

Anxiety, Panic and Stress



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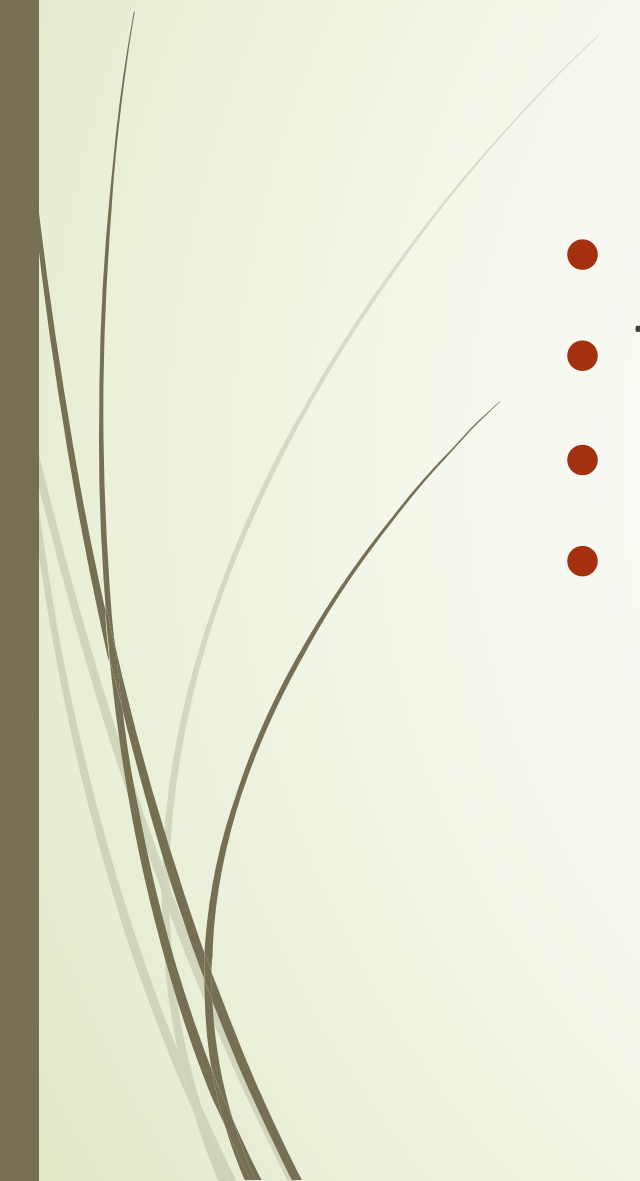
Normalizing Anxiety



- We all experience anxiety and fear
- Recent increase in anxiety due to effects of the pandemic
- Prolonged stress can increase anxiety
- You are not alone

