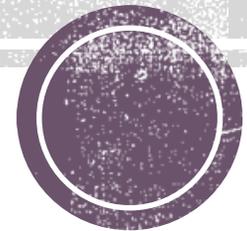


Giftedness and Anxiety: What We Know and What We Can Do



Dr. Vanessa Ewing

www.basevillageforgifted.com

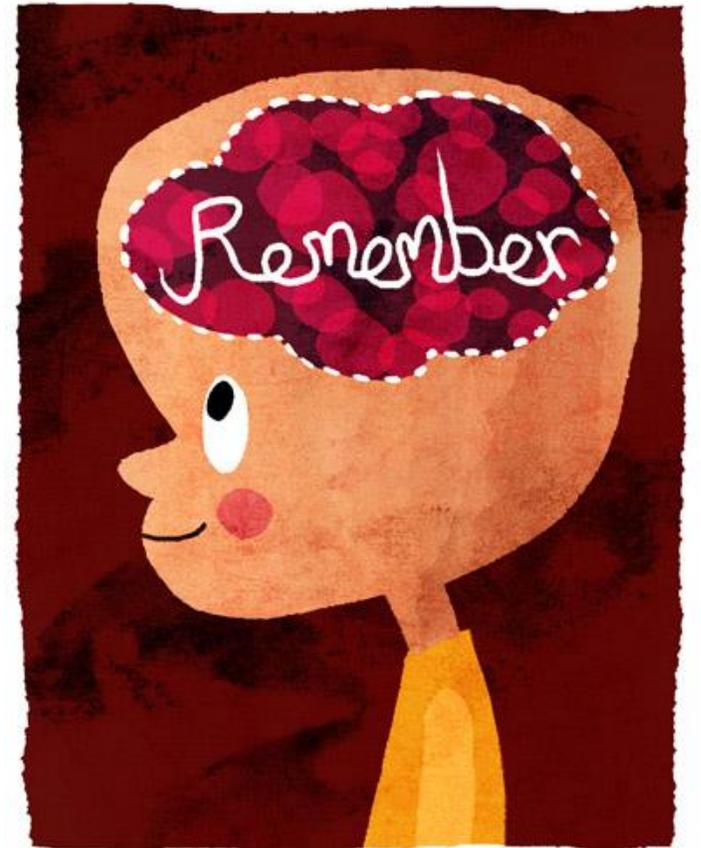
Presentation Overview

- Explore reasons for anxiety in gifted children
- Examine and discuss specific strategies for decreasing anxiety for gifted children
- Develop resources / plans for supporting the affective (social/emotional) needs of our gifted children



Recall Your Experiences

- Recall your experiences (yourself and for your child) with anxiety.
- Was there a cause? If so, what was it?
- What strategies / supports did you have?
- *How might your experiences impact your strategies today?*



Reasons for Anxiety

- Real or perceived threats- dangers, personal traumas, secondary traumas



Existential Depression

- ***-Many bright idealists find themselves disillusioned in today's world, and they may experience existential depression as they examine their lives and search for meaningfulness.-***

▪ **-James T. Webb**

- questioning the meaning of life (can be event triggered or spontaneous)



Perfectionism

Truth- striving for excellence is good. Believing perfect is necessary is a cognitive distortion.

Problems: can lead to depression, anxiety, underachievement, work / product paralysis, anger, strained relationships



Overexcitabilities

- Psychomotor
 - Sensual
 - Intellectual
 - Imaginational
 - Emotional
-
- -Kazimierz Dabrowski, (1902-1980), He believed that conflict and inner suffering were necessary for advanced development – for movement towards a hierarchy of values based on altruism – for movement from “what is” to “what ought to be.”
SENGifted.org



Strategies:



Mindfulness strategies- Meditation, breath work, Journaling, etc



Mind Full, or Mindful?



