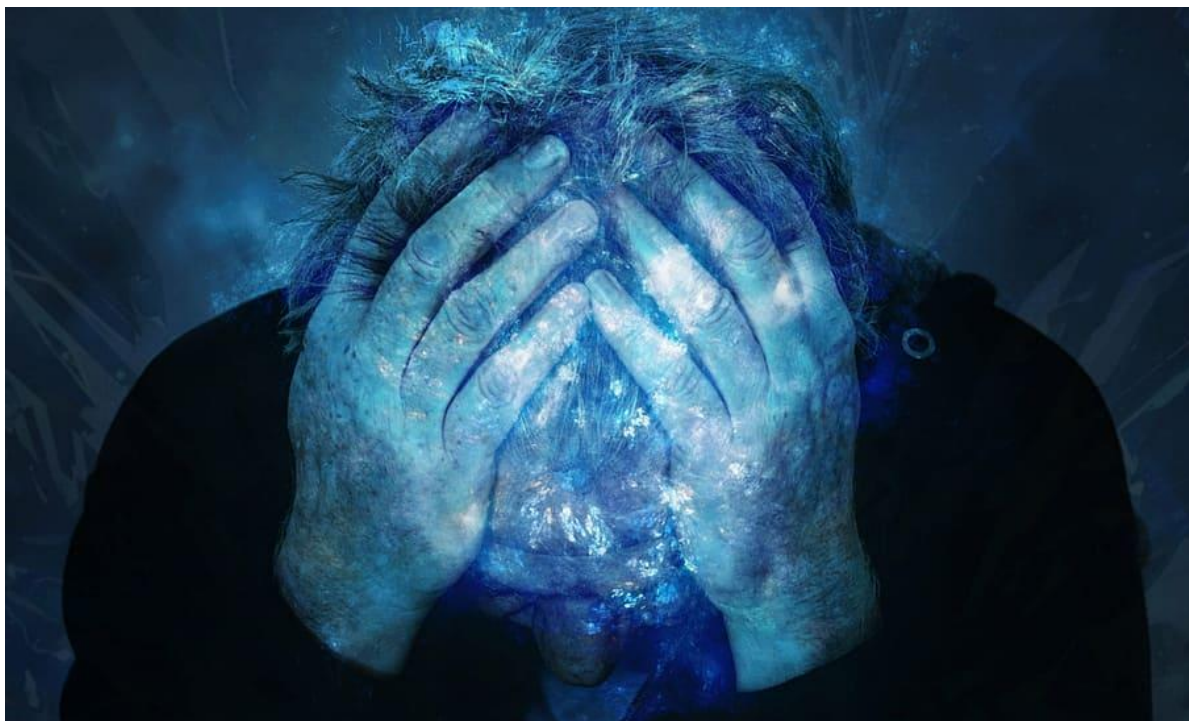


15 to 21 May 2023

# Mental Health Awareness Week



#ToHelpMyAnxiety



by

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Clinical Director



The  
Listening  
Centre

# Session Objectives



Introducing The Listening Centre: your company's local specialist EAP service

Identify and understand what anxiety is

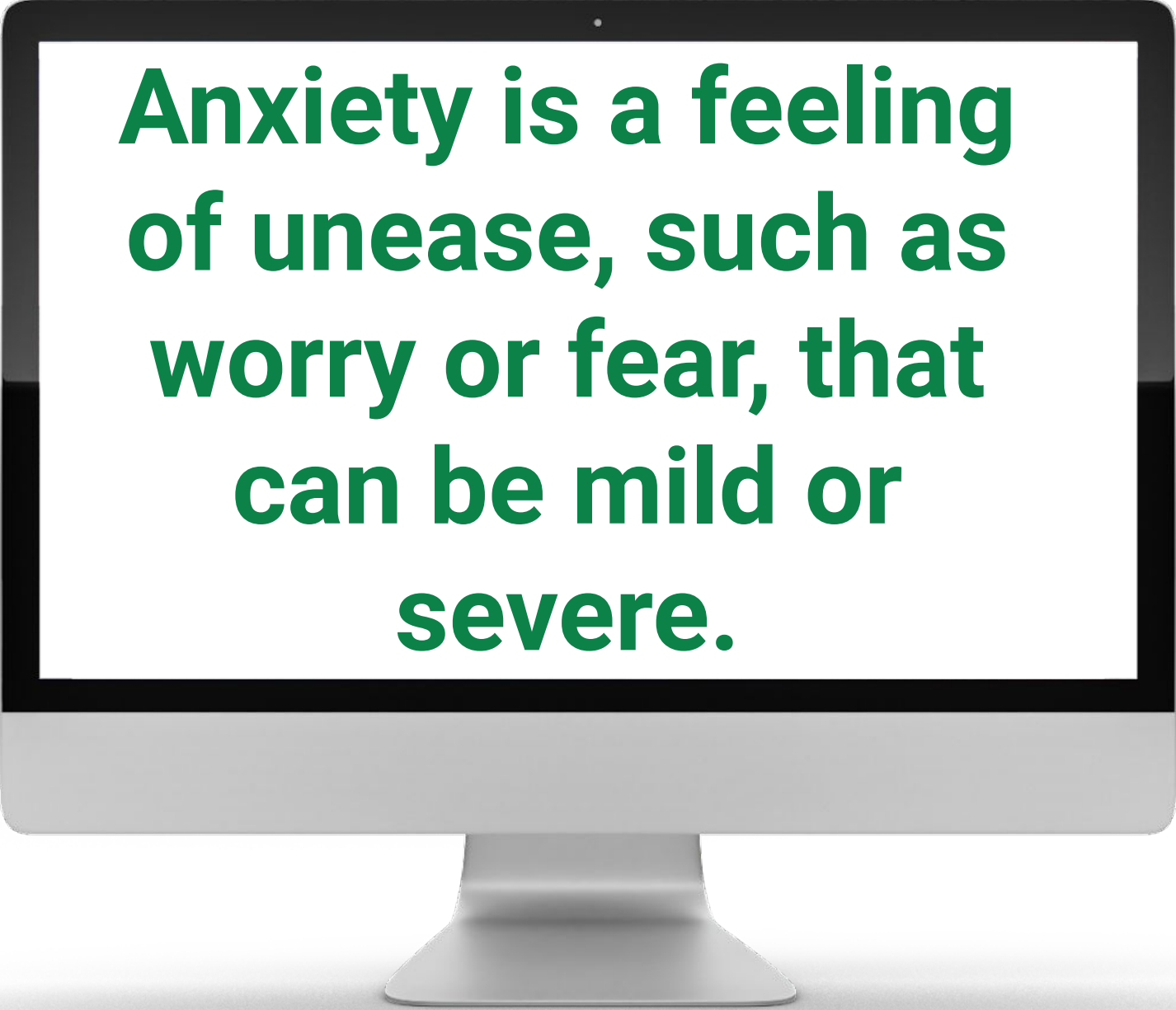
Develop strategies and techniques to manage anxiety



# The Listening Centre

working with



A computer monitor with a black bezel and a silver base. The screen is white and displays the text "Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe." in a bold, green, sans-serif font. The monitor is centered on a white background.

**Anxiety is a feeling  
of unease, such as  
worry or fear, that  
can be mild or  
severe.**

# Groups more likely to report feeling anxious



**89%**

**Single parents**

**89%**

**LGBTQ+**

**84%**

**Carers**

**86%**

**18-34 year olds**

**84%**

**Minority ethnic community**

**82%**

**Long term physical health conditions**

# Adverse Childhood Experiences

(ACE's)