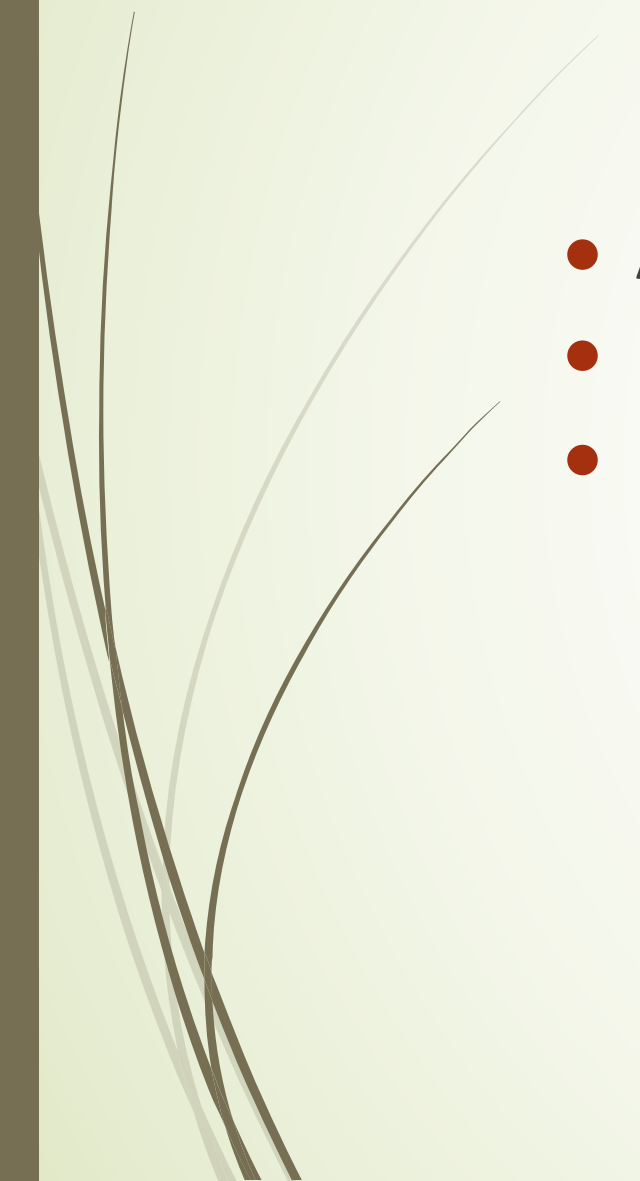


Definition of Anxiety

- Physical symptoms
 - Thoughts/Fearful
 - Examples of clients with anxious symptoms
 - DSM IV criteria for Generalized Anxiety Disorder
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Definition of Panic and Panic Attacks

- Acute onset, distressing symptoms
 - Both physical and mental
 - Define derealization and depersonalization
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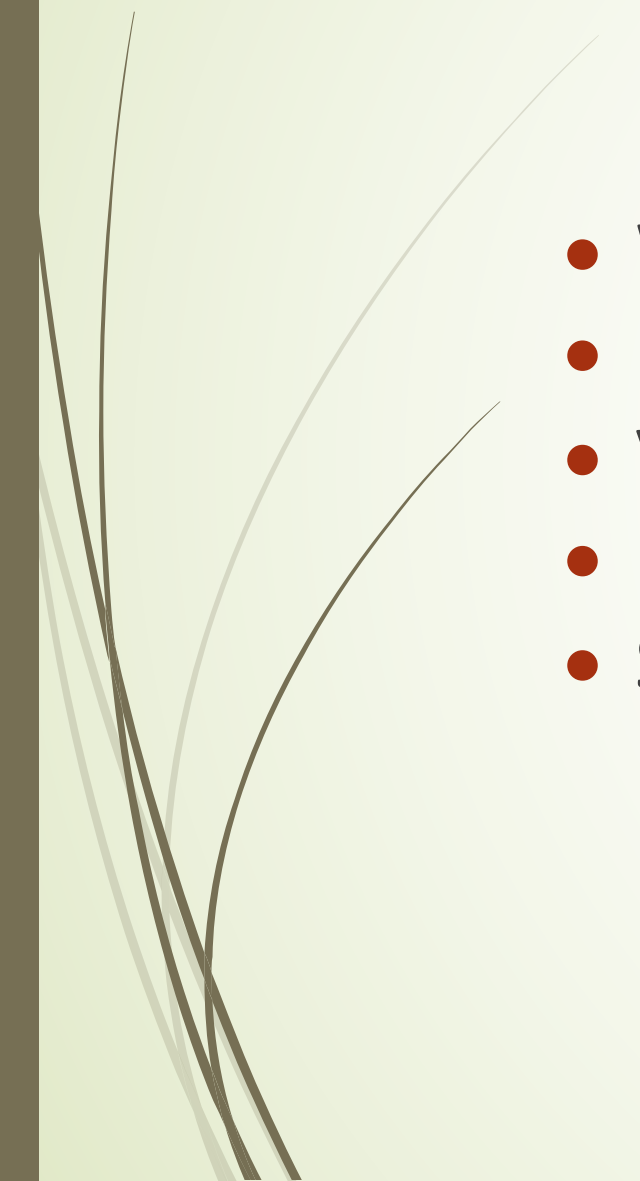


