

# Welcome to the Anxiety Workshop!

- Please put your last name and first initial in the chat box
- 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).



# Anxiety workshop

Be seen. Be heard. Be healed.™



# About the Presenter

**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!**



**REMINDER:** put your first initial and last name in the chat

- Understanding anxiety
- Practical steps to manage stress and anxiety- body rescuing the hijacked nervous system
- Steps to manage anxious thoughts
- Building better habits to manage and reduce anxiety



# Understanding Anxiety

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## 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?

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Heredity/genetic factors

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Chronic medical problems

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Stressful/traumatic situations

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Side effects of meds

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Learned fears

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Other behavioral health problems

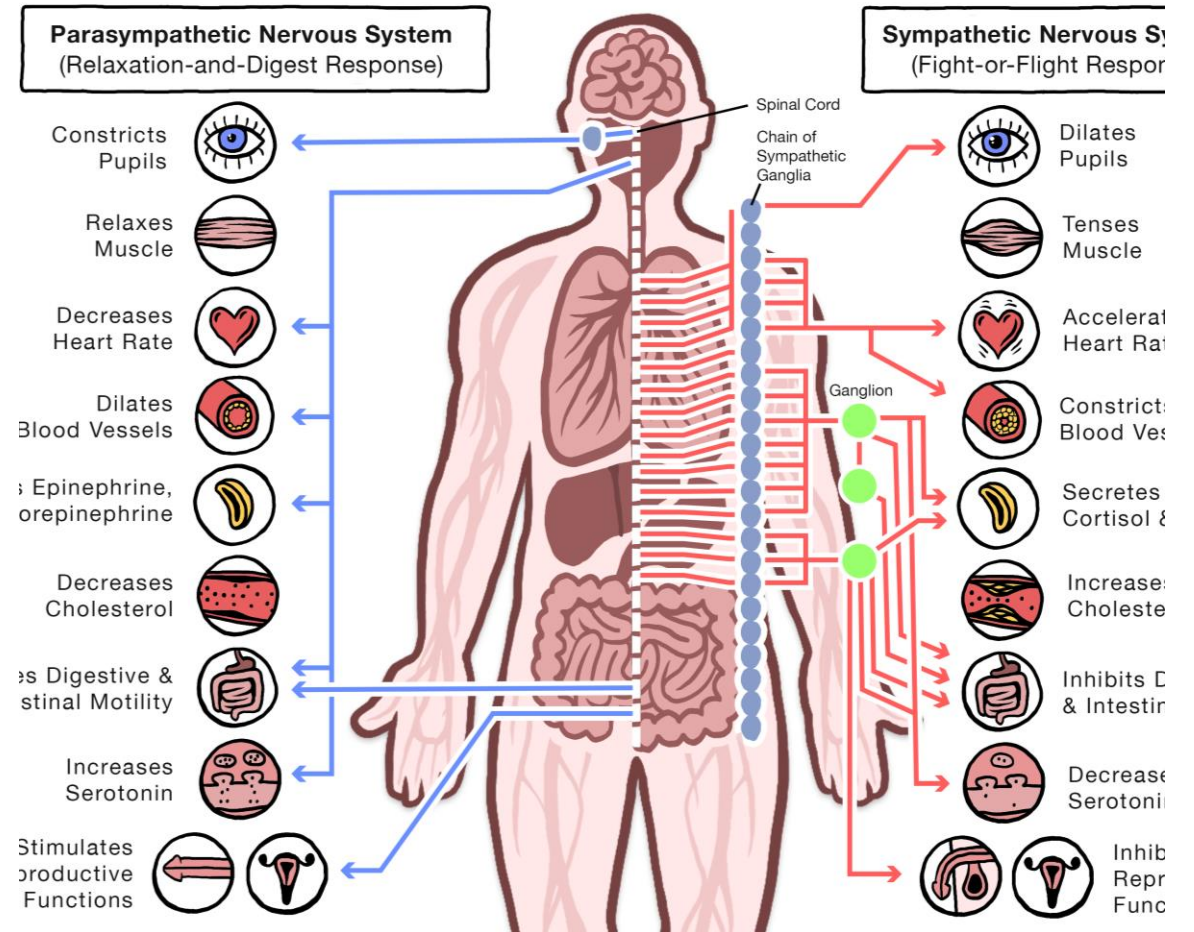
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Unknown

