



Understanding Anxiety

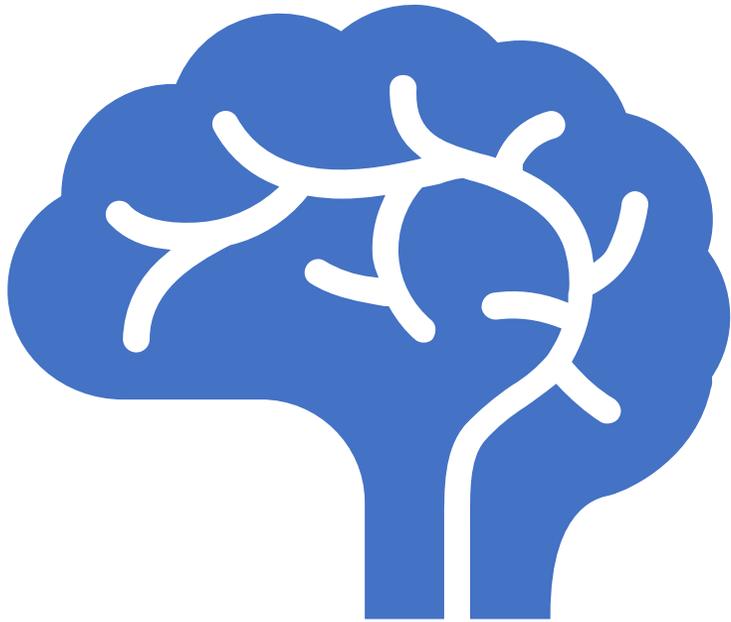
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Welcome and Introductions

- The ParTNers Health & Wellness Center, located in downtown Nashville on the 3rd floor of the WRS TN Tower, welcomes all state and higher education employees enrolled in the State Group Health Insurance Plan.

The center provides the following healthcare services at no cost to most eligible employees:

- Sick and injury visits
 - Wellness and preventive screenings
 - Allergy shots
 - Certain immunizations
 - Chronic condition management
 - Employee assistance counseling services
 - Onsite health coaching
- 



What is Anxiety?

Can be a normal reaction.

Helps us stay aware and alert.

When Anxiety Has a Negative Impact

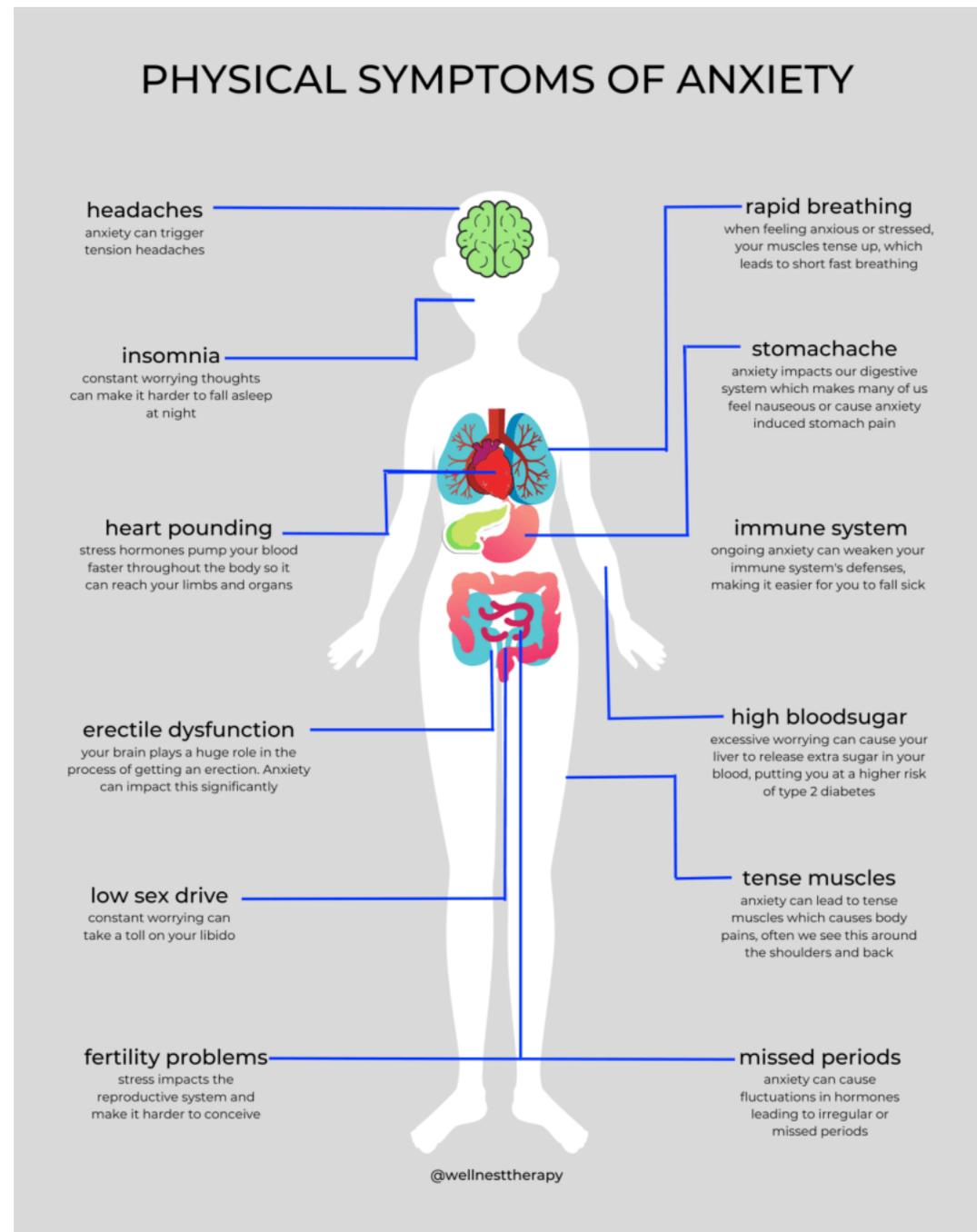
- When you frequently have intense, excessive and persistent worry and fear about everyday situations.
- Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).
- These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.



