



Anxiety workshop

Be seen. Be heard. Be healed.SM

Welcome to the Workshop!

- We will wait a few moments for others to join.



THE FORMAT OF THE CLASS WILL BE INSTRUCTIONAL; THUS, YOU WILL BE MUTED THROUGHOUT.



JOIN THE AUDIO BY PRESSING THE HEADPHONES SYMBOL



IF YOU WOULD LIKE TO ANSWER A QUESTION OR INTERACT WITH THE PRESENTER, TYPE YOUR MESSAGE OR COMMENT IN THE CHAT BOX (YOU CAN SELECT FOR THE MESSAGE TO BE ROUTED DIRECTLY TO THE PRESENTER).

About the Presenter

Trained as a psychologist, working as a Behavioral Health Consultant at your doctor's office.

Mental Health: anxiety, depression, grief, adjusting to life

Health Goals: exercise, eating healthy, better sleep, following doctor's treatment plans

Short-term (1-6 visits for 30-minute appointments)

I can provide referrals or consult with your doctor regarding your needs

Main purpose: make sure we're taking care of you, body and mind!

Topics covered today

Introductions/Review of Agenda

	Pages
Understanding Anxiety	2-5
Practical Steps to Manage Stress and Anxiety -Body Rescuing the Hijacked Nervous System	6-9
Practical Steps to Manage Stress and Anxiety- Thoughts Managing Anxious Thoughts	10-15
Building Better Habits to Manage Anxiety	16-17

Understanding anxiety

- Anxiety is one of the normal human emotions and can be HELPFUL!
- However, when it's severe it can interrupt our lives
- 1 in 6 people experiences anxiety in their life!
- Often people manage their anxiety until it reaches a point and those strategies no longer work



What causes anxiety?

Heredity

Chronic medical problems

Stressful/traumatic situations

Side effects of meds

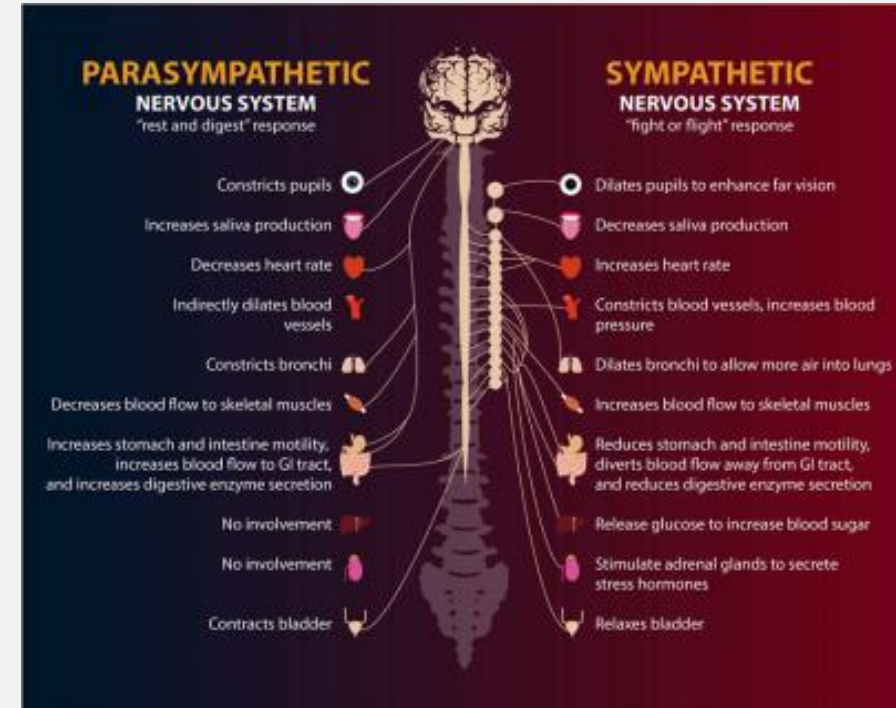
Learned fears

Other behavioral health problems

Unknown

How anxiety affects our bodies

- Our body's built-in survival mechanism
 - Fight or Flight (or Freeze)
- Chronic stress can lead to overactivation of the Sympathetic Nervous System



