

# **Anxiety Disorders**

**An overview for Wellness 10 (2016)**





# First Things First

- ✓ Anxiety vs Worry
- ✓ Purpose of Anxiety...it's not all bad!
- ✓ What's going on physiologically?
- ✓ What does anxiety want and what happens when it gets out of control?
- ✓ What are some anxiety disorders?
- ✓ How are anxiety disorders treated?



**The sole purpose of this presentation is to provide an overview of anxiety and anxiety disorders for the Wellness 10 class.**

*Information herein is not intended to replace medical advice from the individual's physician or other professional health care provider nor should it be used for diagnostic or treatment purposes. The material provided is not all inclusive of the topic presented.*

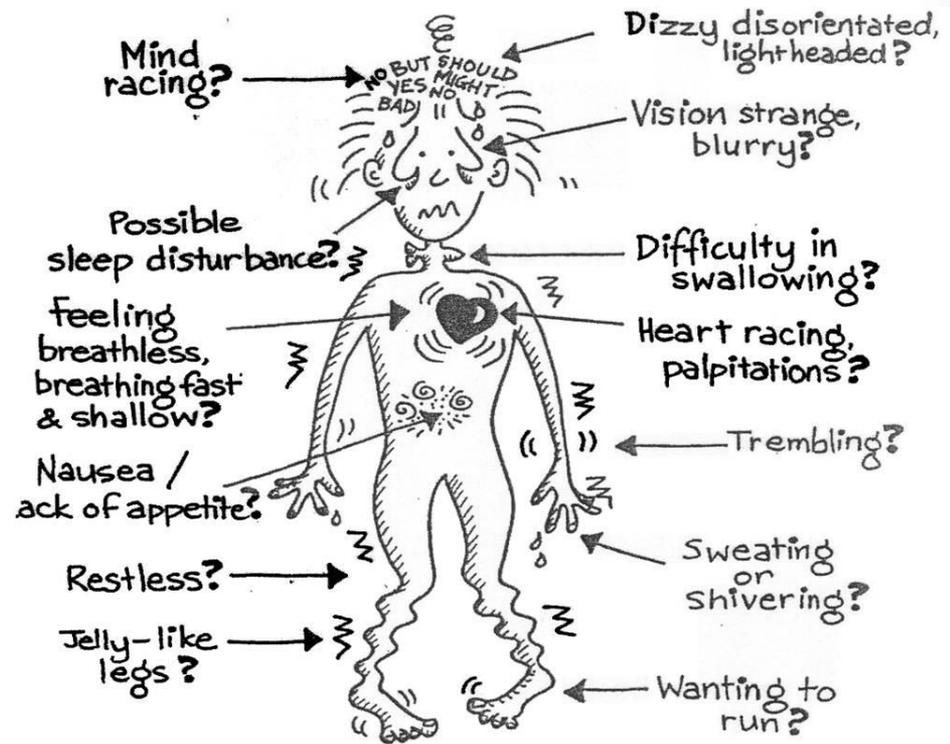


# Aren't worry & anxiety the same thing?

## Worry



## Anxiety





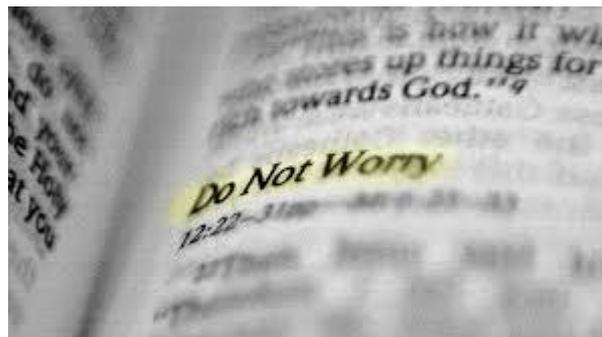
# The Bible talks about anxiety, worry, & fear a lot...