Physical, emotional or sexual abuse

Living with someone whos dependent on drugs or alcohol

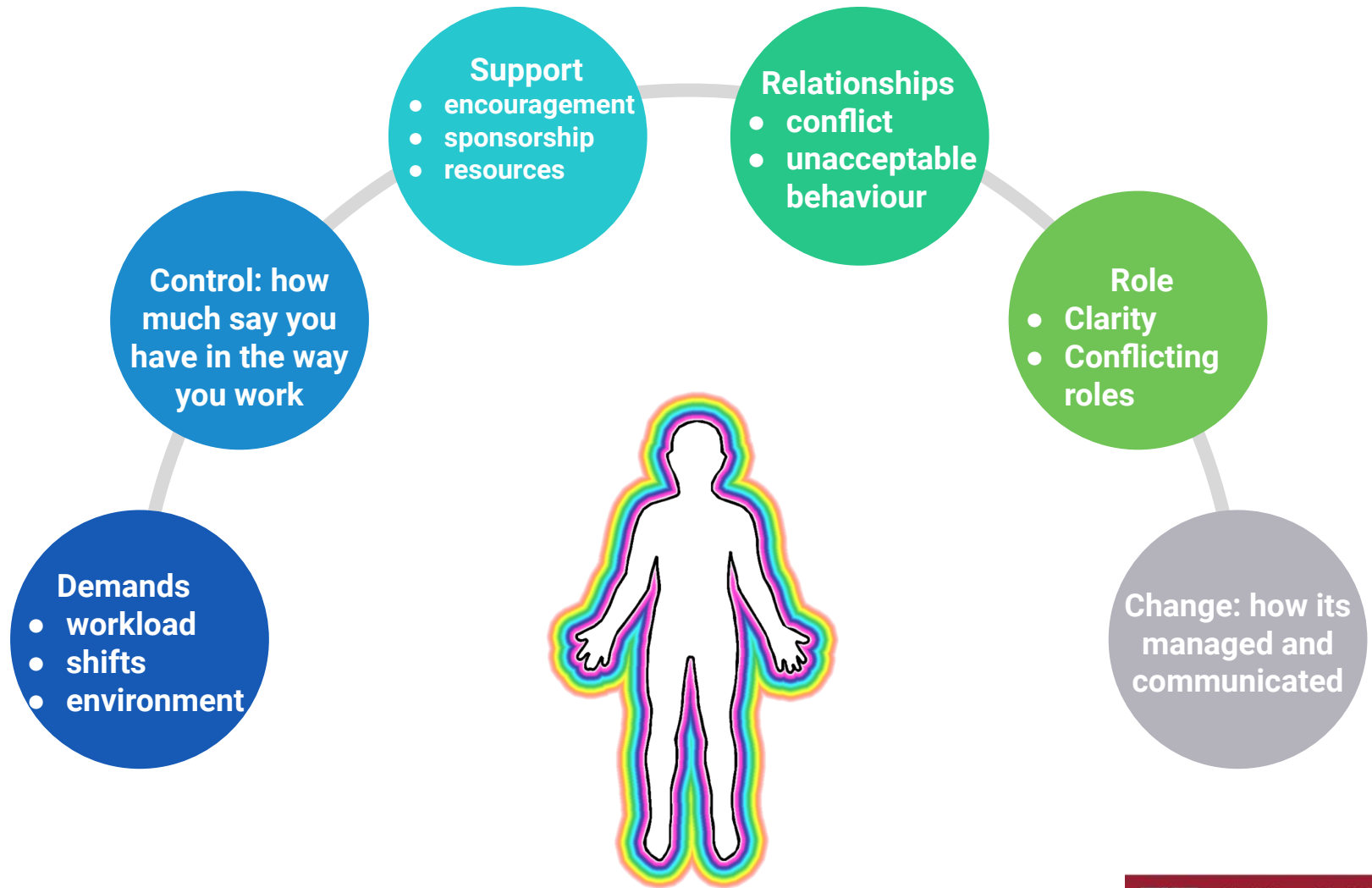
Exposure to domestic violence

Living with someone who has gone to prison

Living with someone with serious 'mental health' issues

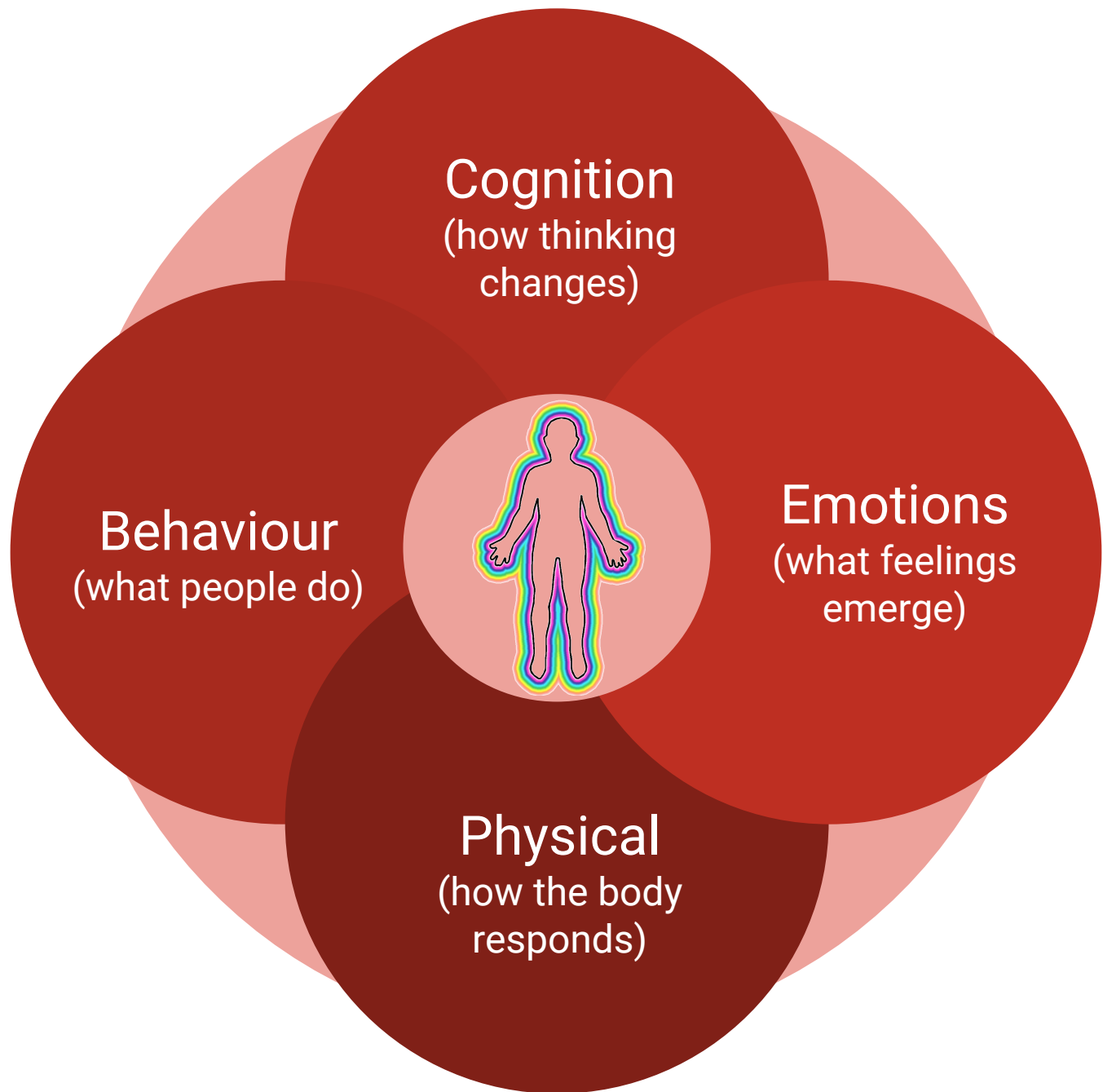
Losing a parent through divorce, death or abandonment

# Work factors that cause anxiety









# Physical signs of anxiety



- Palpitations
- Pain/tightness chest
- Indigestion
- Breathlessness
- Nausea
- Muscles twitching
- Tiredness
- Vague aches or pains
- Skin irritation or rashes
- Clenched fists or jaws
- Fainting
- Frequent infections
- Recurring illnesses
- Constipation/diarrhoea
- Rapid weight gain/loss
- Alteration of the menstrual pattern for women
- Susceptibility to allergies
- Change in sleep pattern



# Behavioural signs of anxiety



- Accident prone
- Poor work
- Increased smoking
- Increased consumption of alcohol
- Increased dependence on drugs
- Over/under eating
- Poor time management
- Impairing speech
- Withdrawal from supportive relationships
- Irritability
- Take work home more
- Too busy to relax
- Not looking after oneself



# Behavioural strategies for anxiety



Go for a walk in nature



Talk to someone about it



Master Mindfulness Meditation



Exercise



Look at images that calms you down



# 3 good reasons to talk

## Gains Clarity



Explaining problems to someone helps to gain clarity as opposed to keeping them inside - letting them build up which promotes confusion.

## Eases tension



Carrying worries creates a lot of physical tension. When we talk, our muscles relax and can literally feel like a weight has been lifted.

## Perspective



Situations can feel overwhelming. Other people can be more objective and might have a solution you hadn't thought of, or give you a different perspective.



