over your life
5. You must find your life's passion by high school
6. Everyone is doing, being, and succeeding more than you

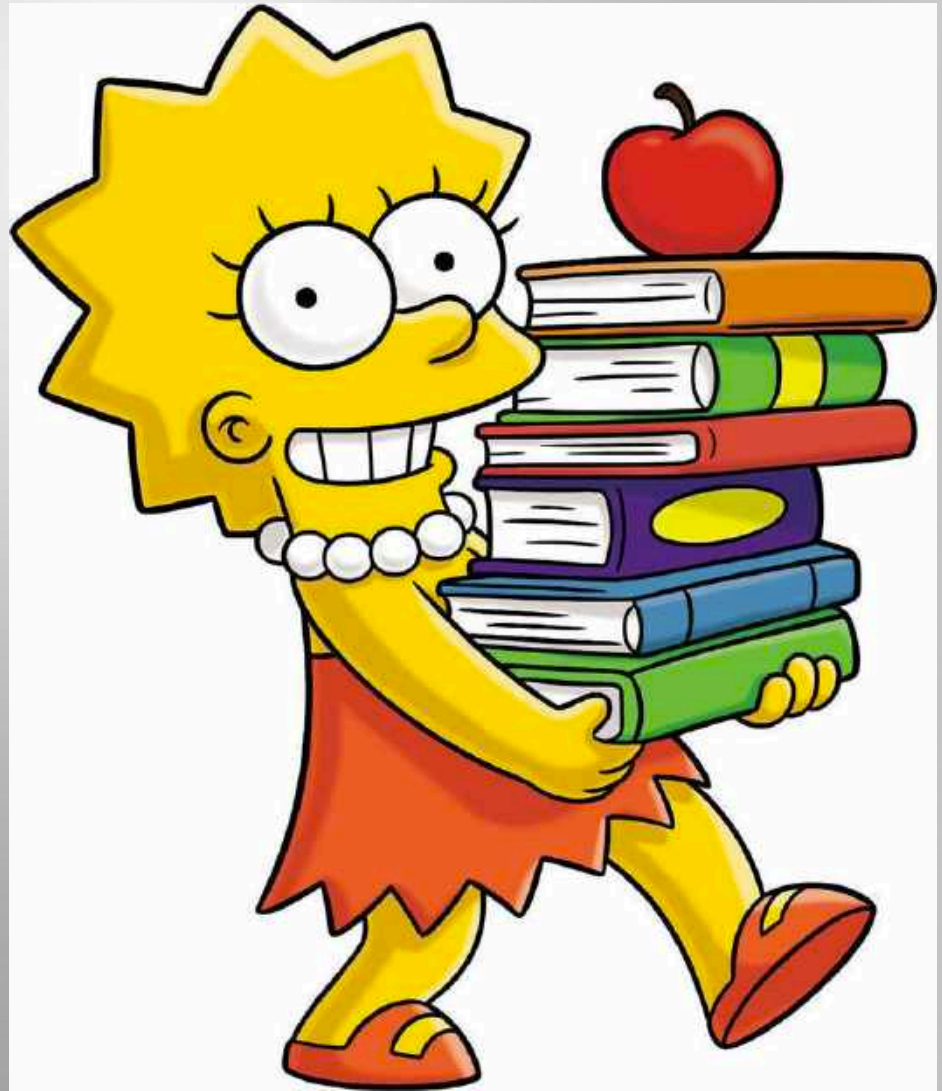
(From *Enough As She Is*, by Rachel Simmons)