## 33 VERSES ABOUT FEAR AND ANXIETY

Isaiah 41:10  
Psalm 56:3  
Philippians 4:6-7  
John 14:27  
2 Timothy 1:7  
1 John 4:18  
PSALM 94:19  
Isaiah 43:1  
Proverbs 12:25  
Psalm 23:4  
Joshua 1:9  
Matthew 6:34  
1 PETER 5:6-7  
Isaiah 35:4  
Luke 12:22-26  
Psalm 27:1

Psalm 55:22  
Mark 6:50  
Deuteronomy 31:6  
ISAIAH 41:13-14  
PSALM 46:1  
Psalm 118:6-7  
Proverbs 29:25  
Mark 4:39-40  
Psalm 34:7  
1 Peter 3:14  
Psalm 34:4  
**DEUTERONOMY 3:22**  
Revelation 1:17  
Mark 5:36  
Romans 8:38-39  
Zephaniah 3:17  
Psalm 91:1-16

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Philippians 4:6-7  
Do not be anxious about anything,  
but in every situation,  
through prayer and petition,  
with thanksgiving,  
present your requests to God.  
And the peace of God,  
which transcends all understanding,  
will guard your hearts and minds  
in Christ Jesus.

*1 Peter 5:7*  
Cast all your  
anxiety on him  
because he cares  
for you.



We are  
wonderfully  
made!

- ✓ There is point to anxiety...
- ✓ It actually helps us **survive** and even do some things better!
- ✓ BUT it doesn't always work like it's supposed. God knows this so His word is filled with reminders.
- ✓ Anxiety & fear are **NORMAL** and we actually can't get rid of them, but we can learn how to handle them.



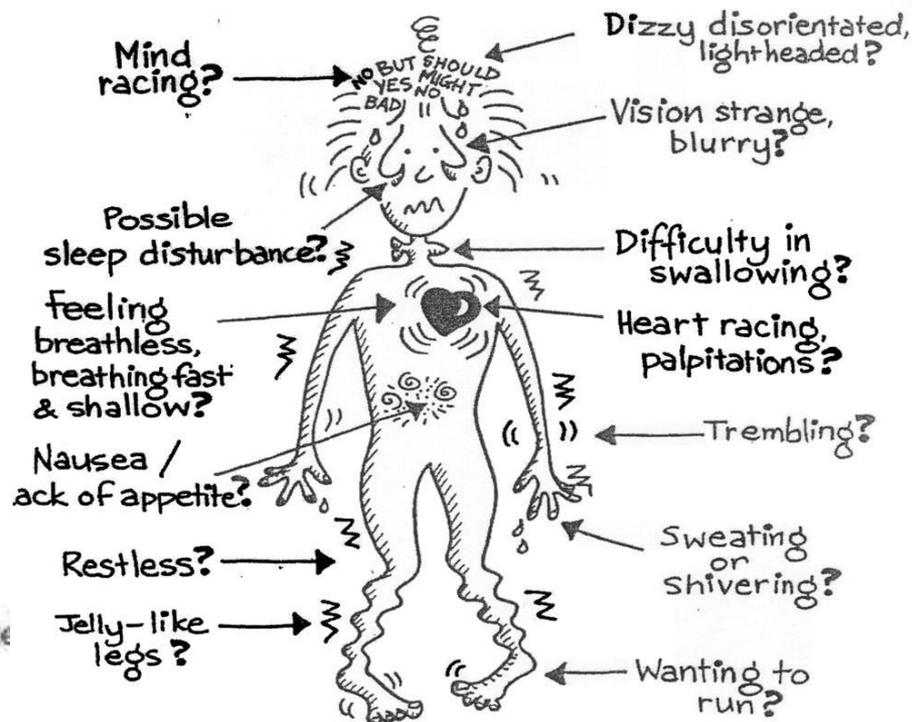
# Anxiety...

