

Coping Skills for Anxiety

4 Ways to Treat Anxiety





Disclaimer:

Educational Purposes Only, Not Advice - consult
physician

Not a Therapeutic Relationship



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

Certificate of Attendance - two attendance codes



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

Compassion Fatigue Specialist



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, racing 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

Things I Say or Do That Don't Meet My Long Term Goals and Values <ul style="list-style-type: none">• Distraction• Aggressiveness/Lashing Out• Disengaging• Avoiding• Procrastination• Substance Use/Abuse, Risky Behaviours, Gambling, Self-Harm, Eating, Shopping	Things I Say or Do That Meet My Long Terms Goals and Values <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
Things I Think and Feel That Are Unpleasant <ul style="list-style-type: none">• Troublesome thoughts• Difficult emotions• Uncomfortable body sensations• Powerful urges• Painful memories	Things I Think and Feel That Are Pleasant – My Values <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...

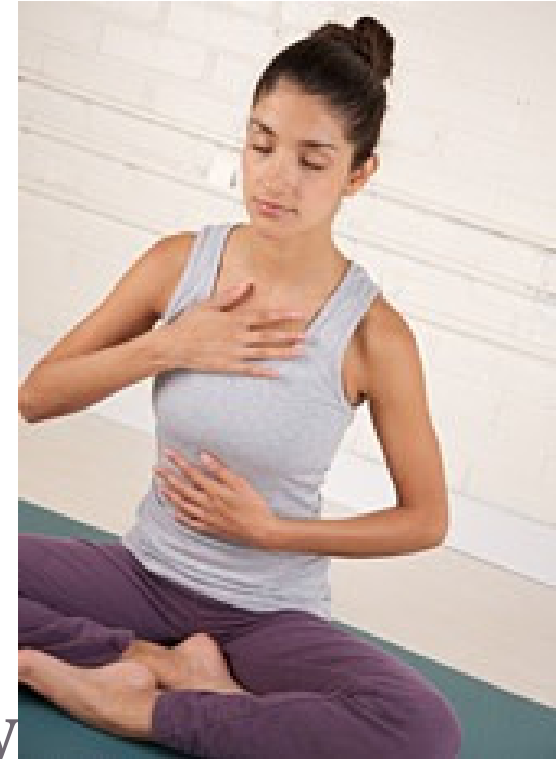
Psychological Threats - Stress and Anxiety





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





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



Vicarious Trauma

The transmission of traumatic stress through observation and/or hearing others' stories of traumatic events and results in a shift in your world view and sense of meaning

Similar to PTSD including:

- Intrusive thoughts
- Nightmare
- Avoidance/Arousal
- Change in relationship to self, family and friends



Vicarious Trauma

What really happens:

You witness someone experiencing a traumatic experience.

or

Someone who has had a traumatic experience is distressed and sharing their fears and the details of the experience with you.



Vicarious Trauma

What is really looks like for you after the incident:

Feeling overwhelmed (crying)

Feeling irritable

Lost of focus/concentration

Seeing/Hearing over and over again

Nightmares of incident

Avoiding



Vicarious Trauma and Anxiety

Vicarious Trauma is a trigger for anxiety and is potentially a trigger for personal PTSD if you have a trauma history.

May feel GAD is higher in days after incident - possible panic attacks.

Potential for trigger of personal PTSD



Vicarious Trauma: immediate recovery strategies

Label the incident as vicarious trauma

Use the breathing or another form of relaxation to calm nervous system. Ground Yourself!

Body Movement (yoga, running, walks, swim)

Connection with others (people, pets)

Nature



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>



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.



Caring Safely Fall 2016

Registration is open for my 6 week online coaching program Caring Safely

Discount Code: anxiety

For \$97 until June 30th

Link to register

<https://charlenerichardrsw.leadpages.co/caringsafelyfall2016/>



And finally...

90 day replay

Access to slides/handouts/links via email

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

