

Anxiety...

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Plan for today's session:

What is anxiety?

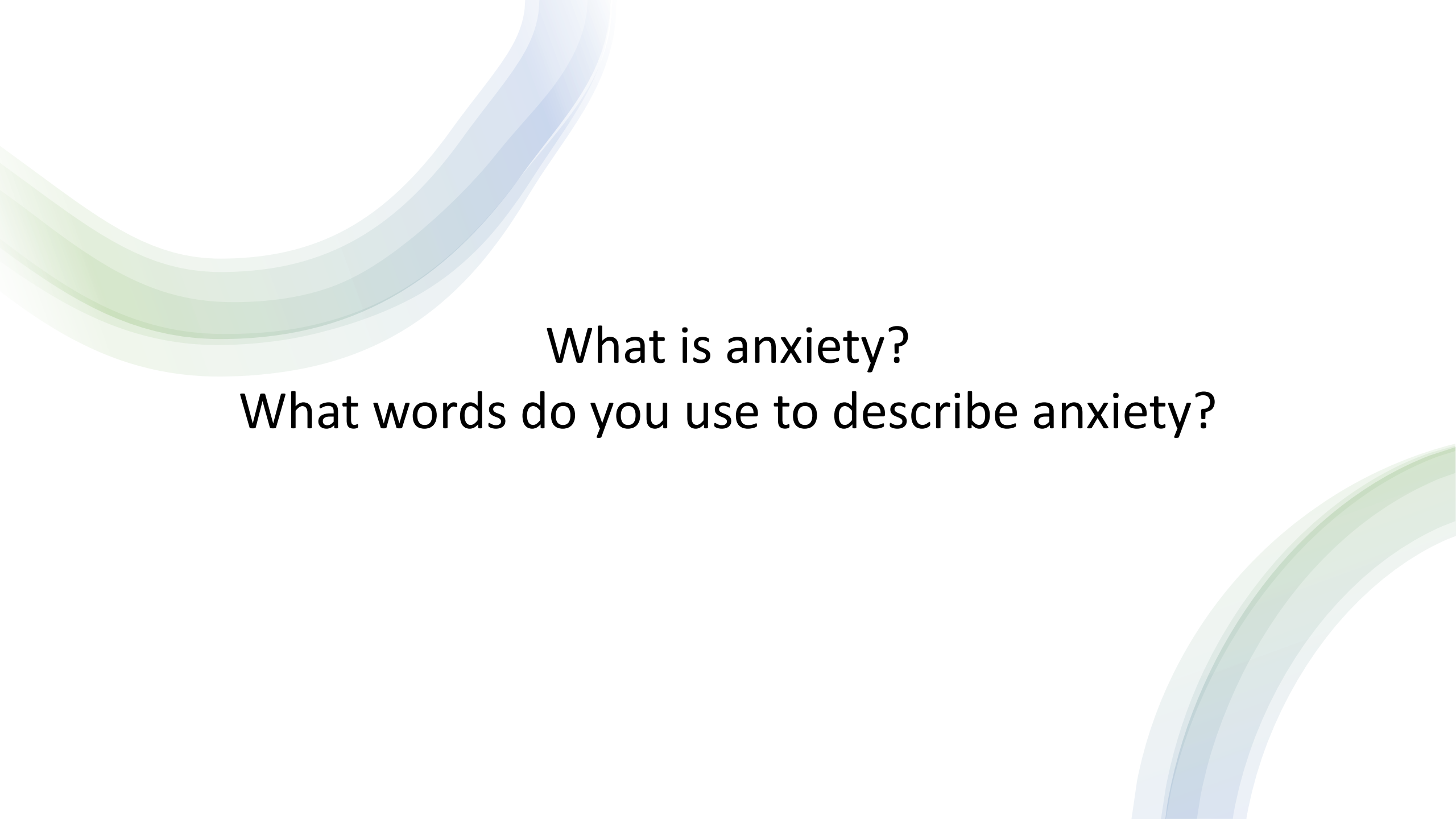
Different types of anxiety

How to recognize when it needs professional attention

What can we do to manage our anxiety?

Conflict of interest: children's book "In my box"

Coauthored by myself with my husband

The background features decorative curved lines in shades of green and blue, positioned in the top-left and bottom-right corners. The text is centered in the middle of the page.

What is anxiety?
What words do you use to describe anxiety?

Stressed
Helpless
Alarmed
Terrified
Uncomfortable
Tense
Hesitant
Afraid
Nervous
Overwhelmed
Reserved
Threatened
Frightened
Lost
Vulnerable
Cautious
Nervous
Panicky
Worried
Haunted
Inadequate
Uneasy
Fearful
Puzzled
Insecure
Shaken
Horrorified
Pettrified
Anxious

