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# MENTAL HEALTH

## PART 2: ANXIETY

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# WHAT IS ANXIETY?

- Anxiety is a feeling of fear, dread, and uneasiness.
- It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem, before taking a test, or before making an important decision.
- When anxious, you might sweat, feel restless and tense, and have a rapid heartbeat.
- People with anxiety disorders frequently experience the above symptoms and this can be overwhelming.

# Anxiety Disorders

- Anxiety disorders are conditions in which you have anxiety that does not go away and can get worse over time.
- In the case of an anxiety disorder, someone may experience the feeling of fear all the time.
- If left untreated, anxiety will keep getting worse and this can interfere with daily activities such as schoolwork, social activities, job performance, and relationships.



# TYPES OF ANXIETY DISORDERS

- GENERALIZED ANXIETY DISORDER
- PANIC DISORDERS
- PHOBIAS



## GENERALIZED ANXIETY DISORDER

People with GAD worry about ordinary issues such as health, money, work, and family. But their worries are excessive, and they have them almost every day for at least six months.

## PANIC DISORDER

People with panic disorders have panic attacks which are sudden, repeated periods of intense fear when there is no real danger. The attacks come on quickly and can last several minutes or more.

## PHOBIAS

People with phobias have an intense fear of something that poses little or no actual danger. Their fear may include flying, going to crowded places, or scared of being in social situations.

# WHO IS AT RISK OF GETTING ANXIETY DISORDERS

**There are some general risk factors for all types of anxiety disorders (see below) but GAD can happen to anyone.**

- Certain personality traits, such as being shy or withdrawn when you are in new situations or meeting new people.
- Traumatic events in early childhood or adulthood
- Family history of anxiety or other mental disorders
- Some physical health conditions



# SYMPTOMS OF ANXIETY DISORDERS

Different types of anxiety disorders can have different symptoms. But they all have a combination of Anxious thoughts and/or beliefs that are hard to control.

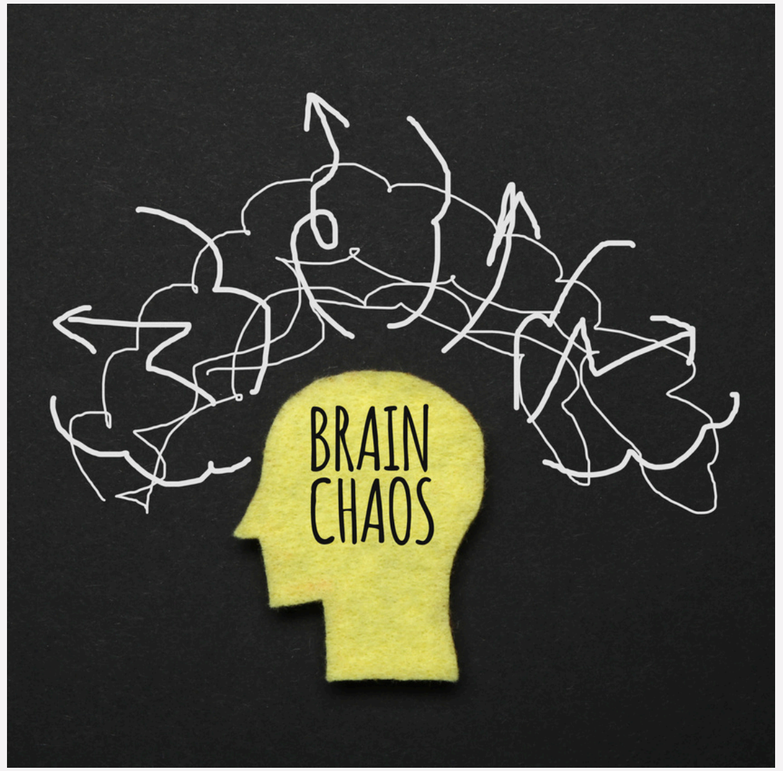
**EXCESSIVE WORRYING**

**DIFFICULTY CONCENTRATING**

**TROUBLE FALLING ASLEEP**

**TENSE MUSCLES**

**PANIC ATTACKS**



# PERSONAL EXERCISE

Read through each statement and reflect upon your past experiences and everyday life experiences. Indicate how often each statement describes you by choosing an assigned number from one to five as outlined below. You must choose only one number.