Anxiety Disorder Facts

- 1 in 5 Americans lives with an anxiety disorder.
- Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.
- Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.
 - Only 1/3 of adults with anxiety disorders receive treatment
 - Only 1/5 of teenagers with anxiety disorders receive treatment
- People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for psychiatric disorders than those who do not suffer from anxiety disorders.
- Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.
- 40% of American adults have experienced an Anxiety Disorder at some point in their life
- Anxiety disorders are estimated to cost society over \$42 billion per year

Effects of Anxiety on Your Body



6 Main Types of Anxiety Disorders



Generalized Anxiety Disorder

Long-lasting anxiety not specific to a situation or object.



Panic Disorder

Quick hit of terror often followed by trembling and difficulty breathing.



Obsessive Compulsive Disorder

Repetitious obsessions and compulsions.



Social Anxiety Disorder

Intense fear in and of social interactions managed with avoidance.



Specific Phobias

Fear of a specific situation or object.



Post-Traumatic Stress Disorder

Anxiety from a traumatic experience.



Treatment Options for Anxiety

Therapeutic Interventions:

The treatment options listed below require the assistance of mental health or medical providers or other licensed professionals.

- Cognitive behavioral therapy
- Dialectical behavioral therapy
- Exposure Therapy
- EMDR for PTSD

CBT	DBT	Exposure Therapy	EMDR
<p>Focuses on identifying, understanding, and changing thinking and behavior patterns related to anxiety in regular meetings with a licensed, CBT-trained therapist.</p>	<p>Is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.</p>	<p>Helps people confront their fears. When people are fearful of something, they tend to avoid the feared objects, activities or situations. Although this avoidance might help reduce feelings of fear in the short term, over the long term it can make the fear become even worse.</p>	<p>Designed to alleviate the distress associated with traumatic memories. In EMDR, the person being treated recalls distressing experiences whilst doing bilateral stimulation, such as side-to-side eye movement or physical stimulation, such as tapping either side of the body.^[1] EMDR "is based on the idea that negative thoughts, feelings, and behaviors are the result of unprocessed memories. The treatment involves standardized procedures that include focusing simultaneously on spontaneous associations of traumatic images, thoughts, emotions and bodily sensations and bilateral stimulation that is most commonly in the form of repeated eye movements.</p>