- An uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future
- A state of apprehension and fear resulting from the anticipation of a threatening event or situation



# Fight or Flight (or Freeze) Response... look familiar?

## Fight or Flight Response



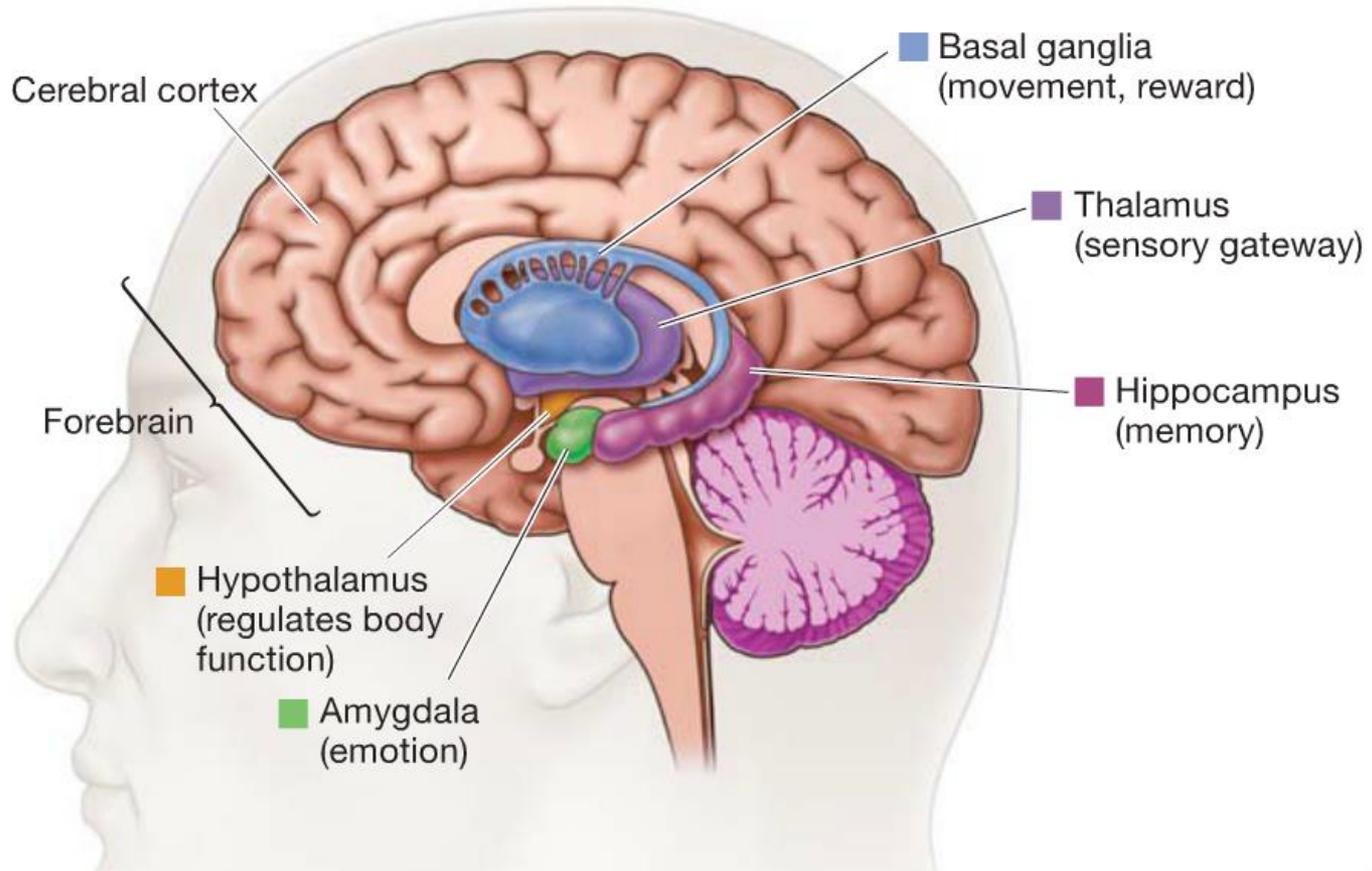


# Anxiety vs Fear

- *Fear* → a response to an immediate danger in the present moment of time
- *Anxiety* → is associated with a threat that is anticipated in a future moment of time
- Anxiety reflects the ***anticipation*** of fear & is an attempt to prevent the fear-provoking event from happening
- When anxious, we're preparing ourselves to cope with a future problem that we anticipate will cause some kind of harm if not prevented from occurring