# 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

## AUTONOMIC 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

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Out of the blue

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Worrying about the future

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Regretting situations in the past

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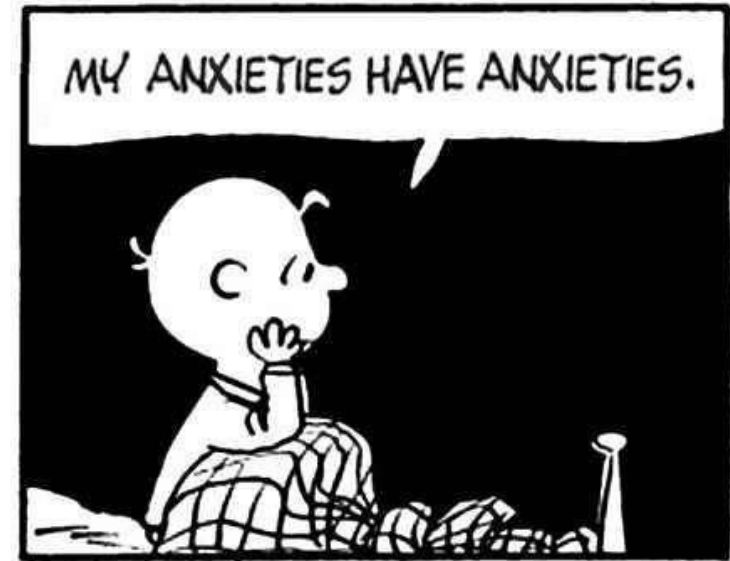
Work problems

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Confrontation with friends/family

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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.

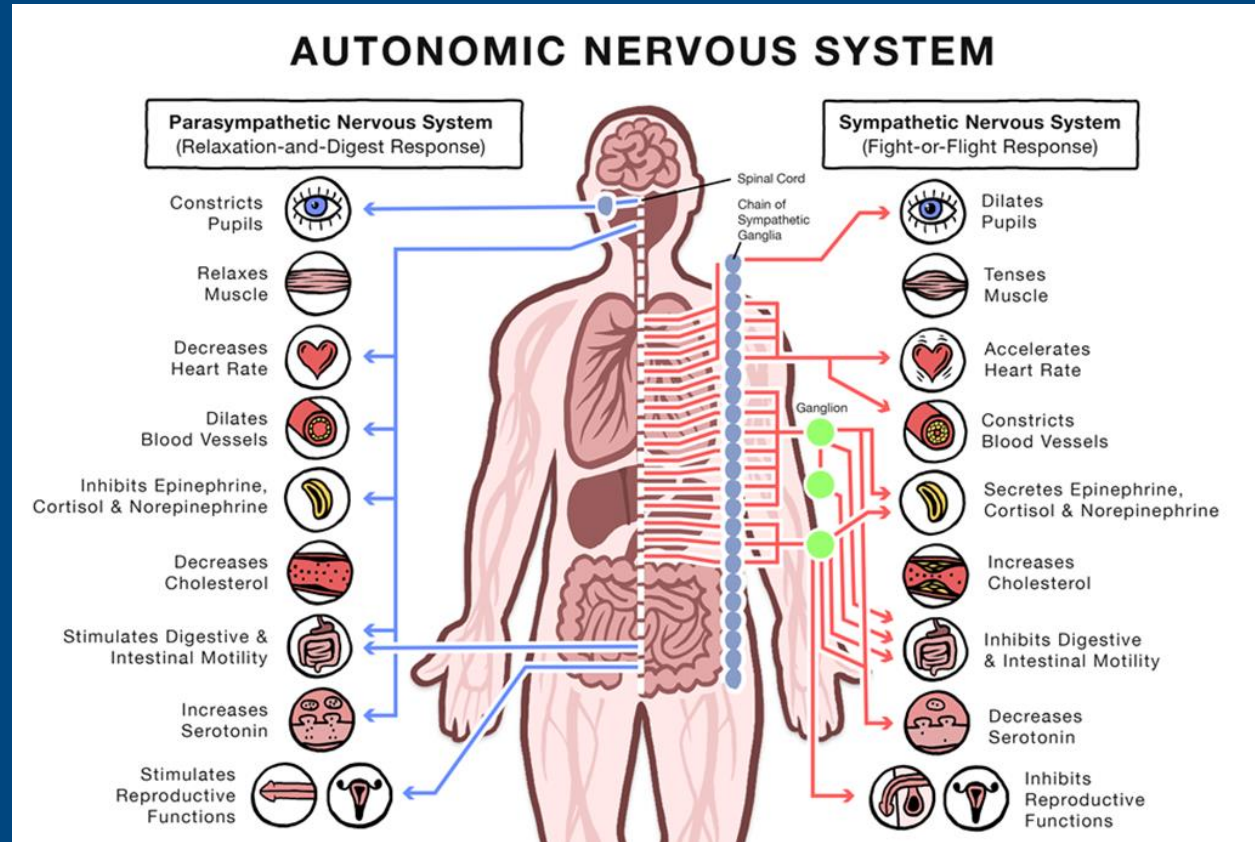
Rebalancing the response of the nervous system, as well as addressing unhelpful thinking styles, can improve daily functioning and lead to healthy, happier lives.