Aaron Beck and His Thoughts about Anxiety and Panic

- Cognitions
 - Physiological experiences
 - Affective experience: anxiety, worry, dread, cycle of anxiety and panic
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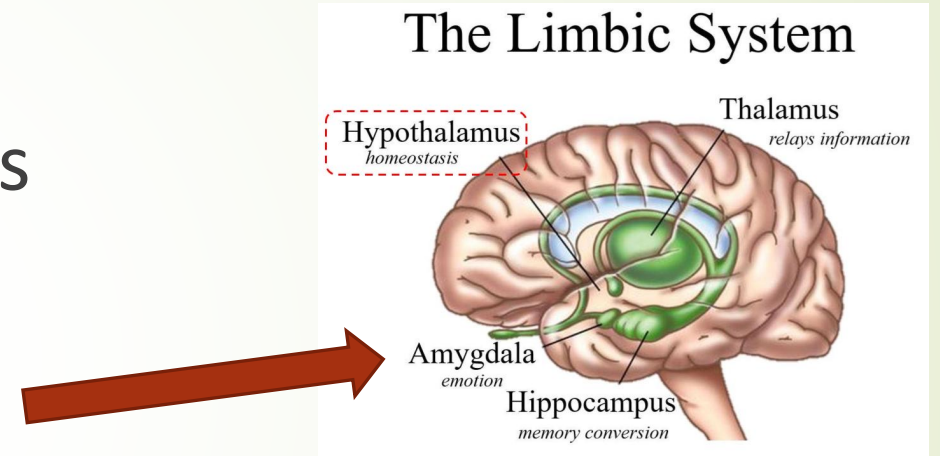


Stress

- What stress can do to us
 - Psalm 139:14 Fearfully and wonderfully made
 - Visualizing the autonomic nervous system
 - Parasympathetic
 - Sympathetic
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Book Rewire your Brain and Relationship to Anxiety

- [illegible]