The problem

- While this system is designed to respond to immediate PHYSICAL danger, being overactive can cause many problems

Physical

Headaches
Muscle tension or pain
Chest pain or palpitations
Shortness of breath
Stomach upset
Fatigue
Nightmares
Change in sex drive

Emotional

Excessive worry or fear
Restlessness
Lack of motivation or focus
Feeling overwhelmed
Irritability or anger
Sadness or depression
Reactivity

Behavioral

Over or under eating
Angry outbursts
Drug or alcohol misuse
Tobacco use
Withdrawing from people
Too much or too little sleep
Inability to relax

Anxiety triggers

Out of the blue

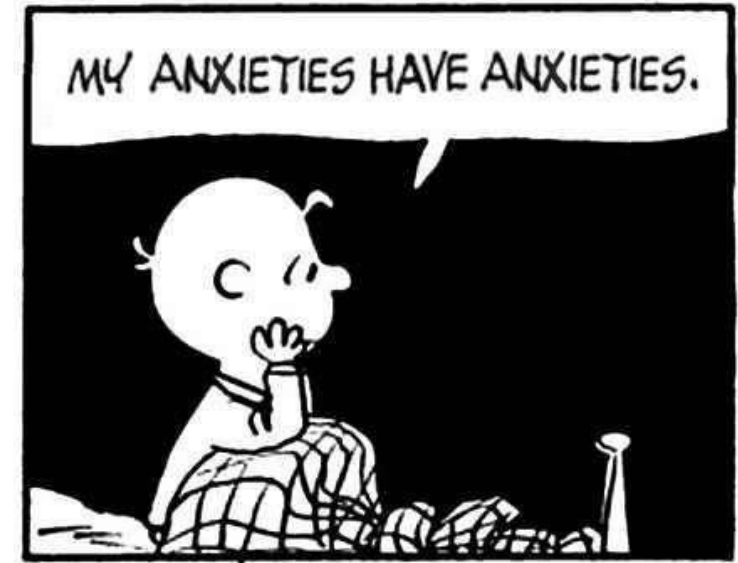
Worrying about the future

Regretting situations in the past

Work problems

Confrontation with friends/family

Serious health issues



Recognizing your triggers

Do you notice any patterns to when you feel anxious?

- Time of day?
- Who you're with?
- Circumstances/situations?

When are things better?

- What's different about those situations

The good news

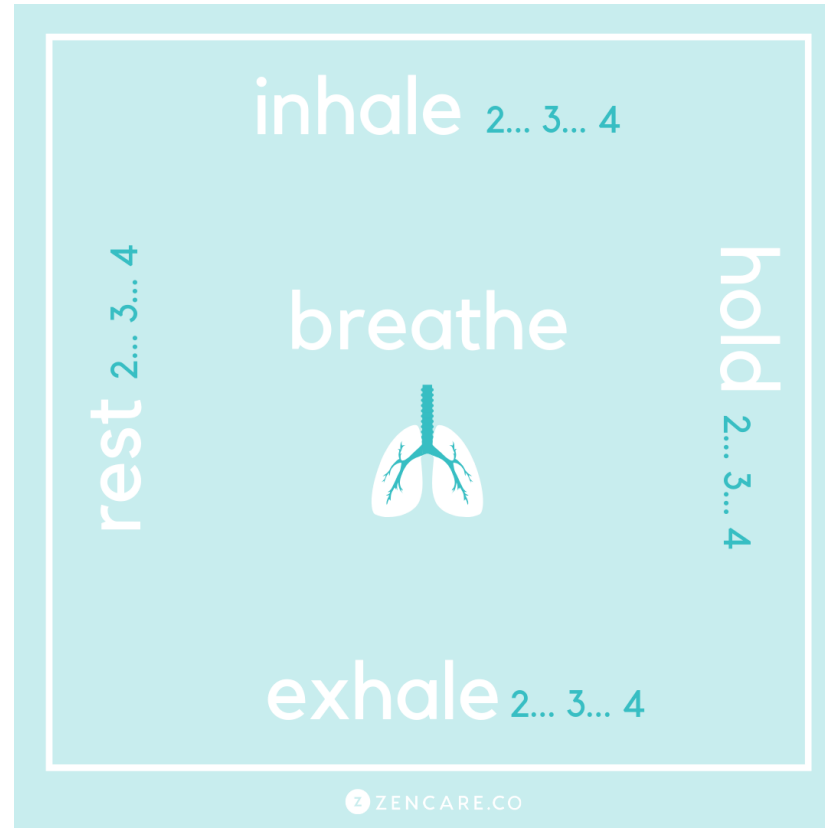
There are many evidence-based interventions to manage unhelpful anxiety.

