



Living With Anxiety

4 Ways to Treat Anxiety





Disclaimer:

Educational Purposes Only, Not Advice - consult physician

Not a Therapeutic Relationship

Not a tech genius

100% free of cost and pitch free - 48 hour access



Class Guidelines:

Be respectful of what others are saying

No "shoulding" all over anyone - even yourself:)

Anxiety and Depression - need immediate support....

Questions in chat box



Outline:

Who I am and why I do this

Info on Generalized Anxiety Disorder and Panic Disorder and 4 Ways to Treat Anxiety

Additional Resources for your next steps

Q & A



Who am I

Lifelong GAD

2005 Mental Health Clinician

2007 Panic Disorder/
Compassion Fatigue/Burnout
and Recovery Begins

Mental Health Advocate



Charlene Richard
RSW



Who has anxiety?

According to the World Health Organization, anxiety is the most common mental illness in the World.

Over 45 million people in North America



What is anxiety?

Worry is experienced as excessive and uncontrollable, is presents most days, and interferes with the ability to focus on tasks

With at least 3 of the following symptoms presents for the past 6-months or longer:

Feeling restless, keyed up, on edge & unable to relax

Physical tension

Sleep disturbance - trouble falling asleep or maintaining sleep (unsettled/broken sleep)

Problems concentrating and focusing on a task

Feeling irritable

Feeling tired or exhausted easily



What is a panic attack?

Skipping, racking or pounding heart

Sweating

Trembling or shaking

Shortness of breath or difficulty breathing

Choking Sensations

Nausea, stomach problems or sudden diarrhoea

Tingling or numbness in part of body

Hot flushes or chills

Feeling things around you are strange, unreal, detached, unfamiliar or feeling detached from body

Thoughts of losing control or going crazy

Fear of dying



GAD7 - Assessment

Generalized Anxiety Disorder 7-item (GAD-7) scale

Over the last 2 weeks, how often have you been bothered by the following problems?	Not at all sure	Several days	Over half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
<i>Add the score for each column</i>	+	+	+	
Total Score (add your column scores) =				

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____

Somewhat difficult _____

Very difficult _____

Extremely difficult _____

Source: Spitzer RL, Kroenke K, Williams JBW, Lowe B. A brief measure for assessing generalized anxiety disorder. *Arch Intern Med.* 2006;166:1092-1097.





Living With Anxiety - Matrix

Moving Away From Values

Moving Towards Values

<p>Things I Say or Do That Don't Meet My Long Term Goals and Values</p> <ul style="list-style-type: none">• Distraction• Aggressiveness/Lashing Out• Disengaging• Avoiding• Procrastination• Substance Use/Abuse, Risky Behaviours, Gambling, Self-Harm, Eating, Shopping	<p>Things I Say or Do That Meet My Long Terms Goals and Values</p> <ul style="list-style-type: none">• Spending time with family• Eating Healthy/Moving Body• Learnings/Personal Growth• Fun/Creativity/Sports• Church Group/Spiritual Practice• Focusing on Sleep/Relaxation
<p>Things I Think and Feel That Are Unpleasant</p> <ul style="list-style-type: none">• Troublesome thoughts• Difficult emotions• Uncomfortable body sensations• Powerful urges• Painful memories	<p>Things I Think and Feel That Are Pleasant – My Values</p> <ul style="list-style-type: none">• Family• Intimate Relationships• Parenting• Friends• Education• Work• Recreation• Health• Personal Growth



First Way to Treat Anxiety

Stress Response and Relaxation Response

Once upon a time...

See a bear -
Fear!
Danger!
Run!





But Today...

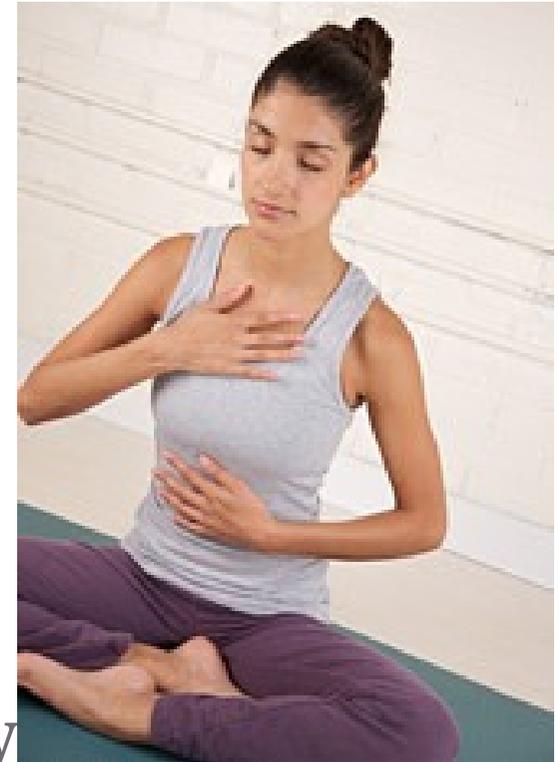
Psychological Threats - Stress and Anxiety





Your Nervous System

- Deep Breathing Vs. Shallow Breathing
- Inhale through nose for 3 count
- Exhale through mouth for 6 count
- Practice 2 minutes, 5 times per day
- Practice as soon as you notice your anxiety warning signs (HANDOUT)





