

Let's Talk: Anxiety

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Understanding Anxiety

- Not All Anxiety is bad – Anxiety serves a purpose. Anxiety enables us to accomplish tasks and meet deadlines, keep us aware of our surroundings, and keeps us safe in dangerous situations.
- Anxiety is a fight or flight response. When we are faced with stressors we naturally react either by fighting or running/fleeing or freezing. These reactions keep us safe from real harm.

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The Impact of Fight or Flight:

| | | |
|--|---|--|
| Physical Difficulty breathing Trembling/Shaking Heart Racing Tingling Sensations Face can become pale or flushed-red | Mental Difficulty Focusing Thinking the problem is unmanageable Confusion Negative Self Statements | |
| Emotional Overwhelmed Worried Scared Fearful | Behaviors Crying Yelling Avoidance Isolating/Withdrawing | |

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Stress VS. Anxiety

I'M SO STRESSED OUT!

Is it stress or anxiety?

| | | |
|--|---|--|
| Stress Generally is a response to an external cause, such as taking a final test or meeting with a friend. Goes away once the situation is resolved. Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep. | Both Stress and Anxiety Both stress and anxiety can affect your mind and body. You may experience symptoms such as: Excessive worry Unrest Tension Headaches or body pain High blood pressure Loss of sleep | Anxiety Generally is internal, meaning it's your reaction to stress. Usually involves a persistent feeling of apprehension or worry and that doesn't go away and that doesn't let you have your life back. It is constant, even if there is no immediate threat. |
|--|---|--|

Ways to Cope

- Keep a journal.
- Download an app with relaxation exercises.
- Exercise and eat healthy.
- Get regular sleep.
- Avoid excess caffeine.
- Identify and challenge your negative thoughts.
- Reach out to your friends or family.

Find Help

If you are struggling to cope, or the symptoms of your stress or anxiety begin to interfere with your everyday life, it may be time to talk to a professional. Find more information about getting help on the National Institute of Mental Health website at www.nimh.nih.gov/health.

www.nimh.nih.gov/stressand anxiety

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What Are Anxiety Disorders?

- Anxiety Disorders form when your fight or flight goes into overdrive or becomes over-reactive.
- Your brain and body have difficulty being able to determine what is a true threat.
- Some people can experience extreme anxiety responses for daily tasks: leaving the house, going to get the mail, answering a phone call, making food, etc.
- Once their fight or flight system is triggered; a person has difficulty with regulating their emotions.

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/anxiety-disorders>

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Anxiety Disorders

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Risk Factors of Anxiety Disorders

Genetics
Family history of anxiety, depression and bipolar disorder hx

Environmental:
Exposure to harmful or dangerous environments, including childhood abuse; stressors with acquiring basic needs; some parental overprotection;

Biological:
Medical conditions: i.e. asthma, heart problems, thyroid, misuse of prescription drugs; smoking/drinking alcohol

Developmental
some children who exhibited shyness or difficulty in new situations; neuroticism (people who are prone to be in negative emotional states)

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Treatment Options:



- Psychotherapy
- Medical:
 - Medication
 - Combination: Psychotherapy and Medication

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Let's Talk: Generalized Anxiety Disorder & DSM-5

- > Excessive anxiety and worry (apprehensive expectation, occurring more days than not **for at least 6 months** about a number of events or activities (such as work or school performance))
- AND**
- > The individual finds it difficult to control the worry.
- AND**
- > The anxiety and worry are associated with at least 3 of the following:

| | | |
|---|--------------------------|-------------------------------------|
| Restlessness, feeling keyed up on edge | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Being easily fatigued | <input type="checkbox"/> | <input type="checkbox"/> |
| Difficulty concentrating or mind going blank | <input type="checkbox"/> | <input type="checkbox"/> |
| Irritability | <input type="checkbox"/> | <input type="checkbox"/> |
| Muscle tension | <input type="checkbox"/> | <input type="checkbox"/> |
| Sleep disturbance (difficulty falling or staying asleep, or restless, unsatisfying sleep) | <input type="checkbox"/> | <input type="checkbox"/> |

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Let's Talk: Coping with Anxiety

- » Deep Breathing Exercises
- » Call it what it is – Anxiety/Panic
This helps to take back power and control and reminds you that it is temporary
- » Find a focus object – something in plain sight and describe everything you can about it
- » Muscle Relaxation Techniques – These help take back control of your physical reactions
- » Visual Relaxation – Think about your safe place, or comfortable space to help decrease the natural tension rising, or shorten the length of a panic attack
- » Mantras – Find a short-positive saying you can repeat to yourself.
- » Good eating and sleeping habits
- » Get moving: Exercise

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Coping Strategy: Breathing

Breathe in through your nose.
Breathe out through your mouth.