Rebalancing the response of the nervous system, as well as addressing unhelpful thinking styles, can improve daily functioning and lead to healthy, happier lives.

A silhouette of a person in a yoga pose, specifically a side plank or similar, is visible on the left side of the frame. The background is a warm, orange-hued sunset or sunrise with a bright sun low on the horizon. A semi-transparent dark rectangle with a white border is centered horizontally, containing the title text.

Managing the stress response

Square breathing



Finding the right tools

- It is essential to find the right tools that will help you routinely practice down-regulating your nervous system
- Remember which techniques felt best for you, we will make a plan at the end of the workshop for practice



Identifying unhelpful thinking

All or none thinking	Black or white thinking that does not allow for gray or middle ground
Overgeneralizing	Seeing a pattern from a single event or taking a single event and drawing overly broad conclusions
Mental Filter	Only noticing certain evidence filtering out or disregarding opposing evidence
Disqualifying positives	Positive experiences are explained away as if they did not happen or count
Jumping to conclusions	Mind reading – thinking you know what others think or Fortune telling- thinking you can predict the future
Catastrophizing	Blowing things out of proportion or seeing an individual event as the beginning of a downward spiral of things to come
Minimization	Shrinking your feelings to seem less important
Emotional Reasoning	Assuming your feelings about something makes how you think about it true
Absolutes	Judging ourselves, others and events from a fixed position: Should or shouldn't, never, always, must, or can't
Labeling	Using negative labels to describe yourself or others
Personalization or Blame	Blaming yourself or taking responsibility for things that aren't your fault or assigning blame and responsibility to others
Magical thinking	Perceiving a link, when there is none, between actions or thoughts and outcomes

Ways to build your relaxation response



Breathing Retraining



Body-focused relaxation Responses



Visualization and Guided Imagery



Managing anxious thoughts



Managing anxious thoughts

Our minds are very powerful, however depending on our frame of mind we often see the world more negatively—contributing to needless suffering such as:

- Regretting past you can't change
- Worrying about things that may not happen
- Worrying about thing you can't control
- Disconnection from your values
- Judging yourself//others
- Fighting unpleasant thoughts/feelings



Psychological flexibility

- If we can have a more flexible frame of mind, we often experience less severe stress. Flexibility includes:

Acceptance	Openness to and acceptance of experiences and feelings
Being present	Focusing your attention on here/now
Interacting w/ thoughts/feelings differently	Accepting difficult thoughts/emotions are a part of life
Anchoring life choices in your values	Living a life consistent with your values

Cognitive (Thought) Defusion

- Cognitive defusion is where we “choose a different relationship with the stream of thought that flows through our heads.” This different relationship can be characterized by:
 - More distance from negative thoughts
 - More mindful - observing our thoughts rather than swept up with them
 - Less willing to take our thoughts seriously
 - More focus on direct experiences: feelings, observations, sensations
- Dr. Aaron Beck