# What's going on in the brain?





# Anxiety & Worry

Are really, really bossy and demanding



# Anxiety & Worry want:

**Certainty &/or  
Control**



**Comfort**





**“Anxiety and worry are normal parts of a full life, with all of its challenges and uncertainties.”**

**(L. Lyons, pg. 18)**



# “Normal” Anxiety vs Anxiety Disorder

Everyone experiences anxiety... not everyone has a disorder. What's the difference?



# Key Differences

## 1. Stressor

- **Normal anxiety** occurs in response to a stressor like an exam, a tryout or audition, a frightening situation, a fight with a friend, or a new job.
- People with an **anxiety disorder** are anxious almost (or all) of the time, but the source of the stress or anxiety can't really be pinpointed.
- Ex) People with generalized anxiety disorder have a difficult time just getting through the day. Even seemingly small responsibilities, like going to the store, make them feel anxious.



# Key Differences

## 2. Intensity and Length

- An anxiety disorder produces intense and excessive emotional responses.
- Even if the person with a disorder is reacting to a stressor, the anxiety is disproportionate to that stressor.
- Many people are on edge before an exam, but a person with an anxiety disorder might be anxious several weeks beforehand, and will experience intense symptoms right before and during the exam.
- Normal anxiety is fleeting, while an anxiety disorder is ongoing and the feelings can last for months.



# Key Differences

## 4. Impairment

- When someone is struggling with an anxiety disorder, it affects their entire life (or a majority of it!)
- It **impairs** or **interferes** with schoolwork, job and daily life.
- **Avoidance** is a symptom of some anxiety disorders and can be very **debilitating**.
- The anxiety can cause people to avoid normal activities.
  - They might skip class, miss a test, stop going to work, procrastinate, or avoid anything that makes them feel anxious.



# Key Differences

## 5. Other symptoms

- Excessive anxiety & worry aren't the only symptoms!
- **Physical symptoms:** dizziness, light-headed, sweating, trembling, heart pounding, headaches, nausea, shortness of breath, can't talk, have to go to the bathroom frequently.
- **Psychological symptoms:** feeling detachment or disconnected from reality, feeling like one can't think straight, unable to concentrate, having racing or negative thoughts



# What Causes Anxiety Disorders?

- We don't exactly know... But they seem to be the result of a **combination of biological, psychological, & other individual factors.**
- How people react to & perceive situations, childhood experiences, genetics, brain chemistry, medical conditions, traumatic life events all may contribute to &/or trigger anxiety disorders.