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| NEVER | RARELY | SOMETIMES | MOST TIMES | ALWAYS |



| STATEMENT | ANS | POINTS |
| --- | --- | --- |
| I panic before and during a test. | _____ | – |
| I have “butterflies” in my stomach before a test. | | |
| I have trouble sleeping the night before a test or exam | | |
| I feel nauseated before a test. | | |
| I have visible signs of nervousness such as sweaty palms, shaky hands, and so on right before a test. | | |

| STATEMENT | ANS | POINTS |
| --- | --- | --- |
| I read through the test and feel that I do not know any of the answers. | | |
| I have trouble choosing answers during a test. | | |
| I make mistakes on easy questions or put answers in the wrong places. | | |
| I remember the information that I forgot once I get out of the exam room. | | |

# DETERMINE YOUR RESULTS

Now add up your score on all statements, the scores will range from 10 to 50..

i. **A low score of 10 – 19** indicates that you do not suffer from anxiety. In fact, if your score was extremely low (close to 10), a little more anxiety may be healthy to keep you focused and to get your blood flowing during exams.




ii. **Scores between 20 – 35** indicate that, although you exhibit some of the characteristics of anxiety, the level of stress and tension is probably healthy.

iii. **Scores over 35** suggest that you are experiencing an unhealthy level of anxiety.

**You should evaluate the reason(s) for the stress and identify strategies for avoiding such symptoms.**



# TREATMENTS FOR ANXIETY DISORDERS

## 1 COGNITIVE BEHAVIOR THERAPY (CBT)

This is a type of psychotherapy that is often used to treat anxiety disorders. CBT teaches you different ways on how you react to the things that cause you to feel fear and anxiety. This focuses on having you confront your fears so that you will be able to do the things that you had been avoiding.

## 2 MEDICATION

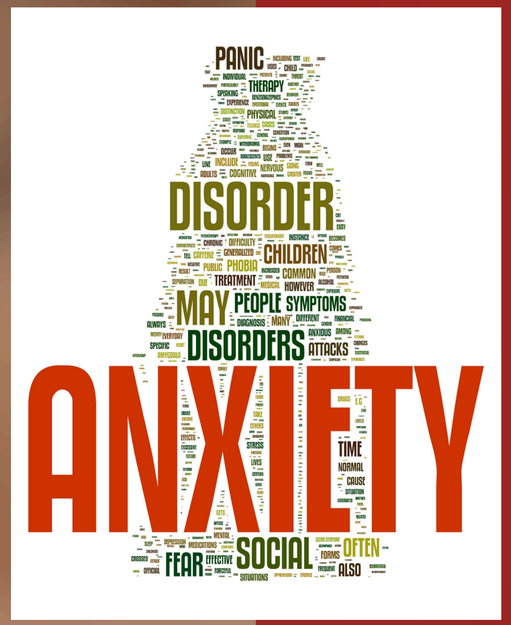
Medicines to treat anxiety disorders include anti-anxiety medicines and certain antidepressants. You should work closely with your doctor to identify which medicine is best for you.

# PERSONAL EXERCISE



1. **Think of things, large and small, that make you feel grateful.**
2. **Each day, list 1-3 things that you are thankful for.**
3. **Try not to repeat any item in the 30 days!**

Tip: This activity can be most successful and useful when easily accessible.
For example, keep it next to your class locker, trunker or bed.




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# ANXIETY DISORDERS SCENARIOS

# SCENARIO #1

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Sarah, a 34-year-old marketing manager, constantly worries about various aspects of her life, including her job performance, finances, and the health of her family. Even when things are going well, she can’t shake the feeling that something will go wrong. She experiences muscle tension, difficulty sleeping, and finds it hard to concentrate on tasks at work.