Ways to detach from sticky thoughts
thought Exercises

PASSENGERS ON THE BUS

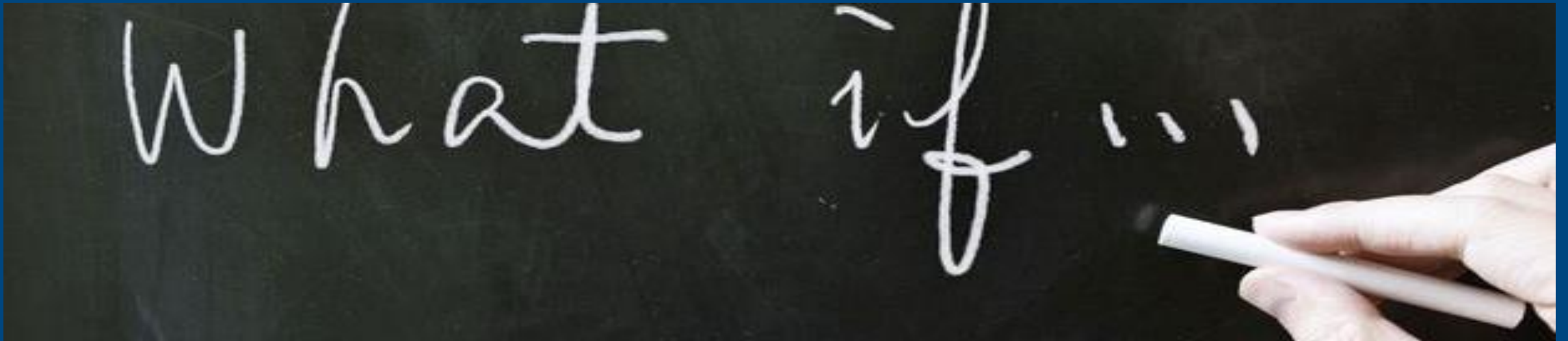
Thoughts are not facts

They are habits our brain has
formed



Examine thoughts for key words

- SHOULD, SHOULDN'T, NEVER, ALWAYS- Absolutes
- WHAT IF- Catastrophic thinking
- JERK, STUPID- Labeling



Challenging unhelpful thinking



Examine your thoughts for key words that suggest unhelpful thinking styles.



Question your negative or worrisome thoughts. Are they true?



Change the negative thought into a positive self-statement.



If you can't manage the situation, manage your thinking about it.

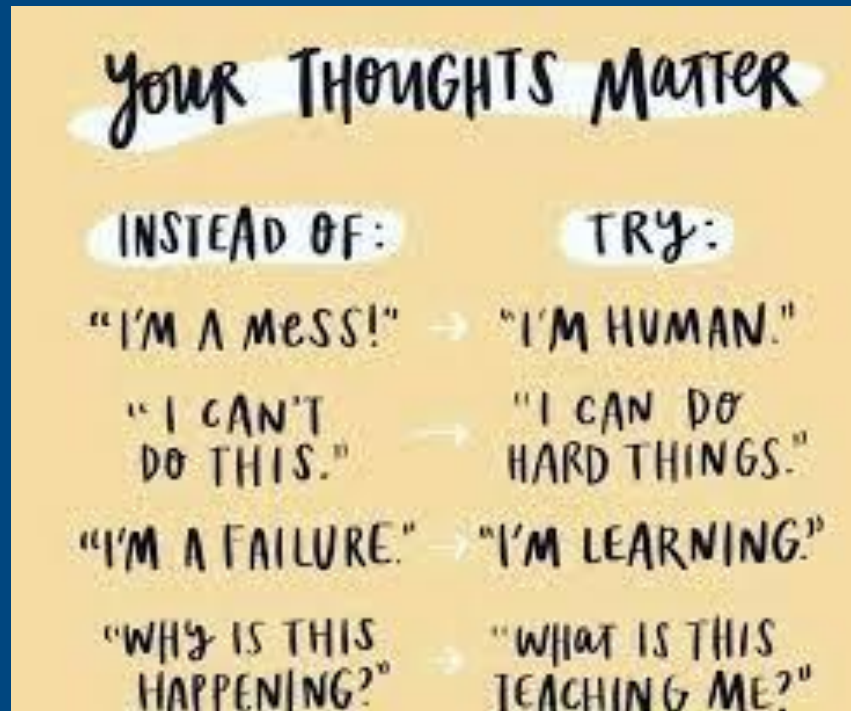
Question/examine thoughts

- Is this true or am I just taking it as fact?
- Examine the evidence for that thought
- Examine the evidence against that thought