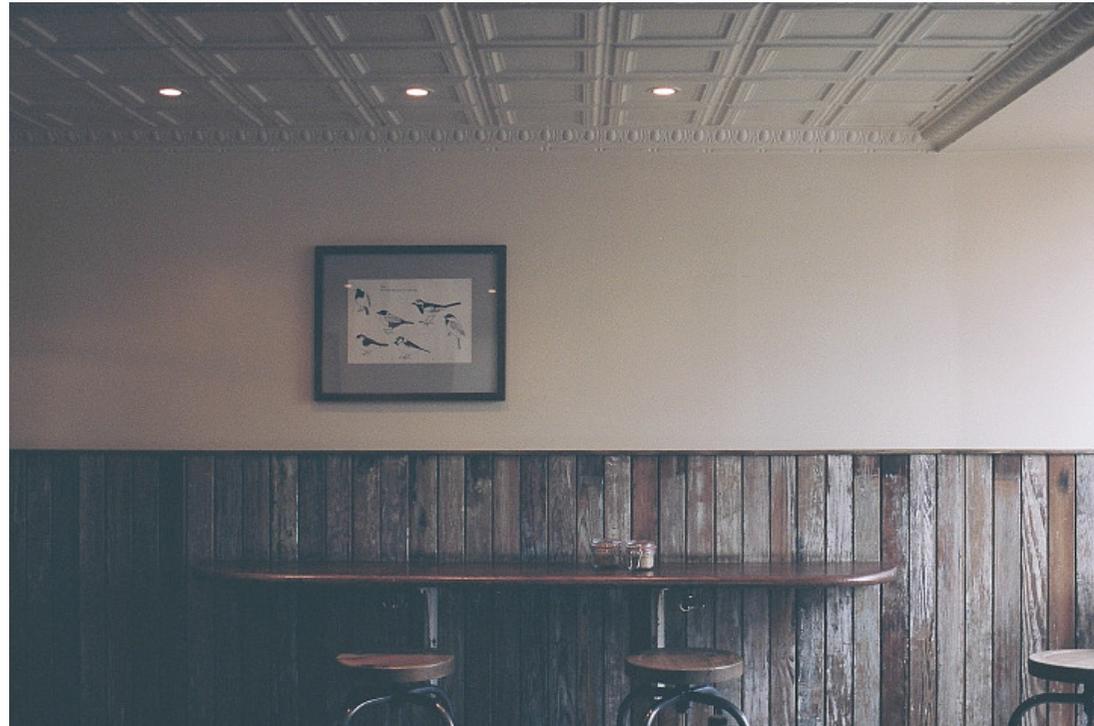
Second Way to Treat Anxiety

Sensory Grounding Strategy

Pictures on the Wall

Shape. Size. Colour.

Start with three.





Third Way to Treat Anxiety

- LIFESTYLE/BEHAVIOURAL STRATEGIES:
- Sleep - 3-6 breathing or Pictures on Wall
- Moderate Exercise - 30 minutes per day
- Limit caffeine, sugar and alcohol/drugs
- Eat regular meals throughout day
- Connection with nature
- Guided Relaxation Practice
- Doctor/Therapist/Medication



Fourth Way to Treat Anxiety

Self-Management Workbooks:

The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD and Other Anxiety Symptoms
By: Alexander Chapman etc...

The Mindfulness and Acceptance Workbook for Anxiety: A guide to Breaking Free from Anxiety, Phobias and Worry Using Acceptance and Commitment Therapy By: Georg Eifert



More Self-Management

The Centre for Clinical Intervention has free downloadable handouts and workbooks for anxiety, depression and other mental health topics.

<http://www.cci.health.wa.gov.au/resources/consumers.cfm>



Online Peer Support Groups

Behind the Mask promotes an online peer support group with regular moderators:

<https://www.facebook.com/BehindTheMaskCharity/?fref=ts>

Anxiety & Depression Support Sanctuary Group

<https://www.facebook.com/groups/538111446335934/?fref=ts>

Do Your Due Diligence



International Supports

International association for suicide prevention:

http://www.iasp.info/resources/Crisis_Centres/

Local Crisis Supports:

911/Police/Hospitals/Crisis Lines



Next Steps

Begin with the 3-6 breathing daily and as soon as you notice your warning signs.

MAKE SURE you are taking deep breaths and your belly is moving.

Practice the sensory grounding when your worry thoughts take off.

If moderate to severe symptoms of anxiety - consult with a doc to discuss medication options.



Next Steps

If you don't have access to a therapist/counselor consider one of the self-management strategies.

Begin with whichever lifestyle strategies are easiest to implement and continue making healthy changes.

Continue to check in and see what is working for your recovery. Take the assessment again to track improvements. Recovery is an ongoing process.



Don't Forget!

If you found this type of information helpful and want to know about free classes, make sure you signed up for my free resources so you are added to my Friday updates.

My Facebook Page - where I post info about mental health & illness, self-care, wellness, mindfulness meditation, relaxation, positive psychology, mental health advocacy.



And finally...

48 Hour Replay and access to slides/handouts/links

I would love your feedback.... I will email out a link to an online anonymous survey.

Much appreciation for your attendance.



Your Turn...

Q & A