# Emotional signs of anxiety



- Mood swings
- Increased worrying
- Feeling tense
- Drained, no enthusiasm
- Feeling angry
- Feeling guilty
- Cynical
- Loss of libido
- Loss of confidence
- Lack of self-esteem
- Lack of concentration
- Withdrawal into day-dreams
- Feeling nervous, apprehensive, anxious
- Feeling of helplessness



## Soothing

Purpose: Allows social connectedness, bonding and managing distress

Hormone: Opiates, oxytocin

Motivations:  
Kindness  
Caring

Feeling:  
Soothed  
Contentment  
Wellbeing

Behaviours:  
Giving and receiving affection  
Bonding, care



## Threat

Purpose: Threat detection & protection

Hormone: Adrenalin, Cortisol

Motivations:  
Protection  
Safety-seeking

Feeling:  
Anger  
Anxiety  
Disgust  
Shame

Behaviours:  
Aggression  
Avoidance  
Submission

# Emotional Regulation Systems



## Drive

Purpose: Motivate us towards reward

Hormone: Dopamine

Motivations:  
Wanting, seeking  
Aspiring  
Striving

Feeling:  
Excitement  
Desire  
Vitality

Behaviours:  
Approach,  
Engagement

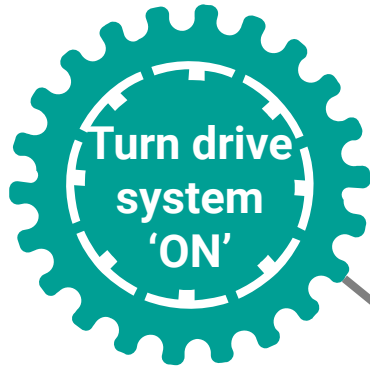


# Cognitive signs of anxiety



- Negative self-talk
- Pessimistic thinking
- Irrational
- Chronic worrying
- Mind-chatter
- Rigid thinking
- All or nothing thinking
- Memory problems
- Inability to concentrate
- Short term thinking
- Hasty decision making
- Racing thoughts
- Vivid dreams





## Cognitive strategies for anxiety



# Unhelpful thinking styles



These are thinking styles associated with emotional disturbance. Cognitive theory argues that biased thinking and biased information processing affects what an individual perceives. This leads to biased:

- Decision-making
- Emotion
- Action

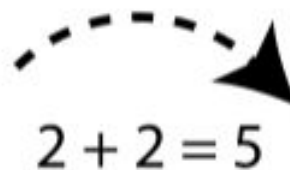
All or nothing thinking



Mental filter



Jumping to conclusions



Emotional reasoning



Labelling



Over-generalising

*"everything is always rubbish"*  
*"nothing good ever happens"*

Disqualifying the positive



Magnification (catastrophising) & minimization



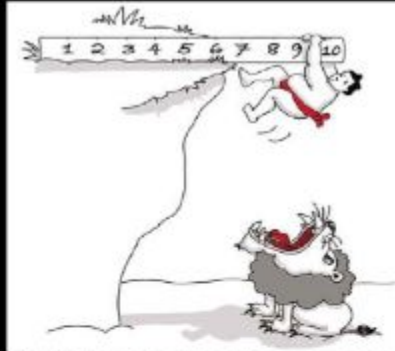
**should**  
**must**

Personalisation

*"this is my fault"*

# Faced with a challenge?

7 questions to help you  
**S.U.M.O.**



**1: Where is this issue on a scale of 1 - 10?**



**2: How important will this be in 6 months time?**



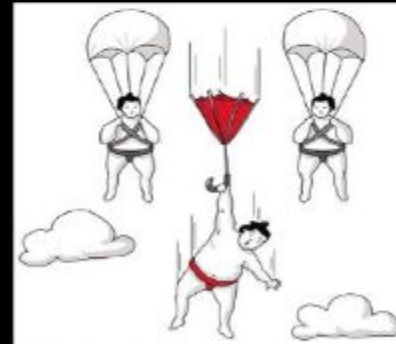
**3: Is my response appropriate and effective?**



