

Dealing with anxiety in others and consequently ourselves (care-takers)

Serenity Prayer



1. The brain when anxious:

-  Anxiety reacts to a stimulus that may or may not be triggered by a specific and short-term event. Fear is facing the stimulus and releasing it. Anxiety holds on. The inability to adjust to stimuli indicates a brain issue that is affected by the amygdala and hippocampus; they are working constructively.
-  Can be managed by several strategies including cognitive behavior therapy.
-  When not responsive to therapeutic strategies, then it is time to get a professional involved.

2. Categories of Anxiety

-  General Anxiety is characterized by chronic and persistent anxiety. Often times it is a low-level response accompanied by worrisome and tense feelings. These worrisome and tense feelings happen regardless of whether or not a specific stimuli is present. The feeling is sort of just there looming.
-  Social Anxiety produces overwhelmingly uncomfortable feelings. The uncomfortable feelings can occur just about anytime other people are present (this would be the most severe or striking form of social anxiety), or the feelings may be limited to a specific situation like going to parties, or simply eating out with others.
-  Phobias. A person who experiences a phobia is extremely fearful of specific objects or situations. This person will typically go to extreme lengths to avoid the things they are fearful of. They may have an extreme dread of flying, small spaces, or in the case of agoraphobia they fear and avoid any place or situation that has triggered a panic attack in the past. They also may have an extreme and often debilitating fear of open spaces with lots of people.
-  Panic Attacks are another form of anxiety and are characterized by episodes of extreme discomfort. These feelings are often overwhelming and the person going through a panic attack notices the effect on their body. They may feel their chest pounding, shortness of breath, nausea, even dizziness.
-  Post-Traumatic Stress develops after exposure to a frightening event in which physical harm was threatened or occurred. PTSD is best suited for treatment by a trained mental health provider.

3. Strategies

- a. Calm caretaker = Self-Care <https://growastrongfamily.org/caring-for-the-caregiver/>
- b. Permissions for other = They are in charge of their own solutions. Caretaker may guide, with permission, and then, let go.
- c. Excellent Article: There is an excellent summary article which offers 11 ways to cope (Retrieved March 2, 2020 from <https://www.healthline.com/health/mental-health/how-to->

[azscope-with-anxiety](#)) Medically reviewed by Timothy J. Legg, PhD, PsyD on December 19, 2018 **New** — Written by Ally Hirschlag

-  Question thought pattern (The Work by Byron Katie) ie challenge negative thoughts
 1. Is it true? (Yes or No. If no, move to 3)
 2. Can you absolutely know that it is true? (Yes or No)
 3. How do you react, what happens, when you believe that thought?
 4. Who would you be without that thought?

-  Practice focused, deep breathing. (Nostril Breathing)

1. Using your right thumb press gently to close your right nostril
2. Inhale slowly (5-7 seconds through) your left nostril
3. Pause briefly and hold the breath for 1-2 seconds
4. Using the ring finger of the same hand close off the left nostril while releasing thumb and exhaling through your right nostril
5. Inhale slowly (5-7 seconds through) your right nostril
6. Pause briefly and hold the breath for 1-2 seconds
7. Close off your right nostril with your right thumb
8. Breathe out through your left nostril

-  Use aromatherapy. Lavender, chamomile, sandalwood, vanilla.

-  15 minute walk/yoga or other way to get away from the current space.

-  Write down your thoughts.

d. Apps to manage anxiety

-  <https://www.whatsapp.com/> **What's Up** is a free **app** that helps users cope with depression, anxiety, anger and stress through therapy methods and tools like a diary and a tracker for both positive and negative habits. The **app** also has forums to connect with others, guides on staying grounded and calming breathing techniques.
-  <https://www.sanvello.com/science/> **Sanvello** was created by psychologists and reportedly uses clinically validated techniques, such as CBT, in its immersive “journeys” that combine videos, audio exercises, activities, and mood tracking. It also provides access to a community of other users. In a randomized control study, the app was shown to decrease symptoms of anxiety and depression over the course of 30 days.
-  <https://www.happify.com/> **Happify** was developed by scientists and experts in the fields of positive psychology and mindfulness, the Happify app provides a variety of strategies to help you reduce stress, overcome negative thoughts, and improve your emotional well-being. Using games, tasks, and meditations, each activity’s goal is to strengthen one of the five happiness skills: thanking, aspiring, giving, empathizing, and savoring.
-  **Breathe2Relax** is an app for all mobile devices that teaches a skill called “diaphragmatic breathing” to help users feel more relaxed. ... Developed by the distinguished National Center for Telehealth and Technology, **Breathe2Relax** helps users acquire this skill via guided practice sessions.

4. Discussion

5. Serenity Prayer