Five Primary Traits of GT

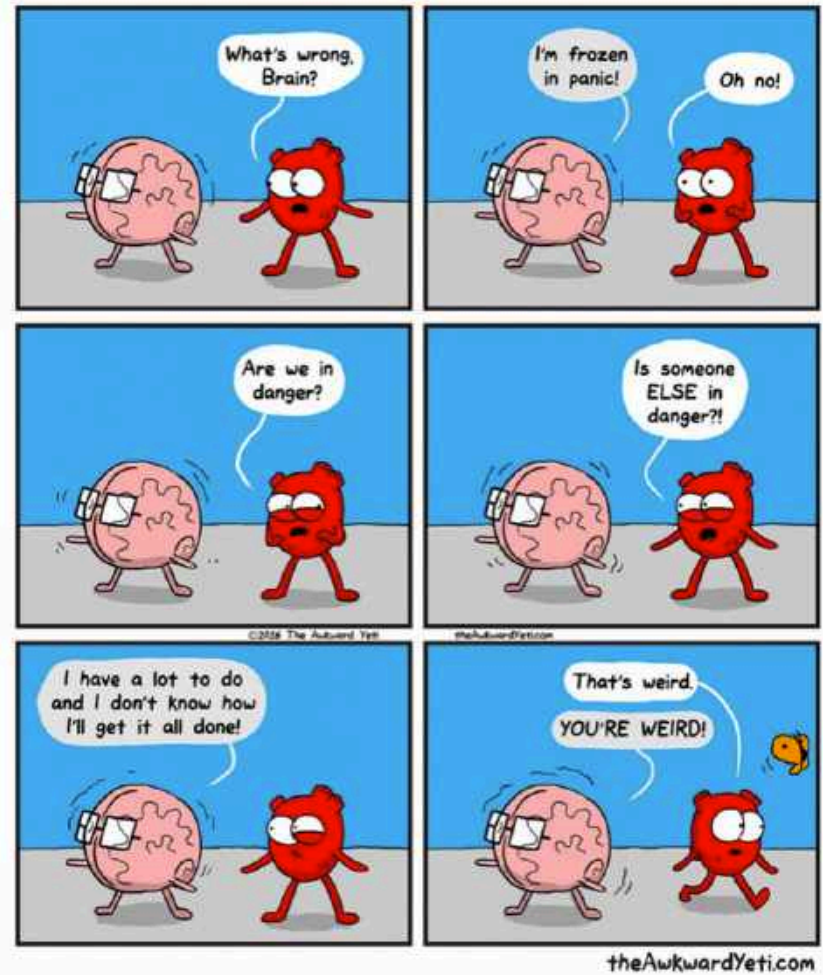


- Asynchrony
- Intensity
- Sensitivity
- Perceptivity
- Perfectionism

Intellectual OE



The Productivity Dilemma



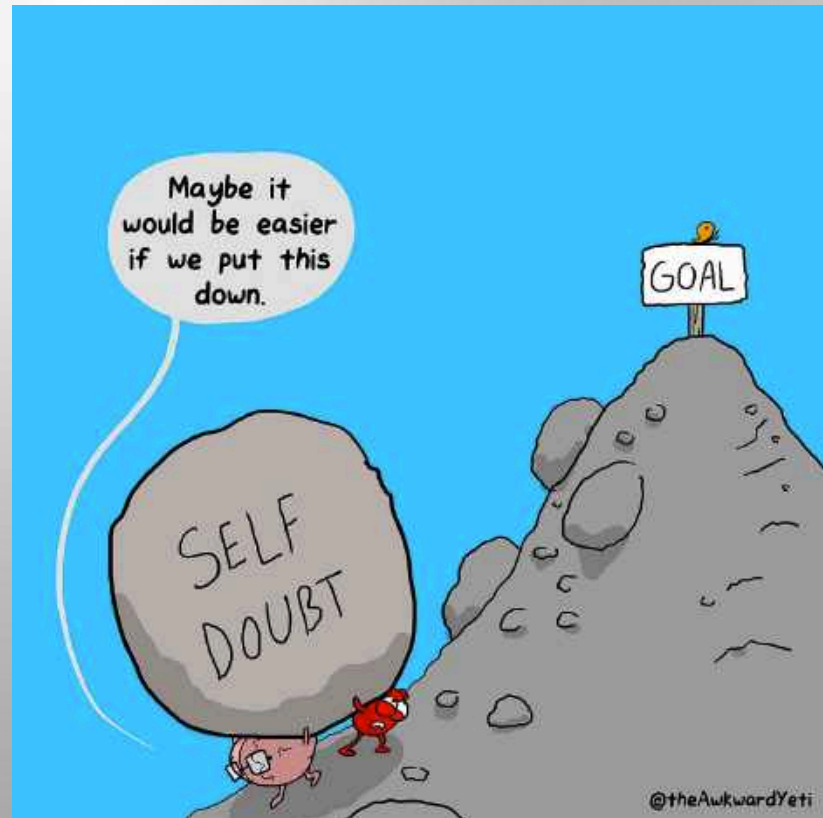
Perfectionism

"Perfectionism is not the same thing as striving to be your best. Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can