ANXIETY
@miss_mental0



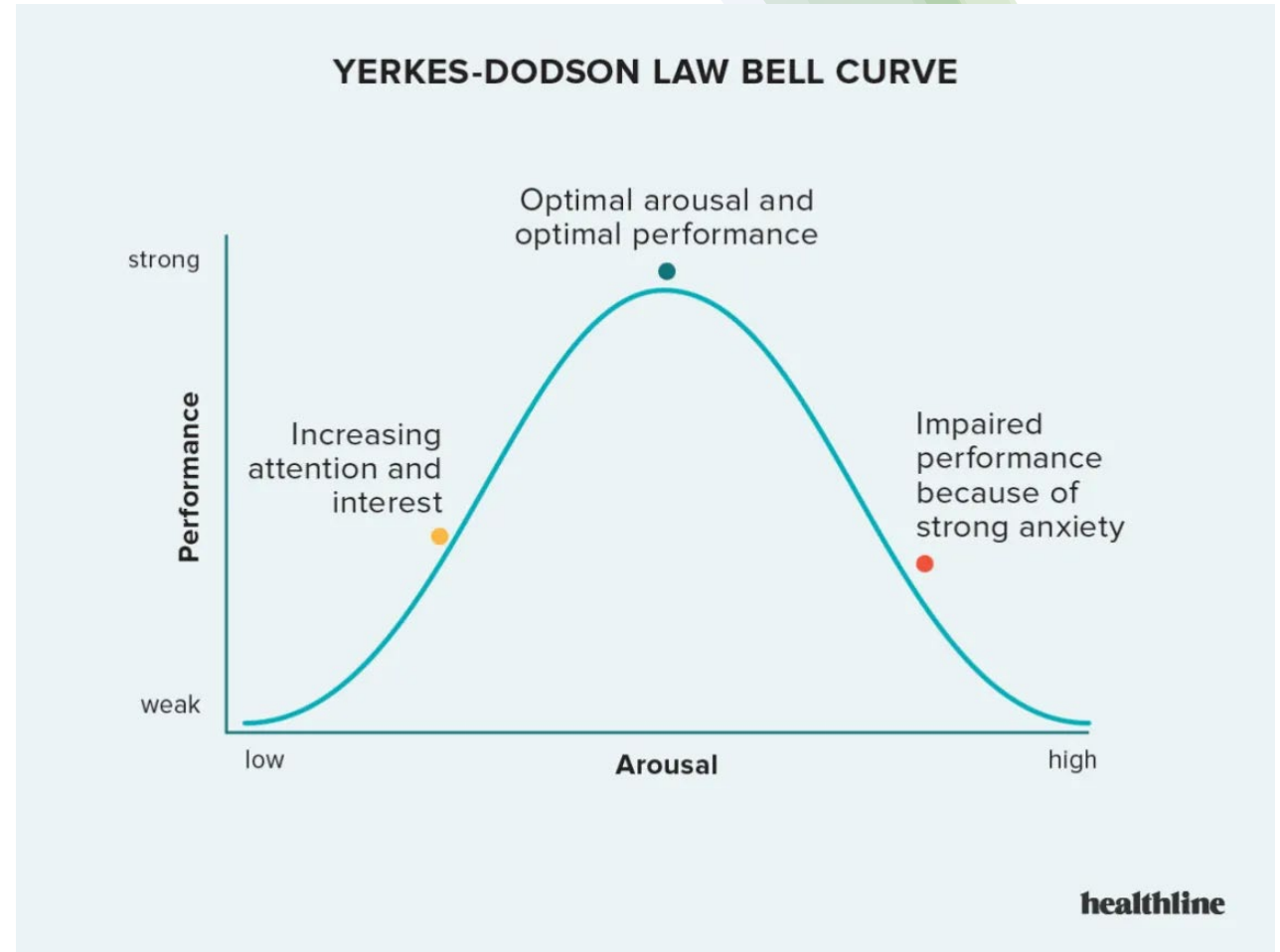
<https://www.youtube.com/watch?v=F7PxEy5IyV4>

- Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.
- We all feel anxious some times. Anxiety is completely NORMAL!
 - INEVITABLE
 - RESPONSE to EVERYDAY CHALLENGE
 - PROPORTIONED, APPROPRIATE and REASONABLE
- A certain amount of anxiety helps us to be more alert and focused.

- A condition of agitation and distress
- A response to a vague, distant or even unrecognized danger

Anxiety vs. Fear

- Anxiety
 - Apprehension about a future threat
- Fear
 - Response to an immediate threat
- Both involve physiological arousal
 - Sympathetic nervous system
- Both can be adaptive



Stress vs. Anxiety

Stress



cause / origin

short term and in response to a recognized threat



symptoms

faster heartbeat
faster breathing
diarrhea or constipation
anxious thoughts
moodiness, irritability, or anger
general unhappiness
a feeling of being overwhelmed
loneliness
nausea
dizziness

