



# Approaches to Anxiety

Nancy Anderson, CNP  
Alissa Newman, PA-C  
Karen Novak, CNP  
Mary Callaghan, CNP





"OUR ANXIETY  
DOES NOT EMPTY  
TOMORROW  
OF ITS SORROWS,  
BUT ONLY EMPTIES  
*today* OF ITS  
STRENGTHS."

*Charles H. Spurgeon*

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# Suggestions for Intervention

Anxiolytics  
Massage/Aromatherapy  
Music/Music Therapy  
Progressive Relaxation (PMR)  
Guided Imagery  
Yoga



# Anxiolytics

## Traditional Medications versus Alternative Medicines

Commonly Prescribed Selective Serotonin Reuptake Inhibitors (SSRIs)		
Generic Name	Brand Name	Considerations
Citalopram	Celexa	Off-label use for social anxiety, generalized anxiety disorder, and panic disorder.
Escitalopram	Lexapro	FDA approved for Generalized Anxiety Disorder. Purified form of citalopram.
Fluvoxamine	Luvox	FDA approved for social anxiety. Used less often because of twice a day dosing. Oldest of listed SSRIs.
Fluoxetine	Prozac	FDA approved for panic disorder. Can be activating, can cause anxiety or insomnia. Less likely to cause discontinuation symptoms.
Paroxetine	Paxil	FDA approved for panic disorder, social anxiety, and Generalized Anxiety Disorder. Can cause sedation, constipation, and more associated with weight gain and sexual side effects. More likely to cause discontinuation symptoms.
Sertraline	Zoloft	FDA approved for panic disorder and social anxiety.



## Traditional Medications

## Alternative Medicines



# Massage/Aromatherapy



Massage Therapy/  
Aromatherapy



Acupressure



# Music/Music Therapy



Music Therapy

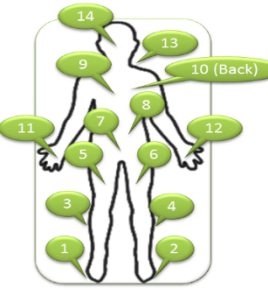




# Progressive Muscle Relaxation (PMR)

**Progressive Relaxation**

Lying down or Seated  
Focus by feeling your breath  
Tense the muscles in your right foot  
Hold it for 5 seconds and then relax  
Feel the sensation  
Move up through your body  
Continue tensing and relaxing  
14 points workout



*Caution: Gentle while contracting if you have tendency of muscle spasm and injuries.*  
*Benefits: Helps to release the tension in the body and relax the mind*

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## Progressive Relaxation Exercise



# Guided Imagery



Balancing Mind and Body





# Yoga



Strengthen Mind and Body





# Goals

Go From Anxiety Girl to Relaxed Girl!!





# Questions?



# Thank You!