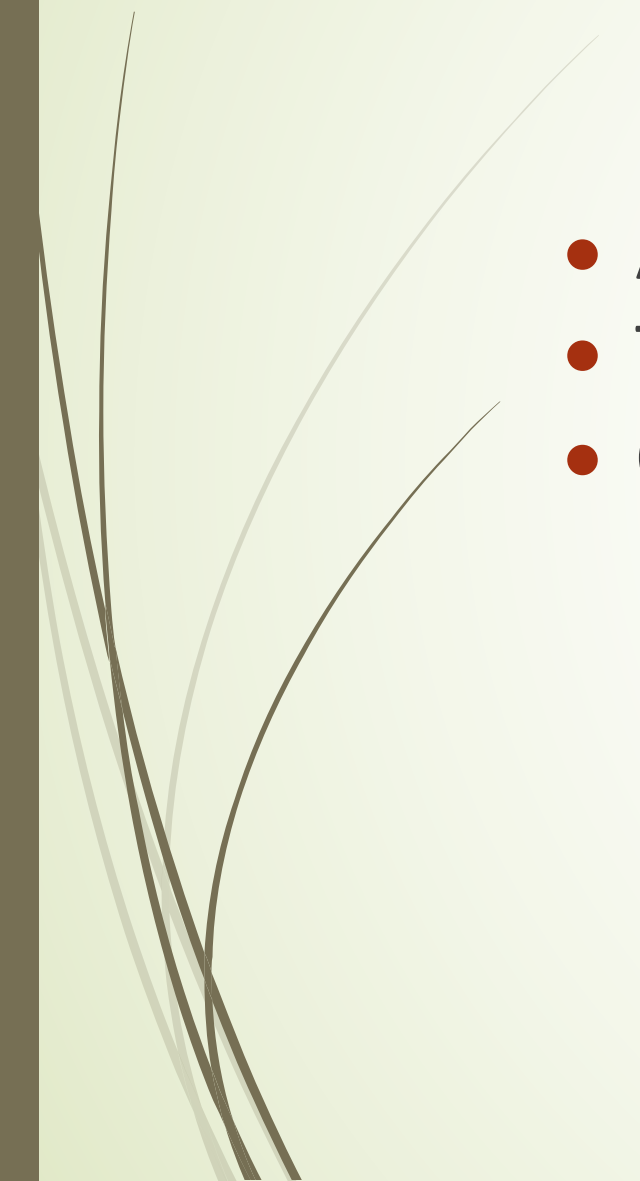
Anxiety is Not Always a Bad Thing



- What is anxiety telling us about ourselves
- Is it stemming from another emotion?
- Unresolved issues