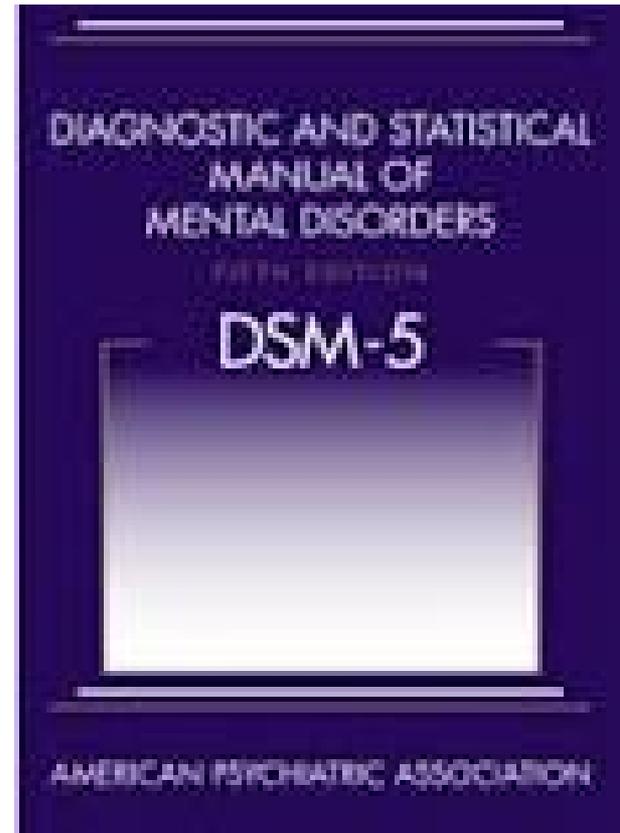


# Types of Anxiety Disorders



# The Diagnostic and Statistical Manual of Mental Disorders

- Used by doctors & psychologists in much of the world as the authoritative guide to the diagnosis of mental disorders
- Contains descriptions, symptoms, and other criteria for diagnosing mental disorders.





# DSM-5 Anxiety Disorders

- Generalized Anxiety Disorder (GAD)
- Social Anxiety Disorder
- Panic Disorder
- Specific Phobia
- Agoraphobia
- Separation Anxiety Disorder
- Selective Mutism
- Substance/Medication-Induced Anxiety Disorder
- Anxiety Disorder Due to Another Medical Condition
- Other Specified Anxiety Disorder
- Unspecified Anxiety Disorder



# A couple of other fear-related disorders:

- Obsessive Compulsive Disorder (OCD)
  - *Now classified under Obsessive-Compulsive and Related Disorders*
- Posttraumatic Stress Disorder (PTSD)
  - *Now classified under Trauma- and Stressor-Related Disorders*



# Anxiety & anxiety-related disorders

- ✓ Get into groups of 3 or 4
- ✓ Get an envelope
- ✓ Match each term to a description



# Who do anxiety disorders affect?

- ✓ Can affect anyone at any age → they are the most common mental health problem
- ✓ According to the Anxiety Disorders Association of Canada, “*The 12 month prevalence for any anxiety disorder is over 12% and one in four Canadians (25%) will have at least one anxiety disorder in their lifetime.*”



# How are anxiety disorders diagnosed?

- ✓ Some family physicians, psychiatrists, and clinical psychologists are able to diagnose someone as having an anxiety disorder if the person meets the diagnostic criteria.
- ✓ Physical and psychological evaluations are performed to rule out other causes for the symptoms of anxiety.
  - ✓ Cardiovascular disease, thyroid problems, substance abuse and/or drug side effects, such as from steroids, may cause symptoms similar to those of an anxiety disorder.



# Can anxiety disorders be treated?

YES! They are, in fact, very treatable. It is important to understand, however, that each individual responds differently to treatment(s). What works for one person, might not work for another.



Each anxiety disorder has its own specific treatments and goals, but most include some combination of the following strategies...