A silhouette of a person's arm and hand is shown against a bright, glowing background. The background is a gradient of warm colors, from dark brown at the bottom to bright yellow and white at the top, suggesting a sunrise or sunset. The silhouette is dark and positioned on the left side of the frame, with the hand extended towards the center. A white rectangular box is overlaid on the image, containing the text "Managing the Stress Response".

# Managing the Stress Response

Parasympathetic nervous system

Relaxation response



## Ways to build your **relaxation response**



Breathing Retraining



Body-focused relaxation  
Responses



Visualization and Guided  
Imagery



# Breathing Retraining

- Abdominal breathing
- 4 Square Breathing
- Pursed Lip Breathing
- Simple Word Visualization Breathing

# Body Focused Relaxation Response

- Morning Breathing
- Progressive Muscle Relaxation
- Body Scan



# Visualization and Guided Imagery

# 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





Behavioral Health and Psychiatry

## Better Living

### ← Behavioral Health and Psychiatry

#### Treatments & Services

[Adult Inpatient Unit](#)

[Day Treatment Program](#)

[Senior Behavioral Health](#)

Behavioral Health and Psychiatry

**(513) 862-2850**

Welcome to TriHealth's Better Living site. The materials found here are designed to help you learn about and practice skills which can improve the quality of your life.

These exercises and skills are based on Acceptance and Commitment Therapy, whose goals are helping individuals learn to accept and live with the full range of human emotions.

Some skills may be familiar, such as mindfulness or deep breathing to quiet and relax your body, and some skills may be new, such as managing unhelpful thinking styles. We are all unique. It's important to find what works for you and to practice those skills frequently. This will help to lower your baseline of difficult feelings and unhelpful thoughts as well as assure you have the tools you need when you need them.

In a crisis or emergency, you may need additional help. Contact your primary care physician or a behavioral health professional. If you feel suicidal, call 911 or go to the nearest emergency room.

## Guided Meditations and Video Explanations

# Guided Meditations and Video Explanations

## Anxiety - Parts 1-4





# 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



# Thoughts are not facts

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Thoughts are habits our  
brain has formed



not all  
THOUGHTS  
are FACTS



Ways to detach from sticky thoughts  
**thought Exercises**

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**PASSENGERS ON THE BUS**

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**LEAVES ON A STREAM**

THOUGHT DEFUSION:  
LEAVES ON A STREAM



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## Identifying unhelpful thinking

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

# 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.





**NEW  
HABITS**

New habit = practice + time

## Keys to success in better managing anxiety:



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!

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



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