**4: How can I influence or improve the situation?**



**5: What can I learn from this?**

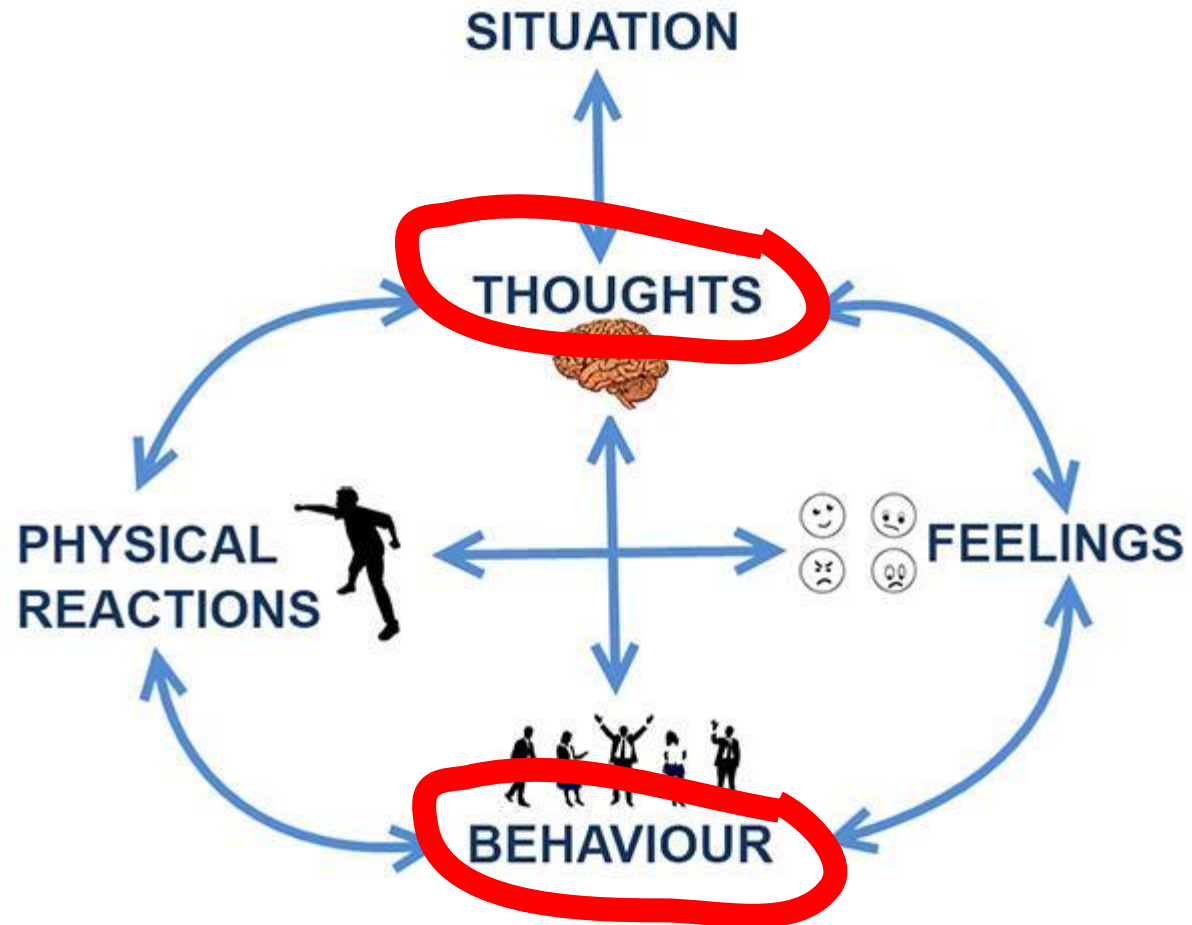


**6: What will I do differently next time?**



**7: What can I find that's positive in this situation?**

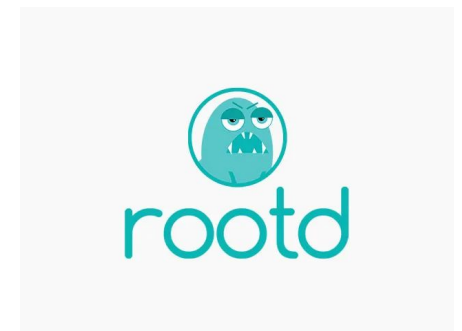
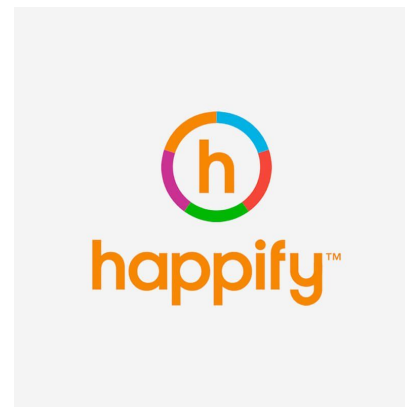
# Generic CBT Model



# Cycle of Anxiety



# Top Apps for Anxiety



***“On particularly rough days when I’m sure I can’t possibly endure, I like to remind myself that my track record for getting through bad days so far is 100%, and that’s pretty good.”***

**Unknown**