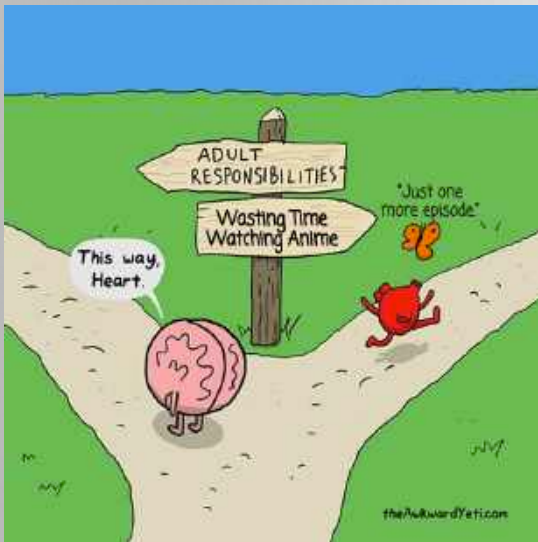
minimize or avoid the pain of blame, judgment, and shame.

It's a shield. It's a twenty-ton shield that we lug around thinking it will protect us when, in fact, it's the thing that's really preventing us from flight."

(Brown, Brene. *The Gifts of Imperfection: Let go of who you Think You're Supposed to be and Embrace who you are.* 2010)



And its very good friends...

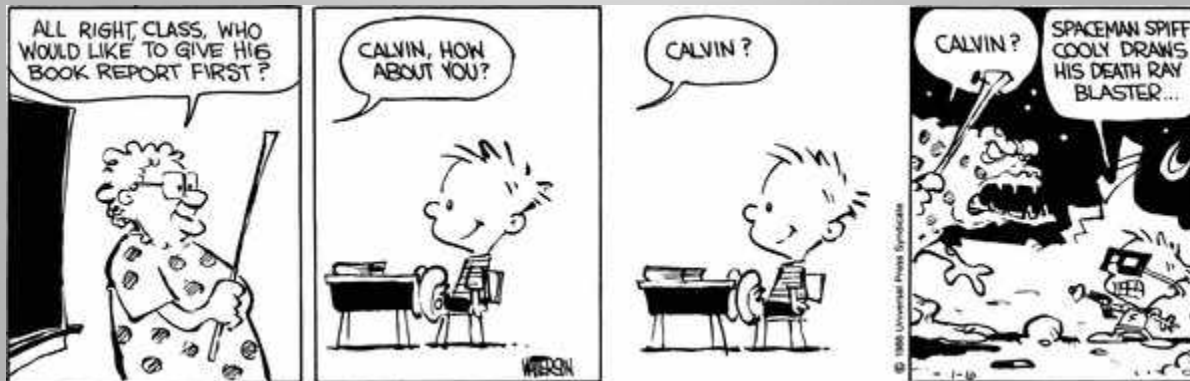


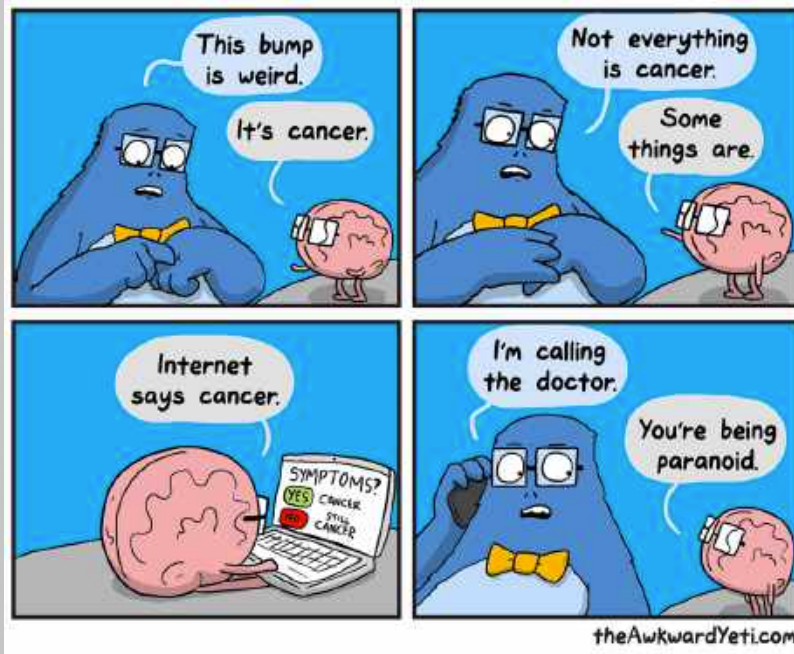
Procrastination



Competition

Imaginational OE





The "Worst Case Scenario" Dilemma

Sensory OE



The Sensory Overload Dilemma

"Like living in the world without skin..."

