

## Anxiety and Self-Care

ALWAYS, BUT ESPECIALLY NOW.



## Objectives

- Define anxiety
- Contributing factors of anxiety
- Anxiety in the here and now
  - Why is this topic important?
- Incorporating healthy habits
- When to seek professional help
- Gratitude in our lives
- Questions



## What is Anxiety?

### You might notice ...

- Edginess or restlessness
- Tiring easily; more fatigued than usual
- Impaired concentration or feeling as though the mind goes blank
- Irritability (which may or may not be observable to others)
- Increased muscle aches or soreness
- Difficulty sleeping (due to trouble falling asleep or staying asleep, restlessness at night, or unsatisfying sleep)

◦ "Larger than 6 months, difficult to control"

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome" – Google

or sometimes just

"A change in behavior"



## Common Emotions

- |                      |             |
|----------------------|-------------|
| • Anxious            | • Restless  |
| • Sad v.s. Depressed | • Annoyed   |
| • Scared             | • Fatigued  |
| • Angry              | • Ashamed   |
| • Confused           | • Irritable |
| • Overwhelmed        |             |
| • Bored              |             |
| • Guilty             |             |
| • Lonely             |             |



## Targeting Physical Feelings

Intentionally recreate physical sensations of anxiety

- Shake head for 30 sec
- Place head b/w legs for 30 sec & lift head
- Run in place for 1 min
- Spin in chair for 1 min
- Breathe through straw for 2 mins
- Hold breath for 30 sec
- Stare at light for 1 min, then read paragraph



## Who has anxiety?



Everyone!



## Some Numbers..

- From 2006 – 2014 there was a 37.2% increase in emergency room visits related to Anxiety
- In 2019, 11.2% of the U.S. adults reported “regularly having feelings of worry, nervousness, or anxiety”
- Women (23.4%) are nearly twice as likely to be diagnosed with anxiety disorders than men (14.3%)

### Anxiety by age (2019):

- 13-18 years old – 31.4% - 32.3%
- 19-29 years old – 22.3%
- 30-44 year old – 22.7%
- 45-59 years old – 20.6 %
- 60+ years old – 9%

### Anxiety by race (2019):

- White Americans – 8.6%
- African Americans – 4.9 %
- Asian Americans – 2.4 %
- Hispanics – 5.8 percent

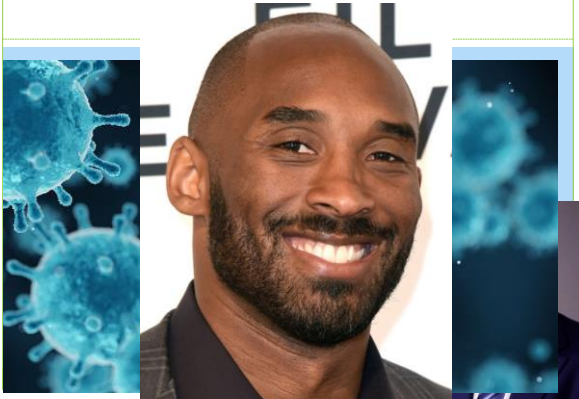


## Contributing Factors

- Personal health
- Family health
- Income loss
- Access to healthcare/medication
- Isolation
- Inability to work/change in work conditions
- Stigma related to “high-risk” population
- Domestic violence
- Sharing space with others



## A Look At 2020



## In the News

**"COVID-19-Era Isolation Is Making Dangerous Eating Disorders Worse"**

**"Americans' anxiety peaked early in pandemic, according to analysis"**

**"Google searches for 'panic attack,' 'anxiety attack' hit all-time high during coronavirus pandemic"**

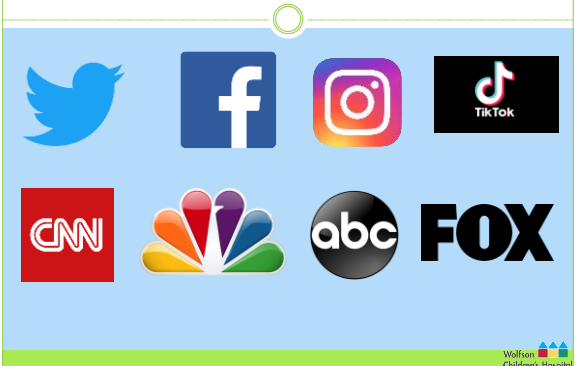
**"The fourth wave of COVID is mental health disorder"**

**"Work from home burnout: Americans are experiencing added stress, anxiety"**



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## Information Blitz!



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## Cognitive Biases

- **Heuristics and mental short cuts!**

- Representative – Stereotypes
- Affect – Your emotional brain
- Availability – Influence of mass media

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## Targeting Physical Feelings

1. Progressive Muscle Relaxation
2. Deep Breathing
3. 5 senses



### Progressive Muscle Relaxation Whole Body Script



## The 5 Senses



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## When to Get Professional Help

### Top items for consideration:

- Level of Distress!
- Longevity of symptoms

### How can you recognize distress?

- Refuses to go to school or trouble concentrating in class
- Seems unusually gloomy/pessimistic
- Asks for a lot of reassurances
  - Becomes upset if reassurances are considered inadequate
- Seems irritable & angry (out of frustration with self or because so sleep-deprived)
- Asks 'what if' questions & answering them 2+ times doesn't seem to calm child
- Is excessively self-critical
- Avoids participating in activities
- Talks about suicide or says wishes he/she were never born
- Fears are significantly interfering with family life/social life

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## Where to Get Help:

- National Alliance Mental Illness
- Substance Abuse and Mental Health Services Admin
- National Institute of Mental Health
- Baptist Behavioral Health
  - (904) 202-7900: crisis line for guidance and assistance with identifying needs for services

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## Gratitude is Good

- Practicing gratitude improves your physical and mental health
  - fMRI scans show increased engagement in the medial prefrontal cortex of the brains of participants who practiced gratitude regularly
- Gratitude is a four-part experience:
  - What we **notice** in our lives for which we can be grateful
  - How we **think** about why we have been given those things
  - How we **feel** about the things we have been given
  - What we **do** in turn



## Mindfulness, Now and Forever

- Practicing mindfulness is proven to reduce stress
- Stay in the present, keep yourself focused on what's important
- How do the presenters practice mindfulness?



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## Resources

- Progressive muscle relaxation videos Aubrey likes to use with her pediatric patients; helpful for adults as well!
  - <https://www.youtube.com/watch?v=9x3t181NW3w>
  - <https://www.youtube.com/watch?v=IowVZIxoe-Q>