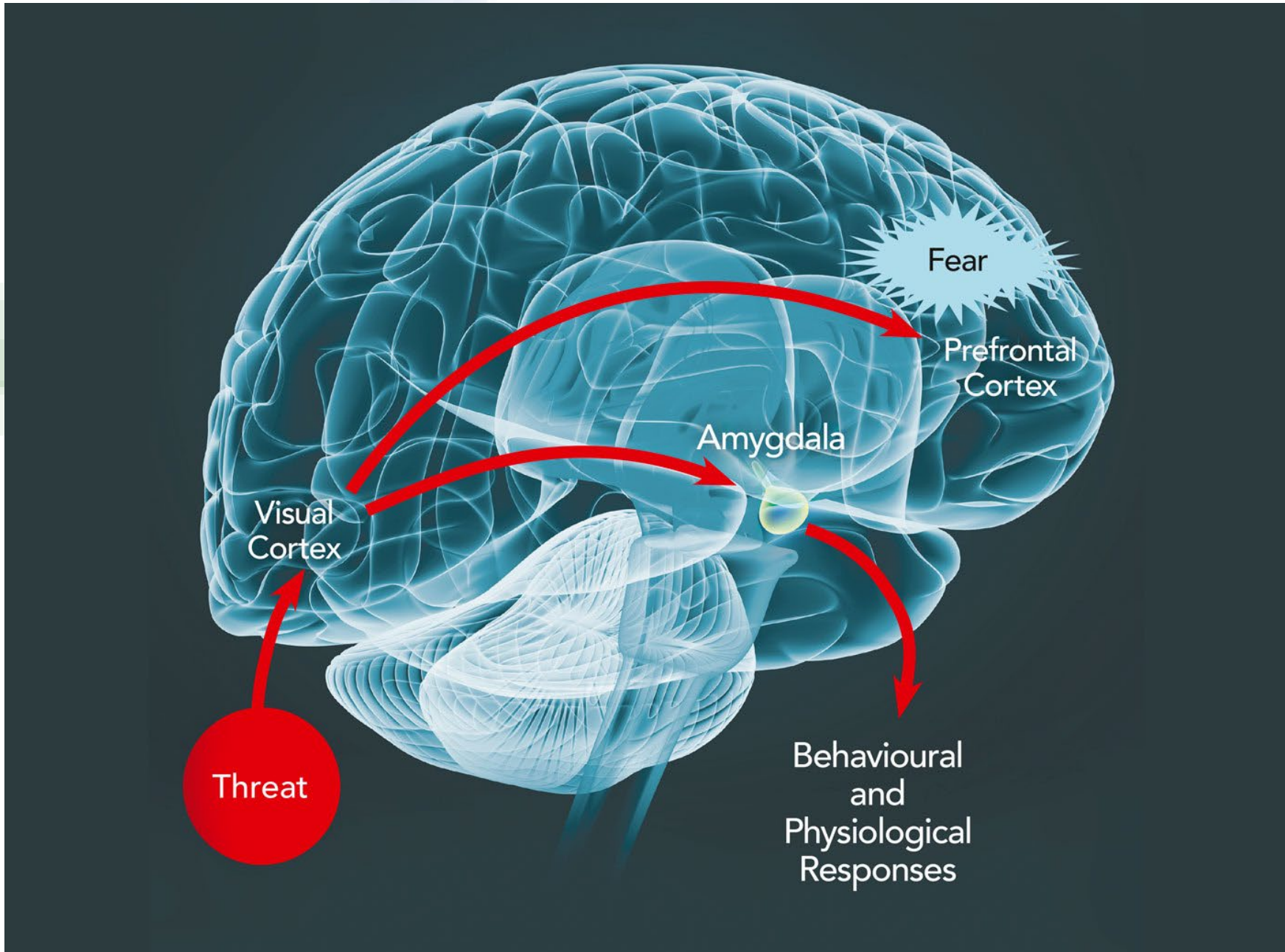
Anxiety

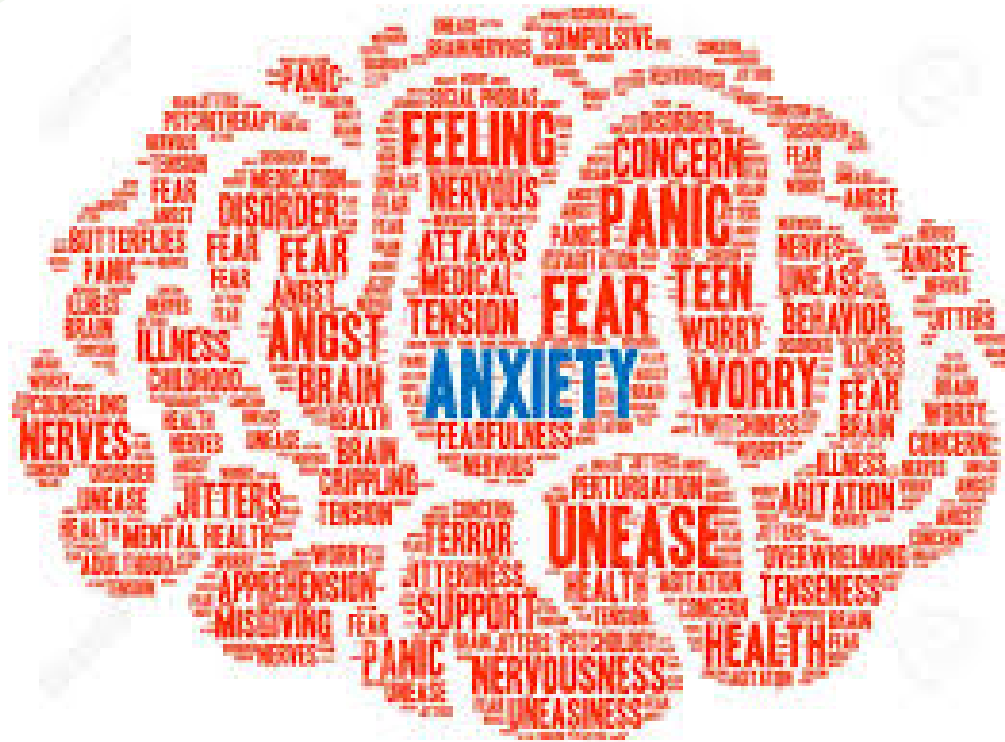


can linger and may not have an identifiable trigger



faster heartbeat
faster breathing
diarrhea or constipation
a feeling of unease or dread
sweating
nervousness
tenseness
restlessness