"Like every sound is coming through a megaphone..."

"Like being outside on the sunniest day without sunglasses..."



Psychomotor OE



The Boredom Dilemma

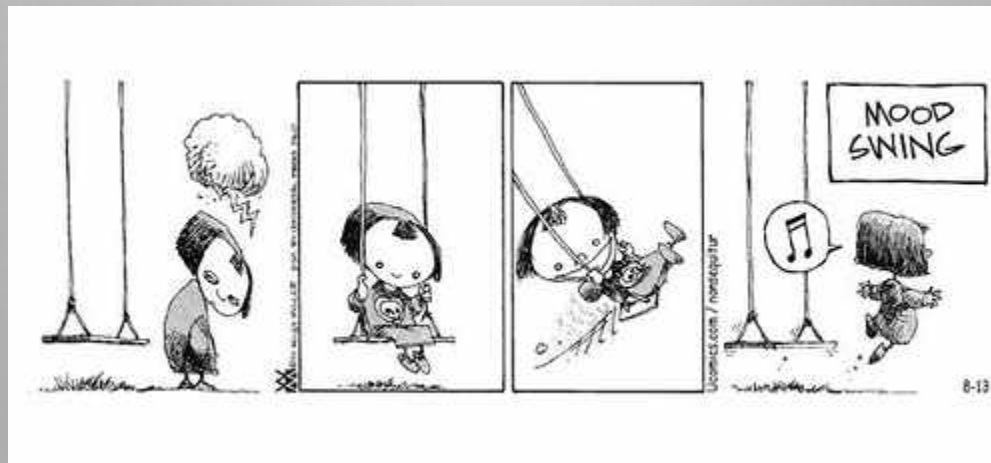
"Boredom will always remain the greatest enemy of school disciplines.

...children are bored, not only when they don't happen to be interested in the subject or when the teacher doesn't make it interesting, but also **when certain working conditions are out of focus with their basic needs**

...boredom is closely related to frustration and that the effect of too much frustration is invariably irritability, withdrawal, rebellious opposition or aggressive rejection of the whole show."

(Fritz Redl)

Emotional OE





The Empathy Dilemma

The "Means to an End" Dilemma

"Education is a social process.
Education is growth. Education
is not a preparation for life;
education is life itself."

Education, therefore, is a
process of living and not a
preparation for future living."

(John Dewey)

IB learner profile

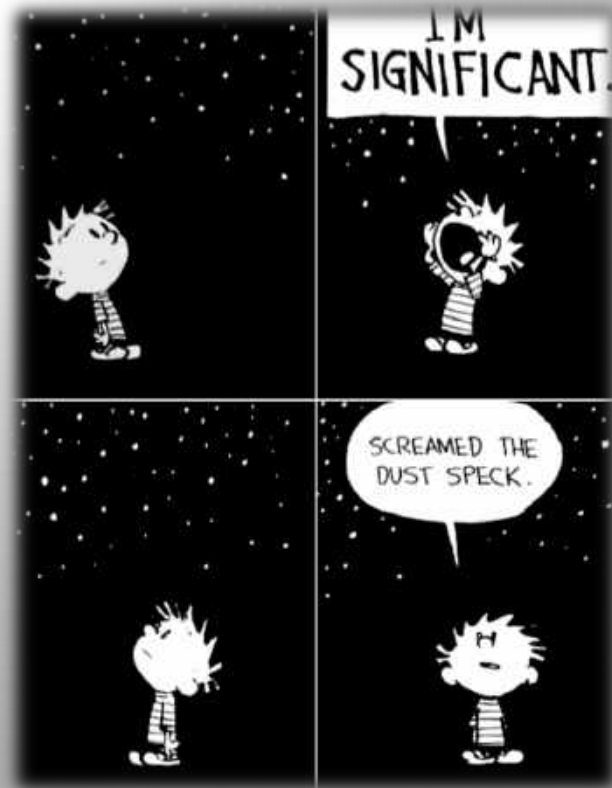
- The IB learner profile is the IB mission statement translated into a set of learning outcomes for the 21st century
- As IB learners we strive to be:
 - inquirers
 - knowledgeable
 - thinkers
 - communicators
 - principled
 - open-minded
 - caring
 - risk-takers
 - balanced
 - reflective



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The Existential Dilemma



"It takes up a lot of space in your brain..."