Grounding Exercises: Using our 5 Senses



[Link to Mindfulness Sense Cards](#)



Prioritizing

- Prioritizing Time / Passions
- - First Things First
- (Covey)

IMPORTANT
*Focuses on results
and contributes to
your mission, values
& high priority goals.*

NOT IMPORTANT

URGENT

NOT URGENT

URGENT	NOT URGENT
Quadrant 1 - <i>Urgent & Important</i>	Quadrant 2 - <i>Not Urgent & Important</i> First Things First..
Quadrant 3 - <i>Urgent & Not Important</i>	Quadrant 4 - <i>Not Urgent & Not Important</i>

Reference:

Covey, S. (1989). [The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change](#). New York, USA: Simon & Schuster.



Preventative Focus and Re-focus Interventions



Develop Self Knowledge

- Recognizing differences as part of giftedness (not a flaw)
- Recognize how to nurture self
- Recognize how others see us

Table 2. Johari's Window
(Luft & Ingham, 1955)

	Known to Self	Unknown to Self
Known to Others	A [Open]	B [Blind] Decrease our "blind spots" through feedback from others
Unknown to Others	C [Hidden] Decrease the items in this window through self-disclosure	D [Unknown] Decrease this window through introspection



Basic needs for all people

Dr William Glasser's *Basic Needs*

				
Love & Belonging	Power	FUN	Survival	<i>Freedom</i>
<ul style="list-style-type: none">✓ belonging✓ being loved✓ being respected✓ friendship✓ sharing✓ cooperation	<ul style="list-style-type: none">✓ recognition✓ success✓ importance✓ achievement✓ skills	<ul style="list-style-type: none">✓ enjoyment✓ laughter✓ learning✓ change	<ul style="list-style-type: none">✓ health✓ relaxation✓ sexual activity✓ food✓ warmth	<ul style="list-style-type: none">✓ choices✓ independence✓ freedom from✓ freedom to



Additional Supports

- Be aware of and challenge catastrophizing beliefs.
- Consider positive community outlets for connecting with others in non-competitive ways and create time for your passions.

- Rest and Nutrition
-
- Schedule down time. Choose 1-2 activities that are most important to you and try to skip the rest.

- Trained Counselors and Psychologists that specialize in gifted if symptoms feel severe or especially troublesome.

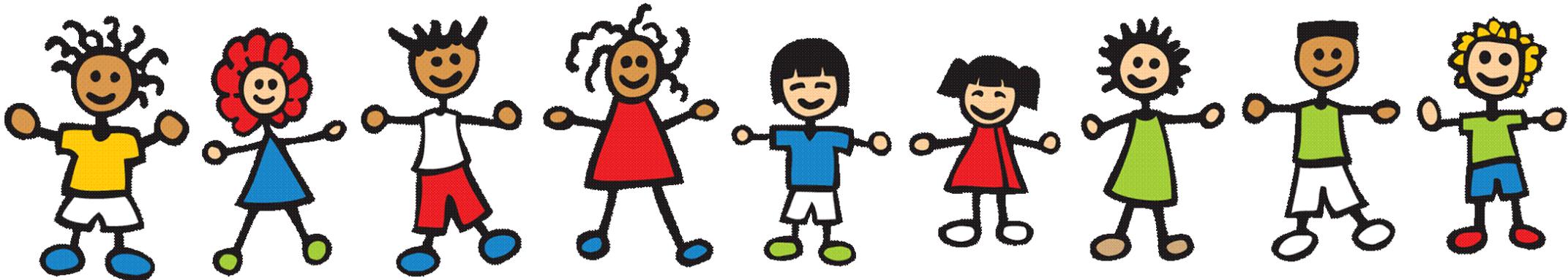
- Support groups- student groups and parent groups (some offered include SENG Parent Groups)

- Bibliotherapy and literature related to this topic



Resources

- www.sengifted.org
- www.davidsongifted.org
- www.hoagiesgifted.org
- www.gifteddevelopment.com



Questions ?

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