- In all anxiety, we tend to over-estimate the danger, and under-estimate our ability to cope.
- Different types include:
 - Generalized anxiety disorder (GAD)
 - Social anxiety
 - Specific phobias
 - Panic disorder
 - Agoraphobia
 - OCD
 - Trauma related anxiety disorders

Generalized Anxiety Disorder (GAD) Symptoms



**Excessive anxiety
and worry**



**Increased muscle
aches or soreness**



**Impaired
concentration**



Fatigue



Irritability



Restlessness



Difficulty sleeping





Social Anxiety

- Previously called *Social Phobia*
 - Causes more life disruption than other phobias
- More intense and extensive than shyness
 - Persistent, intense fear and avoidance of social situations
 - Fear of negative evaluation or scrutiny
 - Onset often adolescence
- 33% also diagnosed with Avoidant Personality Disorder
 - Overlap in genetic vulnerability for both disorders

Table 6.2 Types of Specific Phobias

Type of Phobia	Examples of the Feared Object	Associated Characteristics
Animal	Snakes, insects	Generally begins during childhood
Natural environment	Storms, heights, water	Generally begins during childhood
Blood, injection, injury	Blood, injury, injections, or other invasive medical procedures	Clearly runs in families; profile of heart rate slowing and possible fainting when facing feared stimulus (LeBeau, Glenn, Liao et al., 2010)
Situational	Public transportation, tunnels, bridges, elevators, flying, driving, closed spaces	Tends to begin either in childhood or in mid-20s
Other	Choking, contracting an illness, etc.; children's fears of loud sounds, clowns, etc.	

Panic Disorder:

- Frequent panic attacks unrelated to specific situations
- Panic attack
 - Sudden, intense episode of apprehension, terror, feelings of impending doom
 - Intense urge to flee
 - Symptoms reach peak intensity within 10 minutes
 - Physical symptoms can include:
 - Labored breathing, heart palpitations, nausea, upset stomach, chest pain, feelings of choking and smothering, dizziness, sweating, lightheadedness, chills, heat sensations, and trembling
 - Other symptoms may include:
 - *Depersonalization*
 - *Derealization*
 - Fears of going crazy, losing control, or dying
- 25% of people will experience a single panic attack (not the same as panic disorder)

Agoraphobia:

- From the Greek word “agora” or marketplace
- Anxiety about inability to flee anxiety- provoking situations
 - E.g., crowds, stores, malls, churches, trains, bridges, tunnels, etc.
 - Causes significant impairment
- Historically was a subtype of Panic Disorder
 - At least half of agoraphobics do not suffer panic attacks

Some STATS:

- At least 20% of children under age 18 have significant mental health problems.
- 75% of those don't get help.
- Up to 6% of children and youth have an anxiety disorder severe enough to need treatment.
- Children may have more than one kind of anxiety disorder.
 - 50% of those with anxiety disorder meet criteria for another anxiety disorder
 - 75% of those with anxiety disorder meet criteria for another psychological disorder
- Disorders commonly comorbid with anxiety:
 - 60% with anxiety also have depression
 - Substance abuse
 - Personality disorders
 - Medical disorders

Anxiety Behaviors:

Avoiding people or places

Not going out

Going to certain places at certain times,

Only going with someone else

Escape, leave early

Safety Behaviors:

Go to the feared situation, but use coping behaviors to get you through, such as:

holding a drink

smoking more

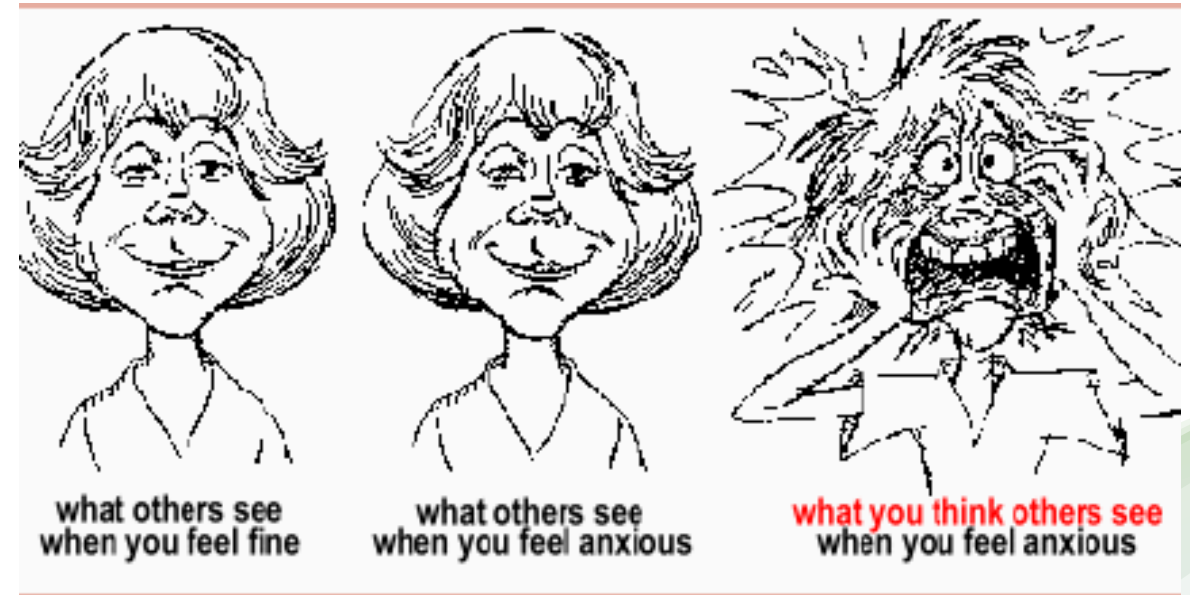
fiddling with clothes or handbag

avoiding eye contact with others

having an escape plan

taking medication

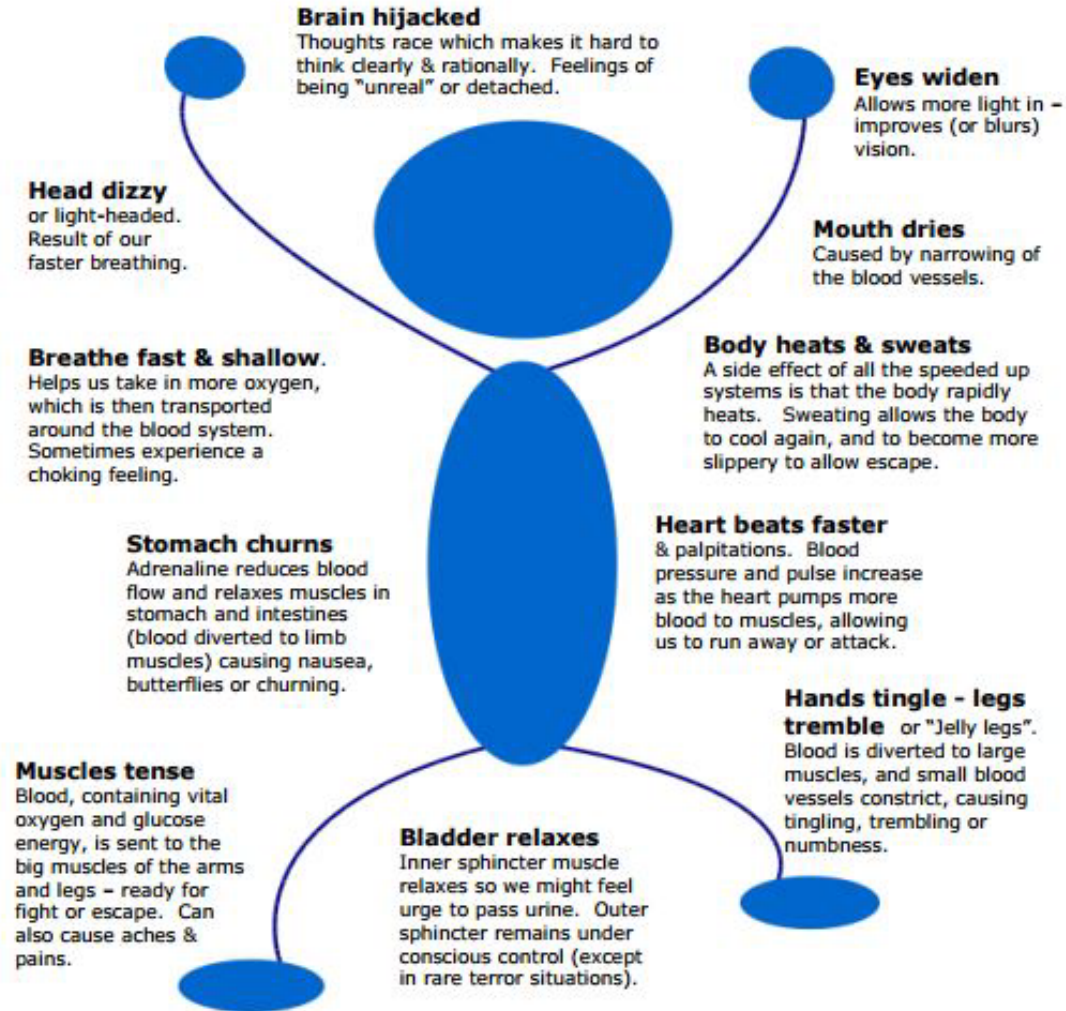
Safety behaviors can also help to keep your anxiety going.