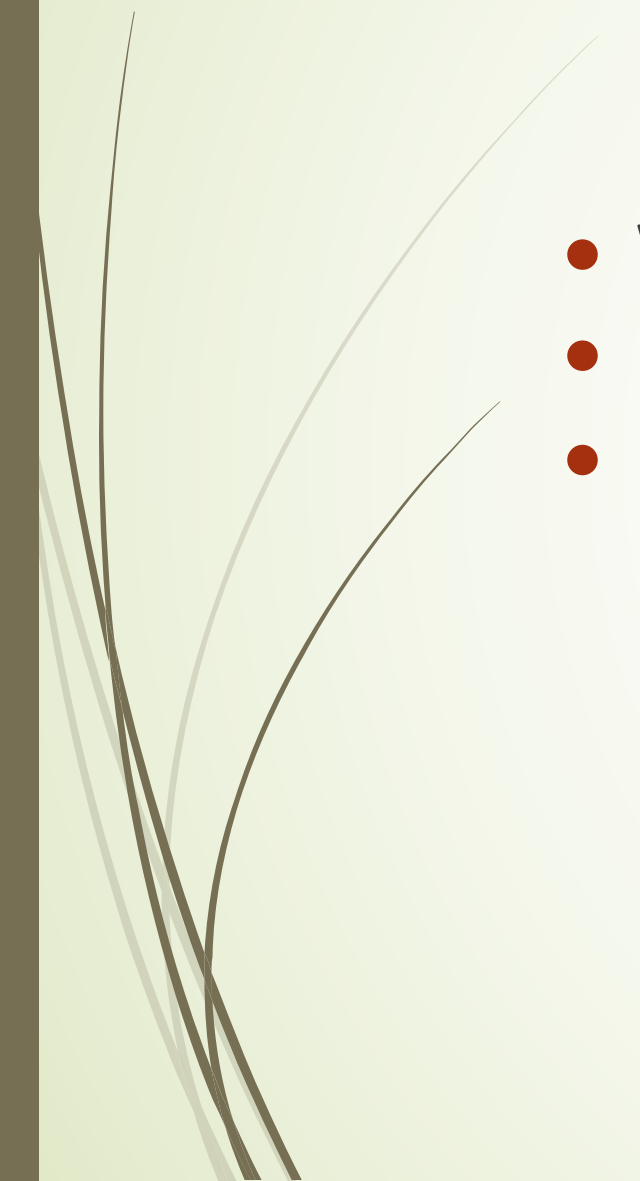


Book, Calming the Anxious Brain

- Attitudes and Beliefs Related to Physical Health
 - Three elements: the three C's
 - Commitment, Control and Challenge
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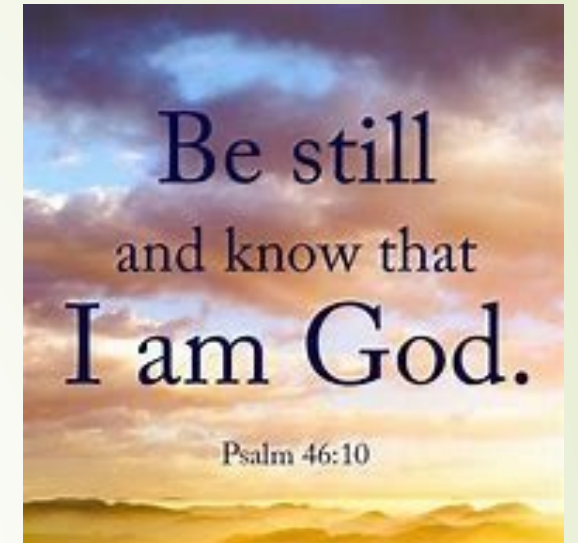


Mindfulness

- What is it?
 - How do we do it?
 - Developing mindfulness
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Meditation

- Sitting or laying
- Breath work
- Time alone and in stillness or solitude
- Be still...and know that I am God