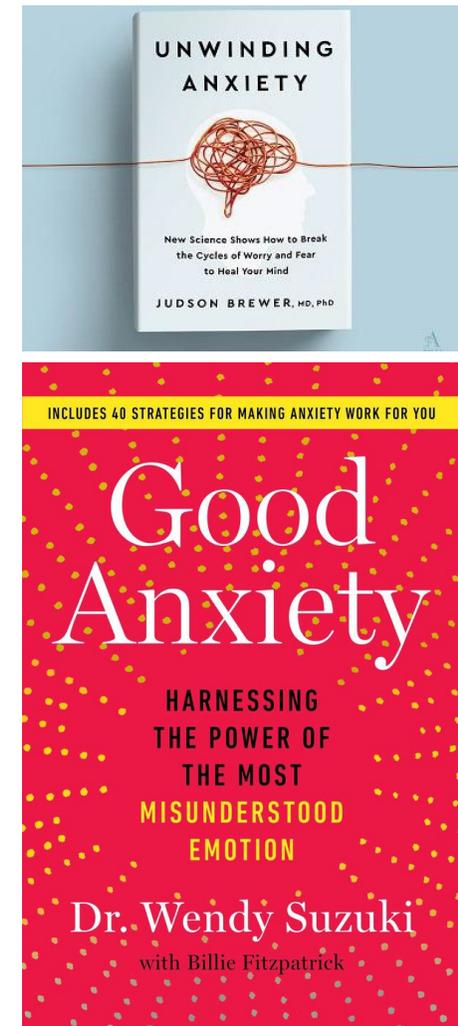
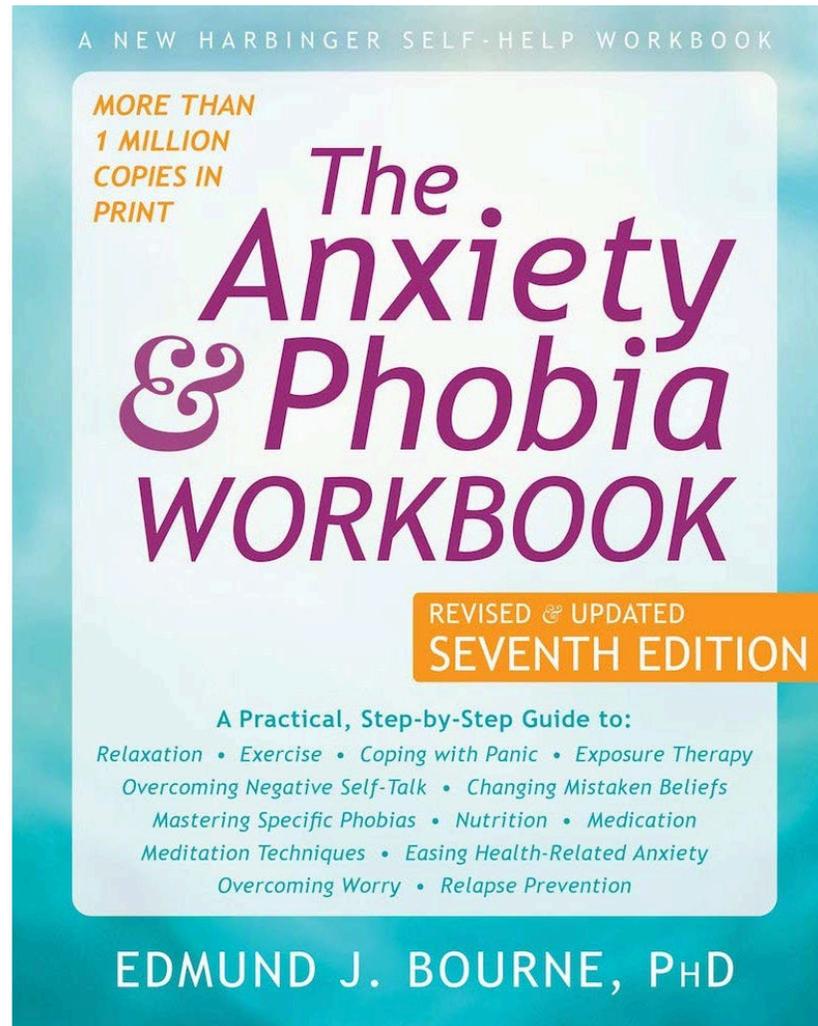
Medication Options

- Primary care physicians can diagnose and treat anxiety, but they may recommend that you consult a psychiatrist for severe or treatment-resistant anxiety disorders.
- What is most commonly prescribed for anxiety?
- [SSRIs](#) and SNRIs
- Benzodiazepines
- Beta Blockers
- Off-Label and Other Drugs



Self-Care/Self Help Techniques

- Self-Help Books
- Exercise
- Diet and Nutrition
- Meditation and Mindfulness
- Relaxation Techniques



How to Support Family or Friends with Anxiety

- One of the most important things you can do is to listen to your family member or friend talk about the things in his/her life that are sources of stress. A first instinct might be to offer advice or ideas for a "quick fix." However, simply accepting your friend's stress levels can help them deal with their anxiety, knowing that they can rely on you as a source of support even when their symptoms might be tough to watch. Studies show that social support from family and friends can be one of the strongest protective factors against debilitating levels of anxiety.
- It may also be helpful to:
 - Avoid shaming your friend for their anxiety. Comments like "just get over it" or "chill out" can be hurtful.
 - Ask your friend how you can help.
 - Be patient. If a friend is experiencing an episode of anxiety, it may not be helpful to intervene or try to fix it. It can be most helpful to be available and let your friend know that you support and love them.
 - Support the idea of getting treatment. There can be a lot of stigma around seeking help for mental health difficulties. Showing your support for this may allow them to get over initial fears around taking that first step in getting professional help.



Final
Thoughts/Questions?

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