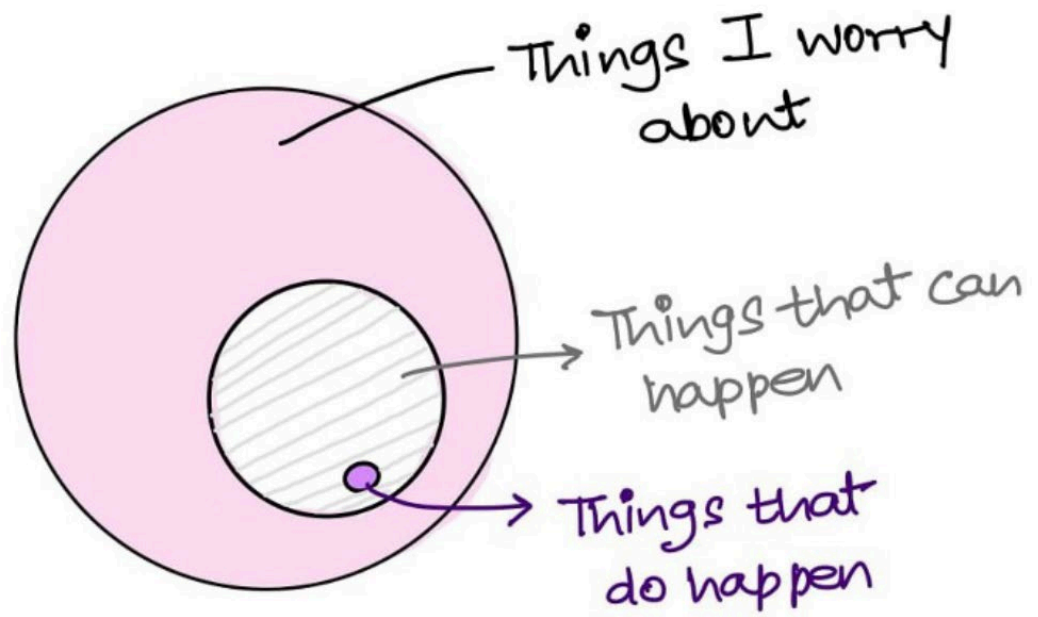
ALARMING ADRENALINE !

The body's alarm system

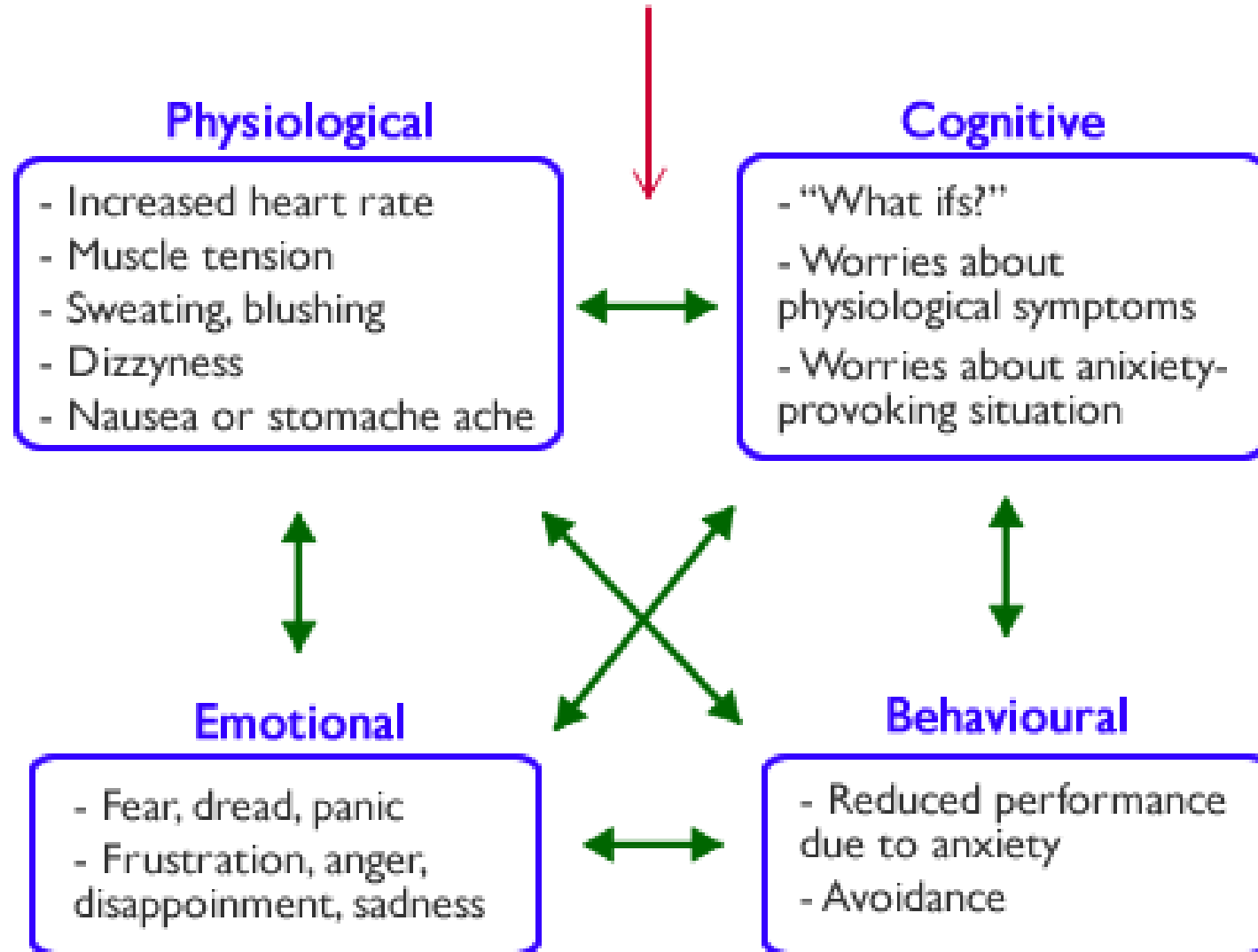
When the brain perceives a threat, it activates the body's "fight or flight" alarm system, and adrenaline is released into the blood from the adrenal glands. We experience uncomfortable feelings because the adrenaline makes the body systems speed up, diverting blood towards the big muscles, preparing us to attack (anger) or escape (anxiety).



