

KEYNOTE

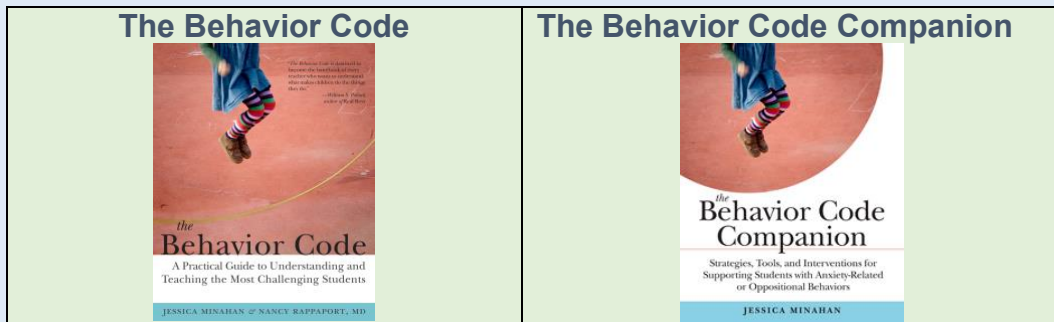
Practical Trauma-Informed Strategies to Reduce Anxiety in Students
by **Jessica Minahan**,
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Notetaking Sheet

Impact of Anxiety on behavior and learning	
SOS for Teachers 1. Beh is due to underdeveloped skill 2. Beh is communication 3. Beh has function 4. Beh occurs in patterns 5. The only beh you can control is your own 6. Beh can be changed	
Why incentives may not be working	
Underdeveloped skills: Self-Regulation Accurate Thinking Social Skills Executive Functioning Flexible Thinking	
FAIR	What are interaction strategies:
Maintaining Connection	Find School Resources at: https://bit.ly/MINAHANJ
Why breaks may not be helpful and how to change that -Biofeedback	
Transitions 1. Stopping 2. Pref-nonpref 3. Shifting 4. Starting	

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5. Downtime	
Self-regulation Apps	<ul style="list-style-type: none"> o Calm o Headspace o Moodnotes (not free) o Moodpath o Pacifica o Pixel Thoughts o SuperBetter (game to teach resilience) o 7 Cups o Anxiety Relief Hypnosis o Happify o Talkspace
Reducing Negative Thinking Toward Writing Tasks	
Tips on Giving Demands	
Shift Reinforcement to Skill Development	

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Additional Notes....