What about my future?



The Bass Line Dilemma

"The biggest problem growing up today is not actually stress; it's **meaninglessness.**"

(Dr. Bill Damon, Director of Stanford Center on Adolescence)



Who am I?

What brings me the greatest joy?

What do I really care about?

What problems do I want to help solve?

How may I be of service?



resilience

(noun) re-sil-i-ence

"...the process of adapting well
in the face of adversity,
trauma, tragedy, or
significant ongoing stressors."

(American Psychological Association)



How is it learned and developed???

Role Modeling

How have the adults in your life
modeled resiliency and stress
management?

"How are you?"

Unraveling the myths of:

Exhaustion as a status symbol

Productivity as self-worth

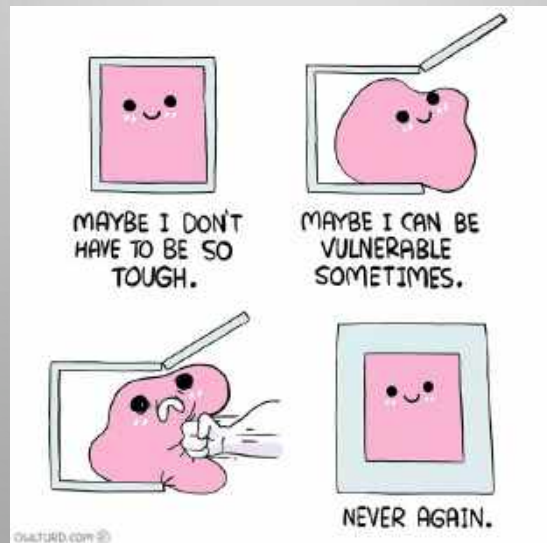
Anxiety as a Lifestyle



"Stress isn't always harmful. Once you appreciate that going through stress makes you better at it, it can be easier to face each new challenge." (Kelly McGonigal)

*"It's not stress that kills us...*it's our reaction to it." (Hans Selye)

Vulnerability



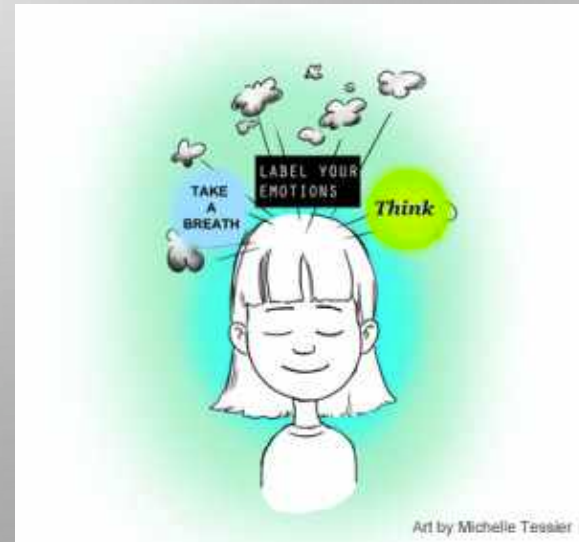
Shame



What do **DUCKS** have to do with this?



LIZARD BRAIN (REACTIVE) VS. WIZARD BRAIN (RECEPTIVE)



Self-Criticism vs. Self-Compassion

Self-Criticism...

- triggers our stress response
- decreases motivation
- impacts our relationships

Self-Compassion

- triggers our nurturing response
- increases motivation
- builds connection



Choice

Between stimulus and
response there is a space.
In that space is our power
to choose our response.
In our response lies our
growth and our freedom.

Viktor Frankl

The Lens of Scarcity

- Competitive with others
- Won't share knowledge
- Won't offer help to others
- Suspicious of others
- Strives for achievement
- Avoids risk and failure
- Seek validation and approval

The Lens of Abundance

- Collaborates with others
- Generous with others
- Shares knowledge
- Freely offers to help others
- Trusts and builds rapport
- Strives for growth and embraces risk

The Big Three River

The three primary human responses to stress and overwhelm are:

ANGER

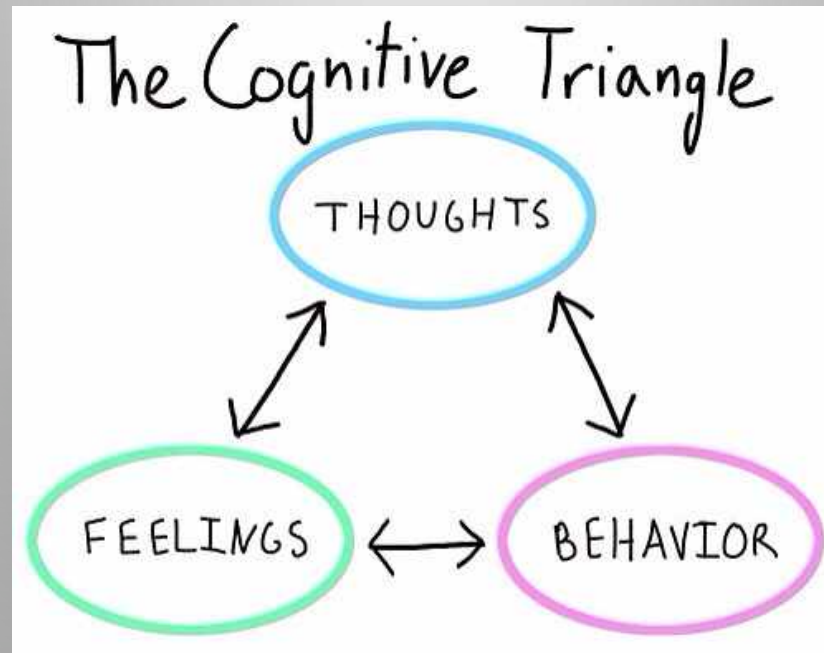
ANXIETY

SADNESS



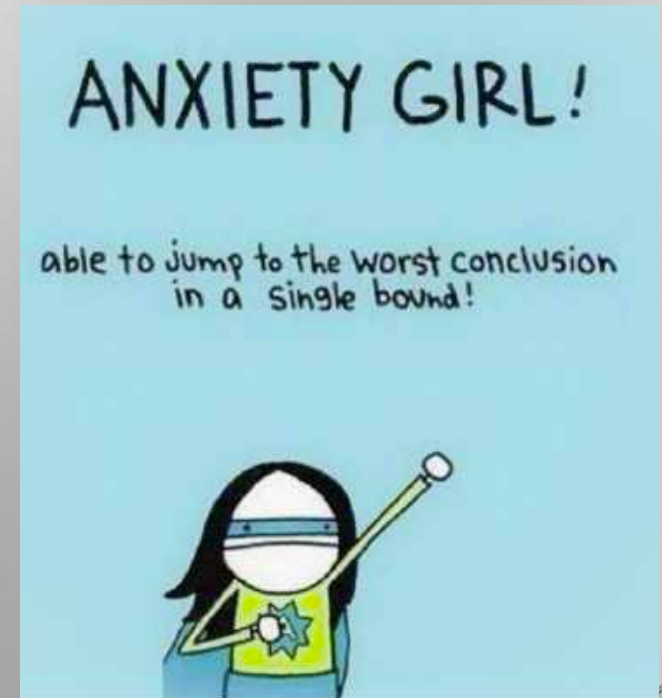
"An emotion is your body's reaction
to your mind."

(Eckhart Tolle)



Don't believe everything you think!

1. What *evidence* do I have that this thought is true? What *evidence* do I have to the contrary?
2. Is this thought *helping* me or *harming* me? How would my life be *different* if I didn't have this thought?
3. What would I say to *someone I care about* who was having this thought?



Mindful Self-Compassion



Consider a recent **challenge** or **disappointment**:

1. How did you feel? Can you describe this *without being judgmental* of yourself?
2. How was your experience connected to the *larger human experience*?
3. What *words of comfort* would you offer someone you care about who was having a similar experience?

Scuba Safety Stop

A 3-5 minute stop made between 15-20 feet from the surface during the final ascent of a dive.

- Allow nitrogen release
- Pause and regain control
- Aware of surroundings



Stress Safety Stop

A 15-20 minute stop made whenever it feels it would be of benefit!

- Allow cortisol release
- Pause and regain control
- Aware of surroundings



"Play is the highest form of research." (Albert Einstein)

- Allows us to explore all aspects of ourselves
- Fosters empathy
- Helps us navigate complex social groups.
- Is at the core of innovation.



"It takes courage to say
yes to rest and play
in a culture where
exhaustion is seen as a
status symbol."

- Brené Brown

OURYEAROUTDOORS.COM

What do you mean?!?!?!?



"Your brain at positive is
31% more productive than
your brain at negative,
neutral, or stressed."

(Shawn Achor, *Harvard Psychologist*)



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