



Approaches to Anxiety

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Headache Tense Desperate
Chest Pain Tense Jumpy Fear
Overreaction Fatigue Emotional Turmoil Angst
Tension Restlessness **ANXIETY**
Phobia Sweating Trembling
Disorder Symptoms
Stress Dread Pacing
Scared Angst Nervous Worry Cope Panic Attacks

HOW TO DEAL WITH STRESS AND ANXIETY

ACTION



Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.

10

Slowly count to 10.

Repeat, and count to 20 if necessary.



Give back to your community.

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.



Take a time out.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.



Get help online.

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health. www.mhascreening.org



Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.

For mental health information and resources visit:
www.mentalhealthamerica.net



HOW TO DEAL WITH STRESS AND ANXIETY

BODY



Limit alcohol and caffeine.

Alcohol and caffeine can aggravate anxiety and trigger panic attacks. Instead, drink water.



Eat well-balanced meals.

Do not skip any meals and always keep healthy, energy-boosting snacks on hand.



Get enough sleep.

When stressed, your body needs additional sleep and rest. It's important to get 8 hours of sleep per night!



Exercise daily.

Exercising can help you feel good and maintain your health.



For more mental health information and resources visit:
www.mentalhealthamerica.net



HOW TO DEAL WITH STRESS AND ANXIETY

MIND



Accept that you cannot control everything.

Put your stress in perspective: Is it really as bad as you think?



Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



Maintain a positive attitude.

Make an effort to replace negative thoughts with positive ones



Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.



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Suggestions for Intervention

Anxiolytics
Massage/Aromatherapy
Music/Music Therapy
Acupressure
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



Music/Music Therapy



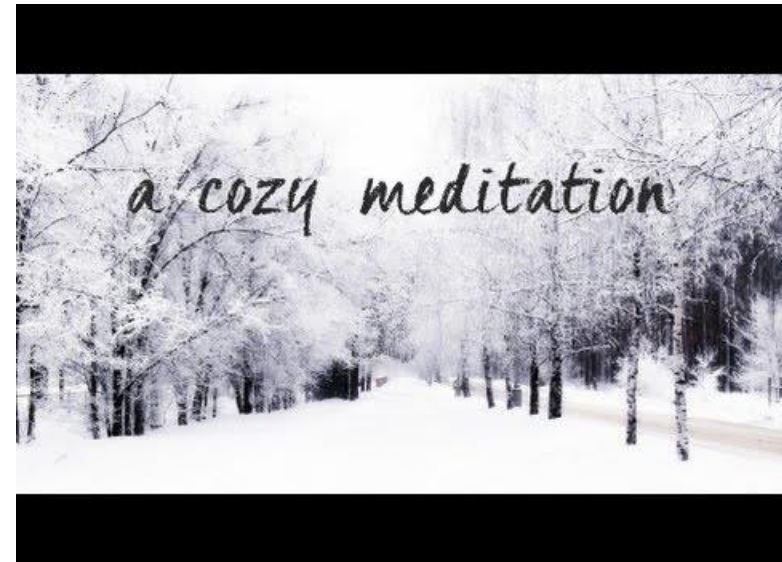
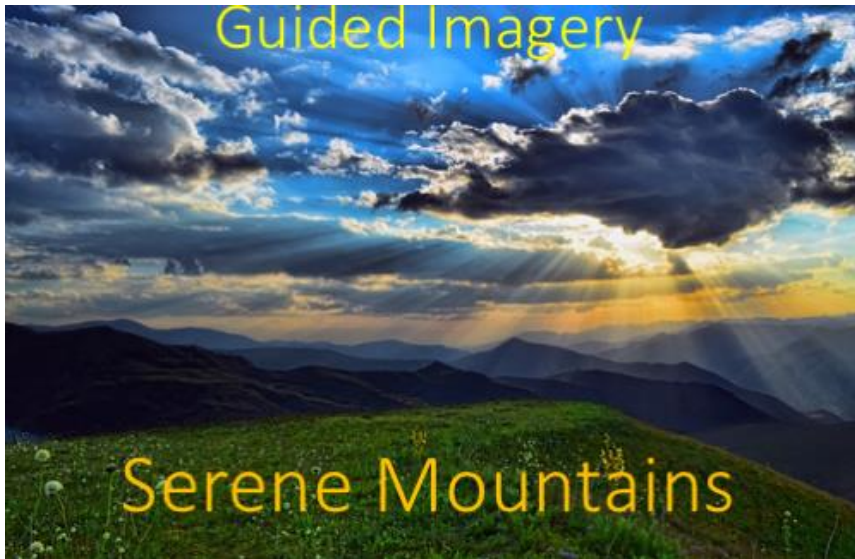
Acupressure



5 Common Pressure Points:

- Hall of Impression (Third Eye)
- Heavenly Gate
- Union Valley Point
- Inner Frontier Gate
- DU 20

Guided Imagery



Balancing Mind and Body

Yoga



Strengthen Mind and Body

7 SKILLS TO MANAGE ANXIETY

ProgressWellness.com

JOURNALING

Write down your anxious thoughts. Getting them out of your mind and onto paper can reduce anxious feelings.

SUPPORT

Create a list of people you can call or text when you are feeling anxious.

SELF-CARE

Taking care of yourself is one of the most important skills that can help manage anxiety.

SLEEP

Catch those Zs. Anxiety can put a damper on your mood. Sleep can help you fight that funk.

EXERCISE

Physical activity can help reduce stress and anxiety. Try heading out for a brisk walk, run, or hike whenever you're feeling anxious.

BREATHING

Practice breathing exercises to help slow down your anxious thoughts.

LISTEN

Cue up your favorite song or podcast to shift your focus, improve your mood, and help you relax.

Goals

Go From Anxiety Girl to Relaxed Girl!!



ANXIETY GIRL!
Able to jump to the worst conclusion
in a single bound!



Questions?

Thank You!