- Cognitive Behavioral Therapy
- Pharmacological Treatment



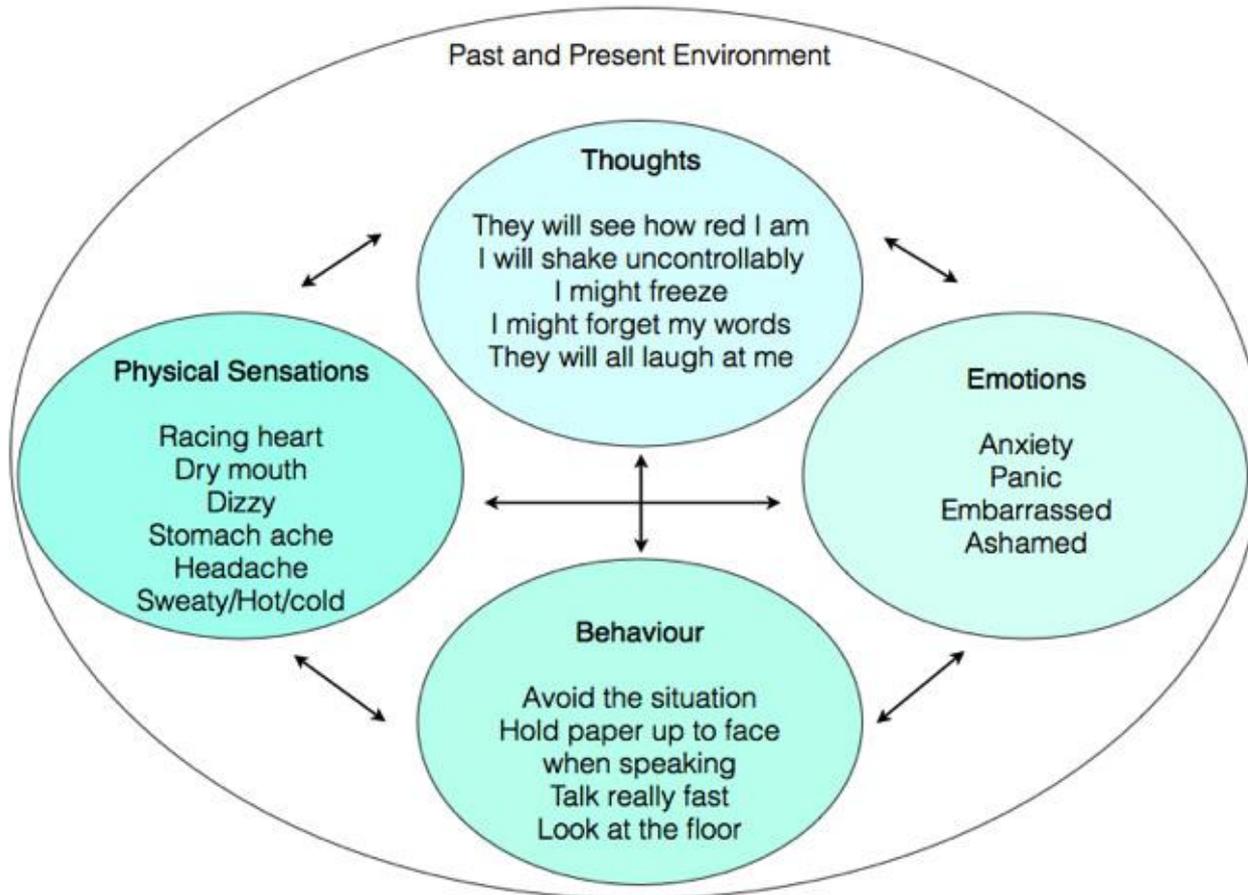
# Cognitive Behavioral Therapy (CBT)

- CBT focuses on the way people think (cognitive) and act (behavioural)
- The concept behind CBT is that our thoughts about a situation affect how we feel (emotionally and physically) and how we behave in that situation.
- CBT teaches people how to identify and change unhelpful ways of thinking and behaving.
  - “Taking our thoughts captive.”
  - Not every thought we have is true or accurate or plausible.



# CBT Example

## ~Social anxiety~



- What could this person say to challenge the thoughts he has?
- What behavior could the person do to help?



# CBT con't

- CBT is an effective treatment for lots of problems (chronic pain, disordered eating, low self-esteem, anger problems, addiction)
- Particularly effective in the management of **anxiety & depression**
- Is as (if not more) effective as treatment with medication alone
- Research shows that people experiencing anxiety & depression are less likely to relapse when treated with CBT: They tend to get better and stay better!



# Pharmacological Treatment

- Research suggests that CBT is more helpful than medication for reducing symptoms of anxiety in the long-term...