reframing

Change the thought into a more neutral/rational thought



Thought record

Thought Record Sheet – 7 column						
Situation / Trigger	Feelings Emotions – (Rate 0 – 100%) Body sensations	Unhelpful Thoughts / Images	Facts that <u>support</u> the unhelpful thought	Facts that provide evidence <u>against</u> the unhelpful thought	Alternative, more realistic and balanced perspective	Outcome Re-rate emotion
<p>What happened? Where? When? Who with? How?</p>	<p>What emotion did I feel at that time? What else? How intense was it?</p> <p>What did I notice in my body? Where did I feel it?</p>	<p>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing about that, or that could happen?</p>	<p>What are the facts? What facts do I have that the unhelpful thoughts are totally true?</p>	<p>What facts do I have that the unhelpful thoughts are NOT totally true? Is it possible that this is opinion, rather than fact? What have others said about this?</p>	<p>STOPP! Take a breath....</p> <p>What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else? Is my reaction in proportion to the actual event? Is this really as important as it seems?</p>	<p>What am I feeling now? (0-100%)</p> <p>What could I do differently? What would be more effective?</p> <p>Do what works! Act wisely. What will be most helpful for me or the situation? What will the consequences be?</p>

The key to success in better managing anxiety is:



Be curious.



Experiment with different techniques to build your relaxation tool kit



Practice making space between you and your anxious thoughts



Make a plan to build new habits with written SMART goals



Remember the math.
New Habits = practice + time



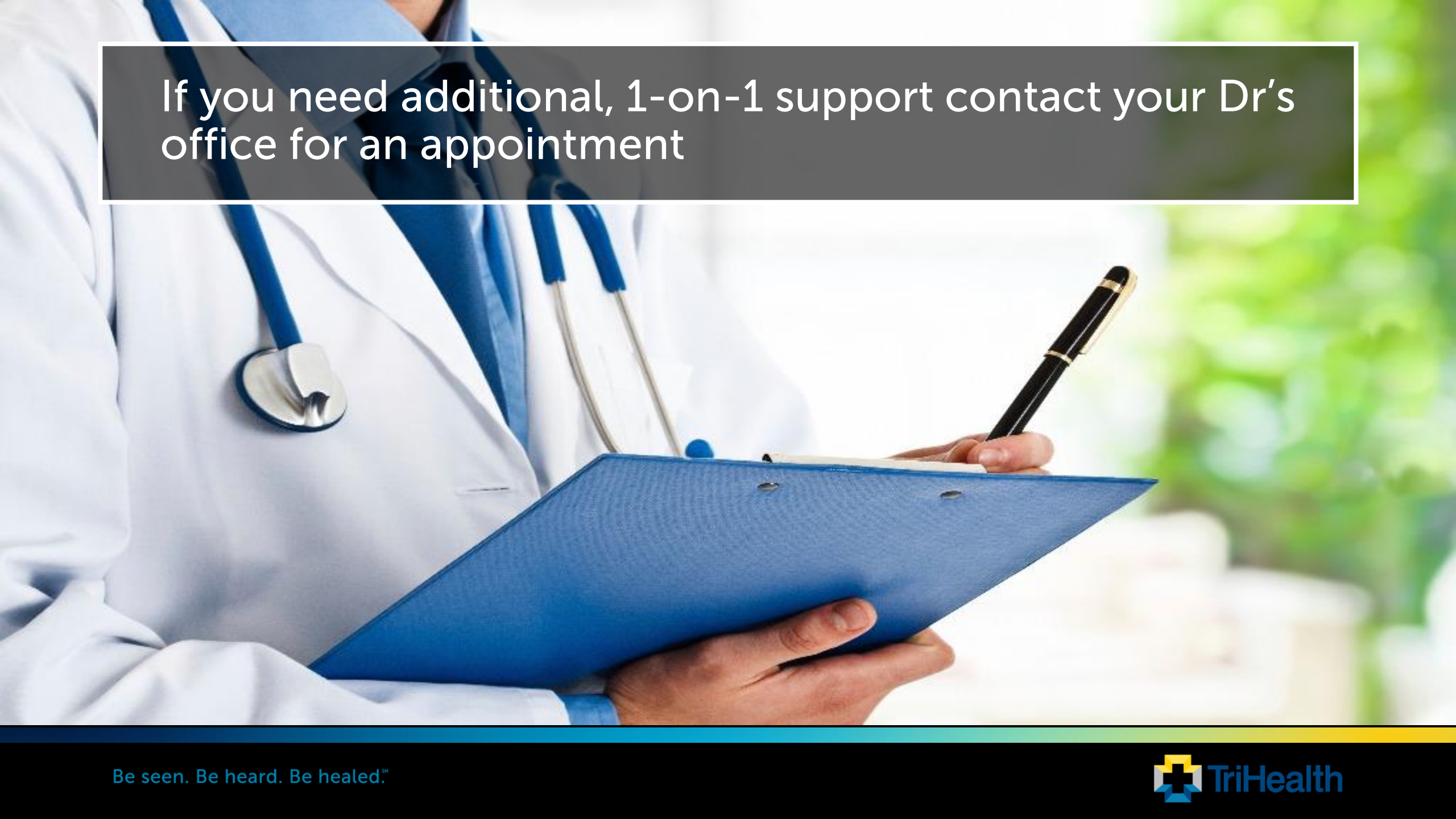
Be patient and kind to yourself as you build new skills. Celebrate your successes!