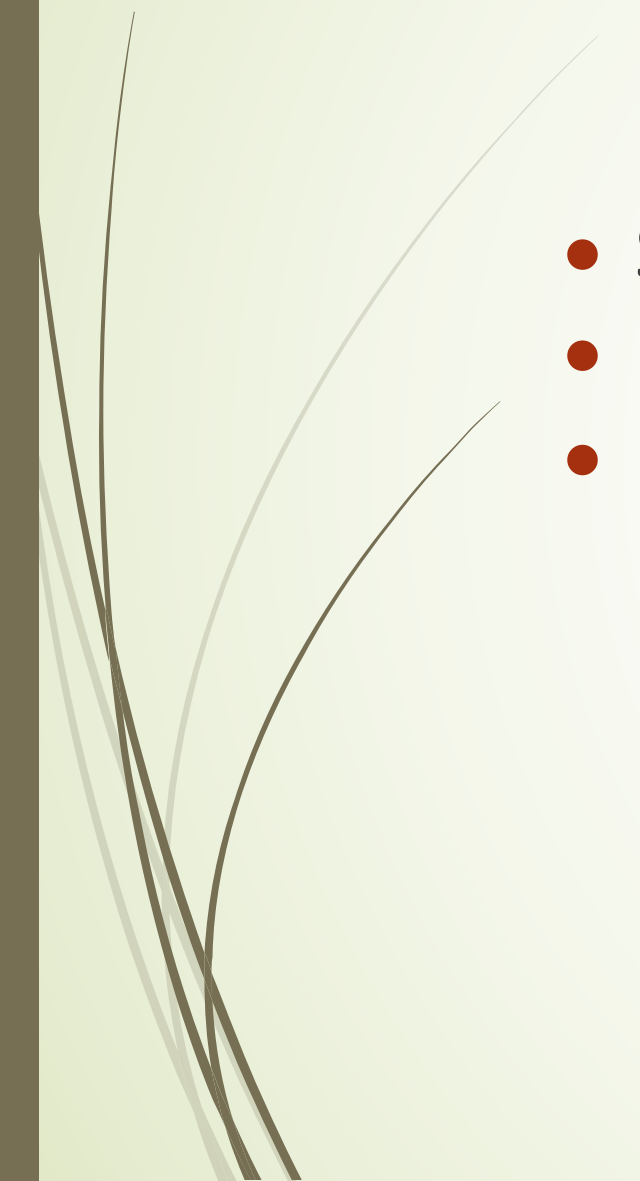
Walking yourself out of anxiety

- Benefits of walking
- Physical and Mental
- Time for yourself





Exercise

- Stress Buster
 - Brain Oxygenator
 - Happy Hormones/Endorphins
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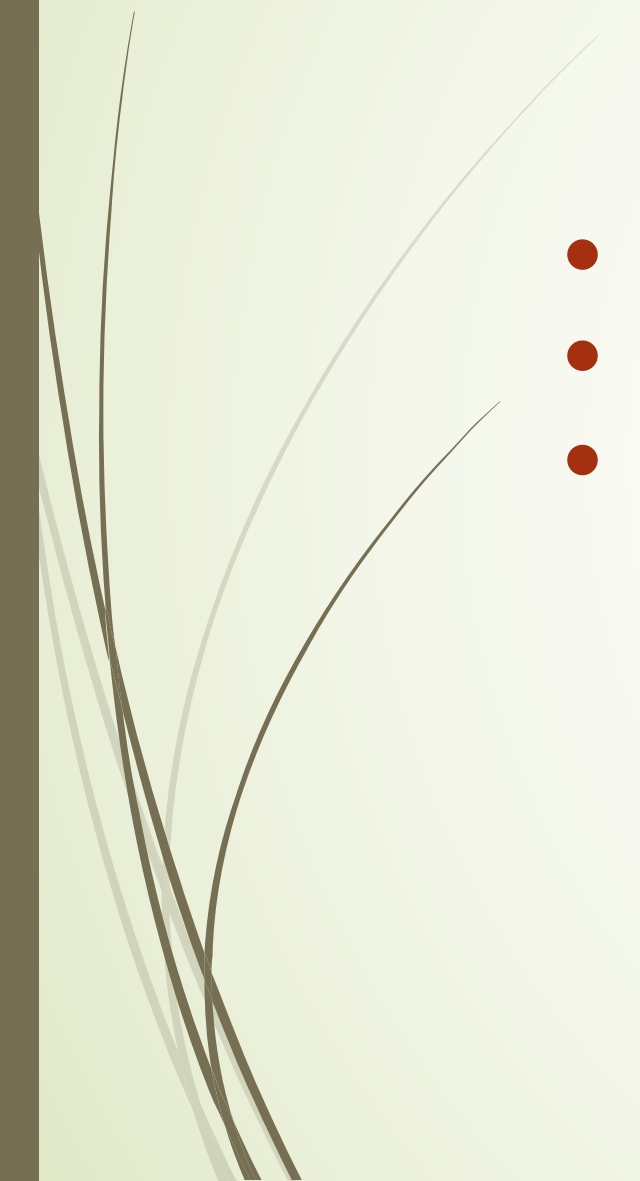


Escape Methods

- Use Netflix and Other Formats Wisely but Happily
 - Read a Book
 - Relax and Distract
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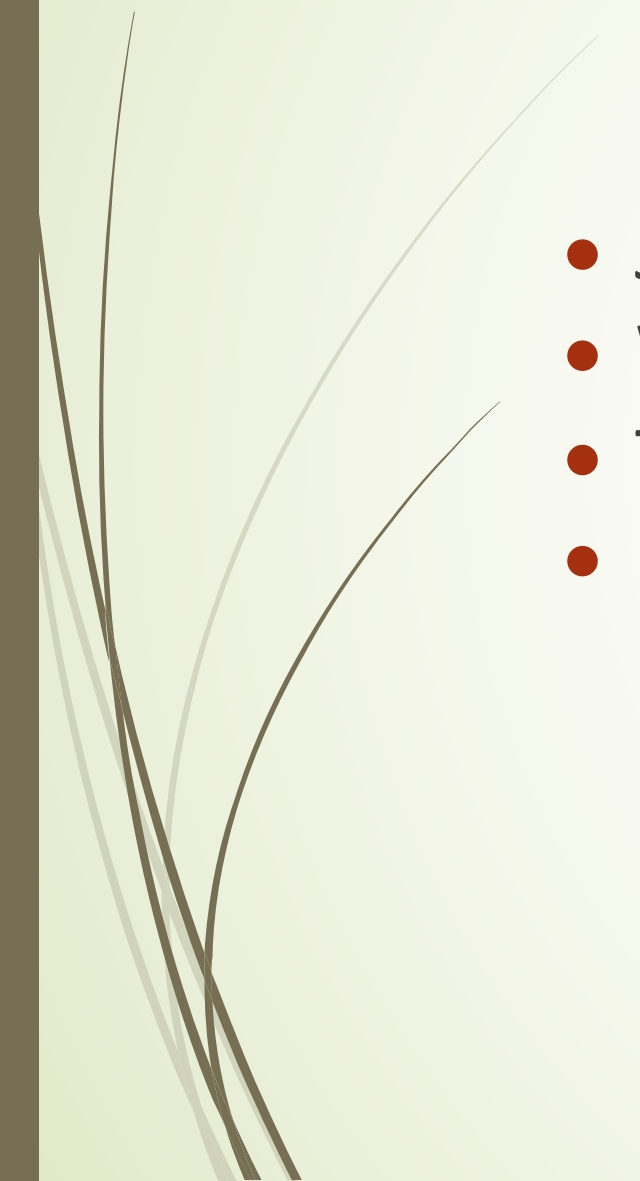