Think about it:

- When medication is stopped, the effects of the medication also stop → the anxiety can come back



# Pharmacological Treatment con't

## HOWEVER

- For people experiencing severe anxiety or certain disorders, it may be difficult to begin psychological treatment (CBT) or to use strategies learned in treatment because anxiety is so high.
- If this is the case, the doctor may recommend medication *in addition* to psychological treatment.



# Pharmacological Treatment con't

- Common medications:
  - Selected Serotone Reuptake Inhibitors (SSRIs)
    - Also used to treat depression
  - Benzodiazepines
- Prescribed by family doctors and/or psychiatrists
- There is not one medication that works well for everyone and sometimes individuals may need to try different kinds.



# A word on medication...

- Needing medication does not mean an individual is weak or not trying hard enough
- Think about it... some people need medication to help with diabetes and some don't; some people can do eye exercises to help their vision while others need glasses → everyone is different!



# Healthy Habit Tips

- Being active
  - Find something you like/love to do & do it!
  - 30-60 minutes per day; at least 2 hours before going to bed to avoid trouble falling asleep
- Eating right
  - Avoid caffeine or only have a small amount in the morning
- Cut back on sugar
- Get enough water (6-8 glasses per day)
- Healthy choices & eat regularly throughout day



# Healthy Habit Tips

- Alcohol, anxiety, & drugs
  - Reduce caffeine intake
  - Don't use drugs or alcohol to cope with anxiety
  - Don't smoke... quit if you do!
  - Many individuals who develop addiction issues have untreated/unrecognized anxiety



# Healthy Habit Tips

- Learn to relax...quiet time, reading, prayer

**Calm Breathing** → a strategy to use to calm down quickly

- We tend to breathe faster when we are anxious, which can make us feel dizzy and lightheaded, and even more anxious
- Take slow and gentle breaths (breathe in through the nose, pause, then breathe out through the mouth, pausing for several seconds before taking another breath)

**Muscle Relaxation** → a strategy to lower overall tension & stress levels

- Relax your body by tensing various muscles & then relaxing them



# Healthy Habit Tips

- Sleep... 9 ½ hours per night!
  - Go to bed and wake up at the same time each day (even on the weekend)
  - Avoid TV or screens, caffeine, & exercise before bed
  - Don't worry in bed!
    - Get up and do something boring or relaxing instead
    - Keep lights dim and go back to bed when you start to feel sleepy
    - Repeat as necessary
  - Create a relaxing bedtime routine
    - have a warm bath or shower, put on your PJs, have a light snack, put on some calming music, and then read a book



# A Prayer for People Living with Mental Illness

By Amy Simpson

Loving God, I pray for all whose brains have been hurt by disease, injury, stress, trauma, and other factors of human life in a hard world. I pray for all who love them and want to help. I pray for your comfort in their grief, hope amid loss, and the balm of community with people who understand.

For people with mental illness—may they find hope in you and feel your longing for them.

For parents of children with mental illness—may they know the limits of their power both to cause and to cure.

For children of parents with mental illness—may they know you as loving parent and find places where they can grow up in safety, no matter how old they are.



# A Prayer for People Living with Mental Illness

By Amy Simpson

For friends of suffering people—may they resist the temptation to try to “fix” their friends and recognize the simple power of their loving presence.

For spiritual leaders—may they deny both helplessness and overconfidence, courageously serving as first responders and faithful shepherds.

For people who need treatment and don’t receive it—may they recognize their need, believe life can be better, and find people who can help.

For those burdened by shame and stigma—may they walk into the light and find compassionate people.



# A Prayer for People Living with Mental Illness

By Amy Simpson

Lord, I pray for light in the darkness. I pray that people with vulnerable minds will find hope and help among followers of Christ who will love them and point them toward what they need while letting them live with that need. I pray for acceptance and grace—the same kind of grace you offer so freely to all. I pray that many churches will embrace the opportunity for messy and sometimes thankless ministry among the marginalized, in the name of the one whose love knows no margins.

Amen.



# References & Resources

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