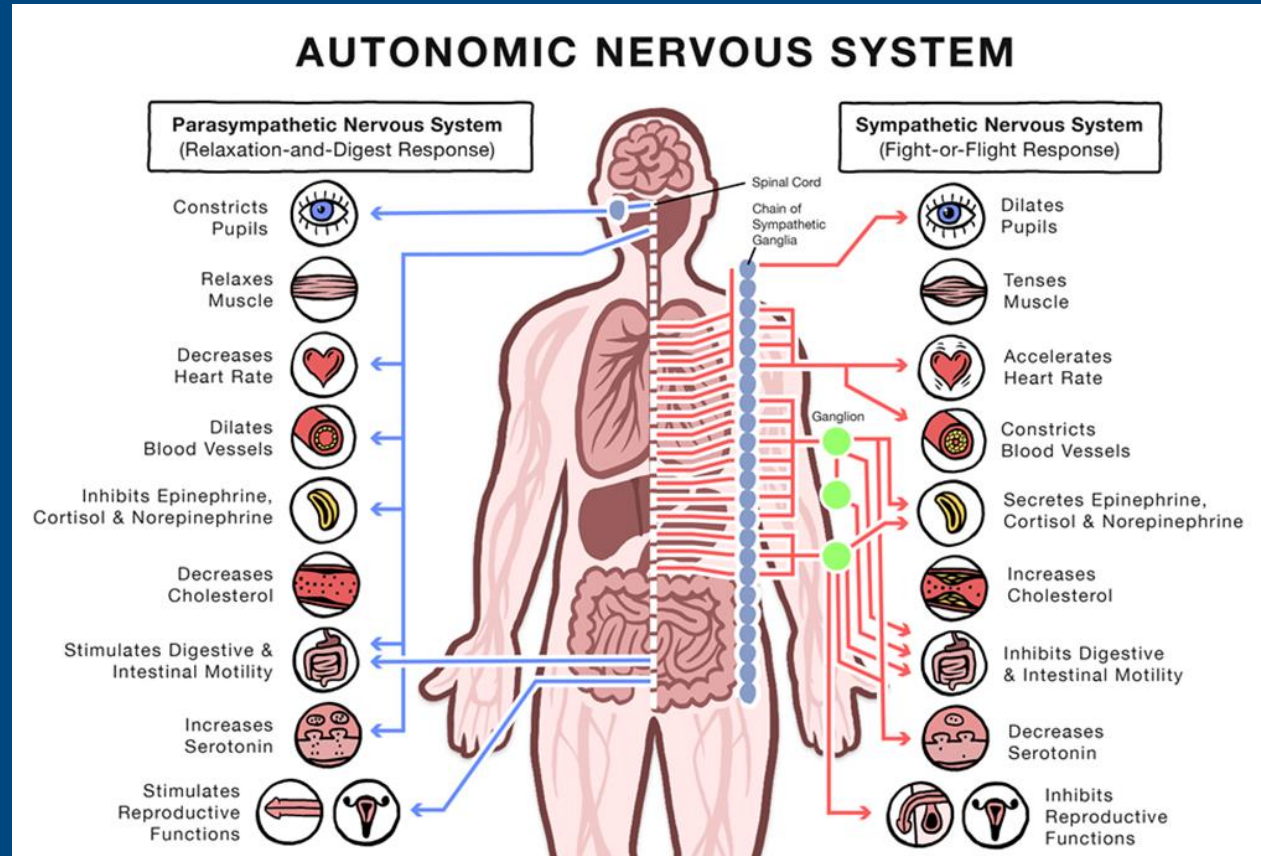
**NEW
HABITS**

New habit = practice + time



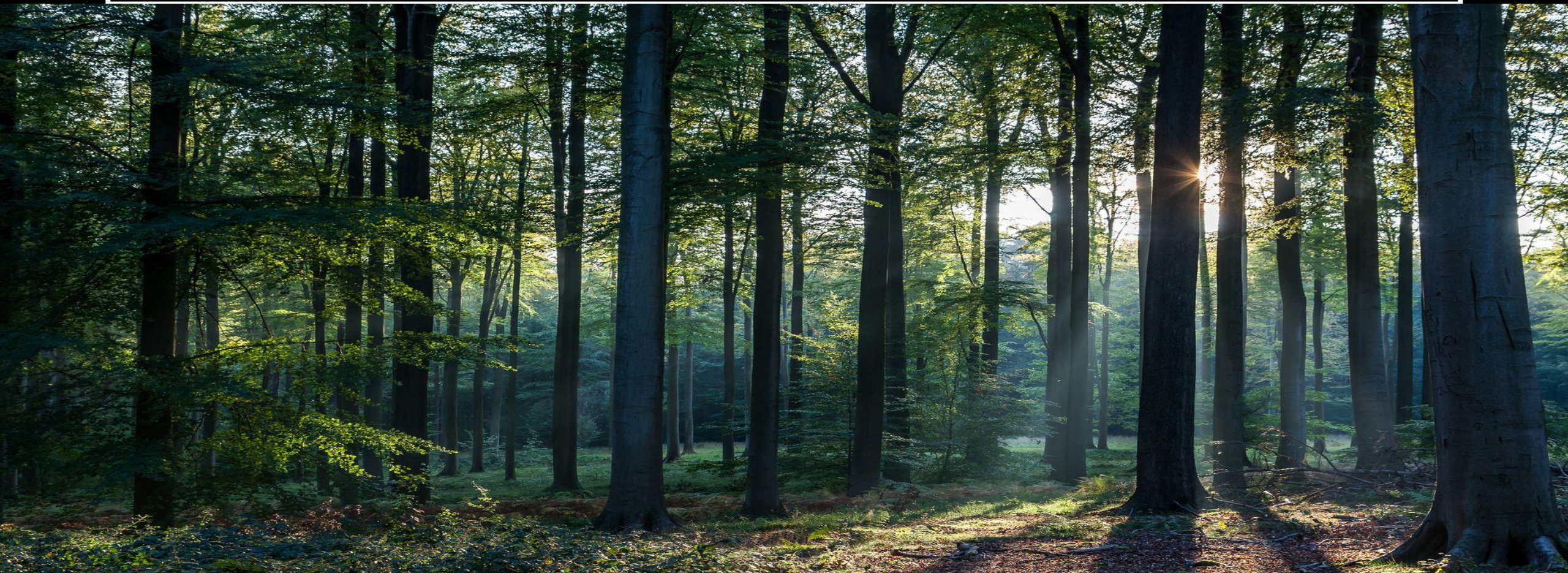
If you need additional, 1-on-1 support contact your Dr's office for an appointment

Parasympathetic nervous system



- Relaxation response

Guided imagery



Be seen. Be heard. Be healed.™

LEAVES ON A STREAM



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