Getting Into Nature

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- Using your senses makes sense
 - Peace and harmony
 - Enjoy your time feeling grounded in the earth



Be Creative

- Journal
 - Write a poem
 - Take an art class
 - Play games
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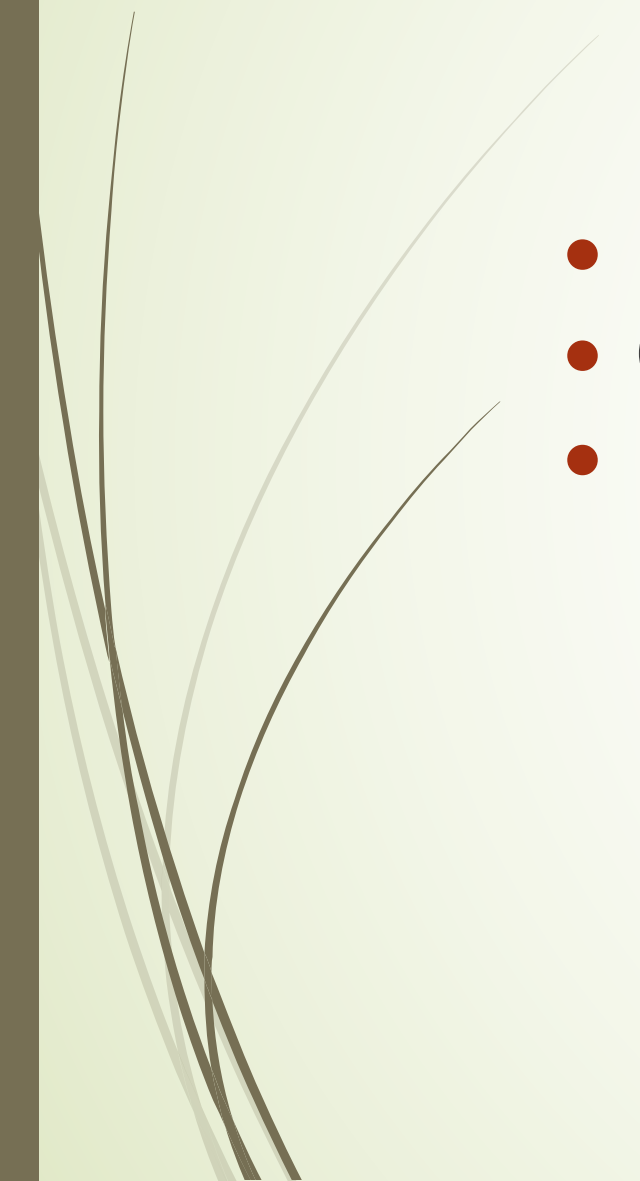
Eat Nutritiously



- Fruits and vegetables
- Take time to choose your foods
- Food becoming the neurotransmitters in our brain and body



Good Sleep Habits

- Reduce noise and light
 - Count your sheep example
 - Positive uplifting thoughts before bed
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Relax a Little and Enjoy the Moments of Life



- Life is more than anxiety and stress!

Questions ?



Thank you!

By:

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