Breathing techniques are essential to coping with anxiety disorders.

Since anxiety disorders directly impact our physical sensations, breathing techniques can help our bodies pass the uncomfortable moments faster.

There are an abundance of breathing exercises available. It doesn't matter which breathing activity you choose, but it is important that you do it.

You can find breathing exercises online by typing in breathing exercises for anxiety.

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Let's Talk: Social Anxiety Disorder & DSM-5

- > Social anxiety disorder may be diagnosed when the fear, anxiety or avoidance causes significant distress and impairment in functioning.
- > The following must be **experienced for 6 months or more:**

| | | |
|---|--------------------------|-------------------------------------|
| Marked fear or anxiety about one or more social situations in which the individual is exposed to possible scrutiny by others. (i.e. having a conversation, meeting unfamiliar people, being observed and performing in front of others) | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| Fearful of acting in a way or show anxiety symptoms that will be negatively evaluated | <input type="checkbox"/> | <input type="checkbox"/> |
| These social situations almost always provoke fear or anxiety. | <input type="checkbox"/> | <input type="checkbox"/> |
| Social situations are avoided or intense fear/anxiety is experienced | <input type="checkbox"/> | <input type="checkbox"/> |
| The fear or anxiety is out of proportion to the actual threat posed by the social situation | <input type="checkbox"/> | <input type="checkbox"/> |

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Coping Strategy: Self Talk

Positive Talk

ANXIETY IS NOT DANGEROUS; IT IS JUST UNCOMFORTABLE.

I HAVE FELT LIKE THIS BEFORE AND I GOT THROUGH IT JUST FINE.

I CAN CONTROL MY BREATHING.

I CAN BE CALM AND STILL DEAL WITH THIS SITUATION.

IT'S OKAY TO SLOW DOWN AND BREATHE THROUGH THIS.

IT'S OKAY TO EXCISE MYSELF TO GATHER MYSELF AND TAKE DEEP BREATHES.

I DON'T NEED THESE THOUGHTS — I CAN CHOOSE TO THINK DIFFERENTLY.

I AM STRONG AND CAPABLE.

- Our words are powerful. What we tell ourselves in the moment of feeling anxiety is critical to how we cope.
- Anxiety is like a big bully in our minds. You can face this bully!
- Self-talk can fuel or extinguish anxiety.
 - Feeling thought:
 - "I'm going to have a heart attack."
 - "Everyone is going to know how I am feeling."
 - "People are going to just stare at me."
 - "No one is going to want to talk to me."
 - "I just know I am going to fail. I always do."

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Let's Talk: Panic Disorder & DSM-5

- Recurrent unexpected panic attacks. A panic attack is an abrupt surge of intense fear or intense discomfort that reaches a peak within minutes, and during which time four (or more) of the symptoms below occur:
- Fear or worry about a panic attack occurring again AND/OR change in behavior to avoid having a panic attack for at least 1 month

| | | | | | |
|---|---|---|--|---|---|
| Palpitations, pounding heart, or accelerated heart rate | ✓ | ✗ | Feeling dizzy, unsteady, lightheaded, or faint | ✓ | ✗ |
| sweating | | | derealization | | |
| Trembling or shaking | | | Fear of losing control or "going crazy" | | |
| Sensations of shortness of breath or smothering | | | Fear of dying | | |
| Feeling of choking | | | numbness or tingling sensation | | |
| Chest pain or discomfort | | | Chills or heat sensations | | |
| Nausea abdominal distress | | | | | |

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Coping Strategy: Muscle Relaxation

progressive muscle relaxation

Anxiety is a very physical experience.