After the adrenaline has died down, we can feel exhausted, shaky and weak.



Anxiety-Provoking Situation



Thoughts

Something bad will
happen
I won't be able to cope!

Behaviours

Avoid or Escape
Not go out
Make excuses
Leave early
Safety behaviours -
help us cope in the
situation

Feelings

Anxious
Adrenaline: tense,
heart racing, breathing
fast, shaky, light-
headed, sweaty etc

Which Is It?

Everyday Anxiety

Anxiety Disorder

Worry about paying bills, landing a job, a romantic breakup, or other important life events

Constant and unsubstantiated worry that causes significant distress and interferes with daily life

Embarrassment or self-consciousness in an uncomfortable or awkward social situation

Avoiding social situations for fear of being judged, embarrassed, or humiliated

A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event

Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one

Realistic fear of a dangerous object, place, or situation

Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger

Anxiety, sadness, or difficulty sleeping immediately after a traumatic event

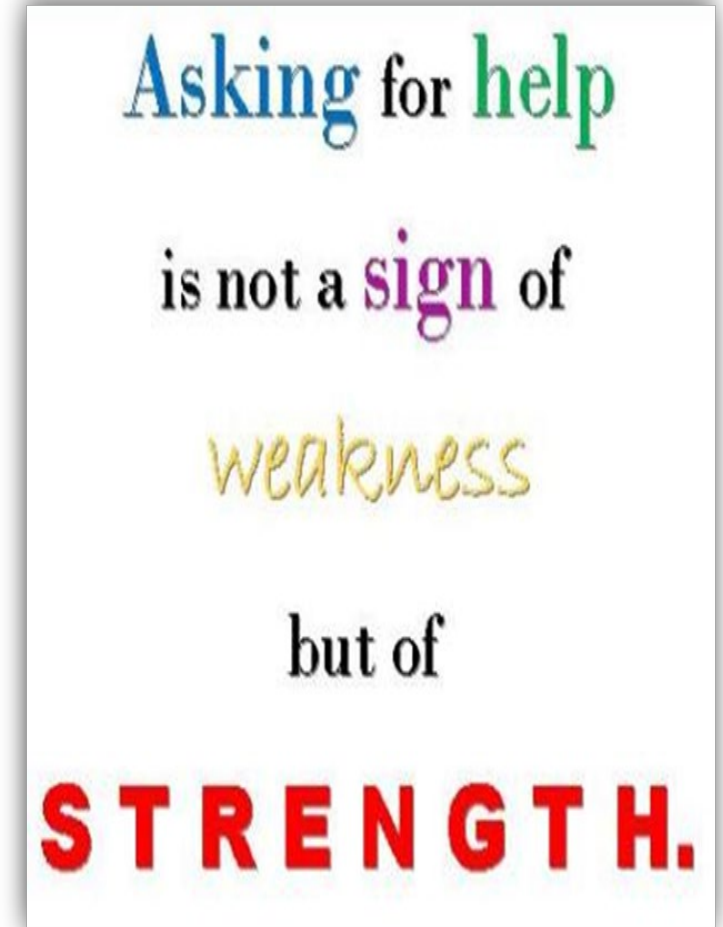
Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

When to consider seeking help:

- Avoidance of school
- Frequent stomachaches or headaches in the morning before school
- Avoidance of activities
- Easily upset
- Parent or teacher reports they spent a lot of time comforting the child and/or urging her/him to participate in regular activities
- Parent or teacher reports family/classroom functioning is being disrupted by your child's fears and worries, or meltdowns.
- Intense worries or fears that interfere with daily activities

Seeking help:

- If you feel anxious all the time, for several weeks or if it feels like your anxiety is taking over your life, then it's a good idea to ask for help. Your PCP should be your first point of contact. If in distress or out of office hours you can call mobile crisis or go to the nearest Emergency Room
 - Call 911, or go to ER
 - Call or text 988 (National Suicide Prevention Lifeline)
 - Psychiatric Crisis Line 302-320-2118 (Wilmington) 302-733-2881 (Christiana)
 - Mobile Crisis Intervention: (New Castle County) 302-577-2484 (statewide) 1-800-652-2929. 24 hours/day, 7 days/week
 - Contact DE - 24 hr hot line 302 761 9100
- You can get more information about your mental illness at: www.medlineplus.gov



Treatment

- Anxiety disorders can be treated!
- The most common treatment is cognitive behavior therapy (CBT) in groups or individually
- Gradual exposure to things that make them anxious to decrease the fear
- Coping strategies to reduce anxiety
- Learn relaxation and stress management
- Medications: Antidepressants (Lexapro, Zoloft, Prozac), Anti-anxiolytics (Buspar), Sedatives (Ativan, Klonopin), several others

“I always point out the need for more than medication, which is a bridge between feeling terrible and feeling better. But you still need to walk across that bridge. That’s where psychotherapy comes in.”

Ronald W. Pies, MD

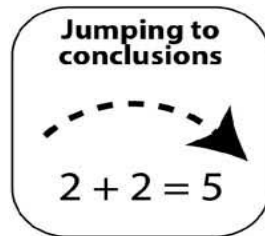
What can we do to better cope?

- **Remember Anxiety is something we all experience to varying degrees and is something you can learn to cope with once you have the correct skills.**
- These can include;
 - Challenging Unhelpful Thinking
 - Breathing
 - Grounding
 - Personal Rescue Box
 - Using APPLE



Challenge Unhelpful thinking:

- We can all be prone to 'distorted thinking' at times.
- When we are stressed our 'distorted thinking' or 'unhelpful thinking styles' become more exaggerated. This is something that happens outside our awareness and can become an automatic habit.
- Examples:



OVERCOMING 'UNHELPFUL THINKING STYLES'



IDENTIFY IT / NOTICE IT

THE FIRST STEP IS SIMPLY TO BECOME AWARE OF UNHELPFUL THOUGHTS & THINKING STYLES. NOTICE IT & NAME IT.



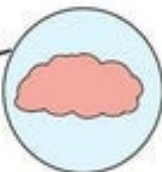
CHALLENGE IT

NOT ALL THOUGHTS ARE TRUE - TIME TO CHECK OUT IF IT'S REALISTIC & TO GENTLY CHALLENGE IT. SOME USEFUL Q'S TO ASK YOURSELF: WHAT WOULD I SAY TO MY BEST FRIEND? IS THIS A FACT? WHAT ELSE COULD BE TRUE?



RE-WRITE IT

COME UP WITH A MORE REALISTIC, KIND, HELPFUL, HEALTHY & BALANCED THOUGHT.



BE MINDFUL

YOU CAN ALSO JUST SIMPLY OBSERVE THE THOUGHT, WITHOUT JUDGEMENT, & ALLOW IT TO PASS.



DISTRACT

OR YOU CAN TRY DISTRACTING FROM UNHELPFUL OR REPETITIVE THOUGHTS, WITH HEALTHY ACTIVITIES.

Breathing Techniques:

- Breathing exercises take only a few seconds, no matter where you are.
- It is particularly helpful at stressful times, and also practice it at regular intervals throughout the day.
- When learning the technique it is a good idea to try it when you are feeling calm.

Belly Breathing

“4-7-8 I Feel Great”

Progressive Muscle Relaxation

GROUNDING TECHNIQUES FOR THE SENSES

- 5 THINGS YOU CAN SEE 
- 4 THINGS YOU CAN TOUCH 
- 3 THINGS YOU CAN HEAR 
- 2 THINGS YOU CAN SMELL 
- 1 THINGS YOU CAN TASTE 

Grounding & personal rescue box



Use APPLE



ACKNOWLEDGE - Notice and acknowledge the uncertainty as it comes to mind.

PAUSE - Don't react as you normally do.

PULL BACK - Tell yourself this is just the anxiety or depression talking. Can't believe everything you think!

LET GO - Let go of the thought or feeling

EXPLORE - Explore the present moment, because right now, in this moment, all is well.


THINK
DO
BE

I can make things happen. I can make a difference. It's ok if I am not perfect. I am enough. I focus on what I can control, and I let go of what I can't. I can accept myself just as I am. My challenges help me grow. I am wonderful. I believe in myself. I love myself. I do better every single day. My strength is greater than any struggle. I matter. I am proud of myself. I am a good person. I am brave. I am open to finding new ways to appreciate myself. I am going to have a good day, on purpose. I choose my own attitude. I will practice gratitude. I can improve. I can learn. I can be patient. I can make mistakes. I will give myself grace. I am doing the best that I can. I forgive myself for my mistakes. I will embrace. I will accept. I love the person I am becoming. I am strong. I am courageous. I am loved. I am capable. I can ask for help. I can try again. What others think of me is their choice, what I think of myself is my choice. I will practice kindness. Today, I choose me. My needs are okay. I am unapologetically myself. I breathe in confidence, and I exhale fear. I am a kind soul. Today, I will fill my mind with positive thoughts. I am powerful. I am abundant. I am grateful. I am unaffected by the judgment of others. I am respected by the people around me. There is no one better to me than myself. I deserve to feel joy. I am willing. I will share my story. I will learn. I will create...

IN MY BOX

BY
HERSH
AND VANESSA PATEL





*You are brave
You are strong
You will overcome*

knowmyworth.com

**SOMETIMES WE'RE TESTED.
NOT TO SHOW OUR WEAKNESSES,
BUT TO DISCOVER OUR STRENGTHS.**



Whew, questions?