Muscle relaxation techniques can be highly effective in learning to manage the physical symptoms of anxiety.

Practice makes...effective.

Phasic Relaxation: Focus on one muscle group at a time, tensing and then relaxing it. This helps you become aware of the physical symptoms of anxiety and learn to control them.

Progressive Muscle Relaxation: This involves tensing and then relaxing different muscle groups in a specific order, starting from the feet and moving up to the head.

Diaphragmatic Breathing: This involves breathing in through the nose, allowing the belly to expand, and then breathing out through the mouth.

Transcendental Meditation: This involves sitting in a comfortable position with your eyes closed and repeating a word or phrase (a mantra) in your mind.

Vipassana Meditation: This involves sitting in a comfortable position with your eyes closed and focusing on the breath, observing the sensations without judgment.

Transcendental Meditation: This involves sitting in a comfortable position with your eyes closed and repeating a word or phrase (a mantra) in your mind.

Vipassana Meditation: This involves sitting in a comfortable position with your eyes closed and focusing on the breath, observing the sensations without judgment.

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Professional Resources: Student Health Services

- Mt SAC Student Health Services are located in 9E and 67B
- COVID-19 response: teletherapy is being provided by phone or by video conference using secure platform, Zoom.
- Mental health services are short-term, where you work with a licensed clinician to develop attainable goals to improve your daily functioning.
- If long-term care is needed, referrals will be issued.
- Call to make an appointment (909) 274-4400 Mon-Friday 8am-4:30pm



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Campus Resources

Health Center: Health Education

- Find self-help videos developed by professionals working in the health center
- Check out monthly virtual events lined up for the semester

Free

<https://www.mtsac.edu/healthcenter>

Health Center: Mindfulness & Meditation

- Sign up for a 30-minute session that can help you create a space to connect, learn and develop self-care practices that can be done at home
- Find podcasts and information about mindfulness and meditation

Free

Wellness Center

Live Well Mt SAC has great content online available to you

- Check out their tabs: Mind & Body Nutrition and Cooking
- Go click around to find some free resources for exercise, eating, and even some parenting resources.

Free

<https://www.mtsac.edu/wellness/index.html>

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Anxiety Resources at Home



The Anxiety and Phobia Workbook

Invest in your health and purchase this new or used through a variety of sources.



Looking After Yourself

Free self-help workbooks on anxiety, panic disorder, social anxiety+ <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>



Educating Yourself

Find links to learn more about anxiety disorder: <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>




Insight Timer

Free mobile/computer app. Offers guided exercises to improve sleep, anxiety, and stress.



Headspace

Mobile/computer app. Free/monthly subscriptions. Offers mindfulness and meditation exercises.



Podcasts

Search for free podcasts online. Learn, grow, and conquer.

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Emergency Services

Need help?

Text: **courage** to: **741741**

FREE: 24/7, CONFIDENTIAL
Text to 741741 is processed by a trained health professional
and should not be used to report a crime or emergency.

CRISIS TEXT LINE



1-800-273-TALK (8255)
<https://www.suicideline.org/>



Emergency Services

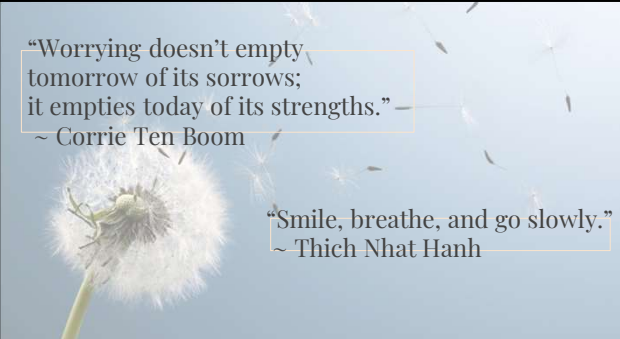
Crisis Text Line
free 24/7 mental health support via text message

- Its free to call
- Confidential
- Available 24/7
- Speak with a trained professional

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“Worrying doesn’t empty tomorrow of its sorrows; it empties today of its strengths.”

~ Corrie Ten Boom



“Smile, breathe, and go slowly.”

~ Thich Nhat Hanh

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