## QUESTIONS

1. How can you help  Sarah handle her worries?
2. How can Sarah help herself manage and cope with her anxiety?

# SCENARIO #2

★★★★★



Tom, a 45-year-old father of two, is constantly preoccupied with thoughts about his children's safety, finances, and the possibility of something bad happening to his family. He spends hours researching health issues online and frequently checks in with his family members. His anxiety often leads to arguments with his wife, who finds his behavior overly controlling.

## QUESTIONS

1. How can you help Tom manage?
2. How can Tom help himself manage and cope with his anxiety?

# SCENARIO #3

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Linda is a 32-year-old entrepreneur who constantly worries about her business failing, even though it has been successful for several years. She frequently checks her financial records, stays up late thinking about potential problems, and struggles to enjoy any time away from work. Her anxiety has led to frequent headaches and a persistent feeling of unease.

## QUESTIONS

1. How can you help Lisa manage?
2. How can Lisa help herself manage and cope with her anxiety?

# SCENARIO #4

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James is a 50-year-old schoolteacher who worries excessively about his health. He frequently visits doctors for minor symptoms and often believes he has a serious illness despite reassurances from medical professionals. His constant worrying about his health distracts him from his teaching duties and causes tension in his marriage.

**QUESTIONS:**

1. How can you help Jamie manage?
2. How can Jamie help herself manage and cope with his anxiety?



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# PANIC DISORDERS SCENARIOS

# SCENARIO #1

Lisa, a 38-year-old lawyer, has been experiencing panic attacks at work during important meetings. She feels a sudden rush of fear, her heart pounds, and she has difficulty catching her breath. These attacks make her worry about losing control in front of her colleagues, and she has started avoiding meetings whenever possible.



## QUESTIONS:

1. What specific fears or concerns does Lisa have during her panic attacks in meetings?
2. How could Lisa's avoidance of meetings affected her performance and relationships at work?
3. What coping strategies can Lisa try to manage her anxiety during meetings?

# SCENARIO #2

Sophie, a 24-year-old college student, had her first panic attack during a crowded lecture. Since then, she has experienced several more, especially in crowded or enclosed spaces. She now avoids attending large lectures or social events, fearing another attack.



## QUESTIONS:

1. How could Sophie's avoidance of crowded places impacted her academic and social life?
2. What strategies has Sophie tried to manage her anxiety, and how successful have they been in reducing her panic attacks? What strategies can you suggest to help her?



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# PHOBIA SCENARIOS

# SCENARIO #1

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Emily, a 26-year-old teacher, feels intense fear and anxiety in social situations, especially when she has to speak in front of others or attend social gatherings. She worries that people will judge her or think she is incompetent. To avoid embarrassment, Emily often avoids social events and stays quiet in meetings, which affects her professional and personal life.

**QUESTIONS:**

1. What specific social situations does Emily find most anxiety-provoking, and why?
2. How does Emily's fear of judgment or embarrassment affect her interactions with others?
3. Could Emily's avoidance of social situations impact her relationships or career in any significant way?
4. What coping strategies, if any, can Emily use to manage her anxiety in social situations?

# SCENARIO #2

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Anna, a 22-year-old student, has an intense fear of spiders. Even the sight of a small spider causes her to scream, cry, and flee the room. She checks her room every night before bed and avoids certain places, like basements and garages, where she believes spiders might be present. Her fear is so severe that it disrupts her daily life.

**QUESTIONS:**

1. How does Anna react physically and emotionally when she encounters a spider?
2. What steps does Anna take to avoid situations where she might encounter spiders?
3. How does Anna’s fear impact her ability to focus on daily tasks or relax in her home environment?
4. What would you suggest to help Anna heal from her fear of spiders?

# SCENARIO #3

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## SPECIFIC PHOBIA - FEAR OF HEIGHTS

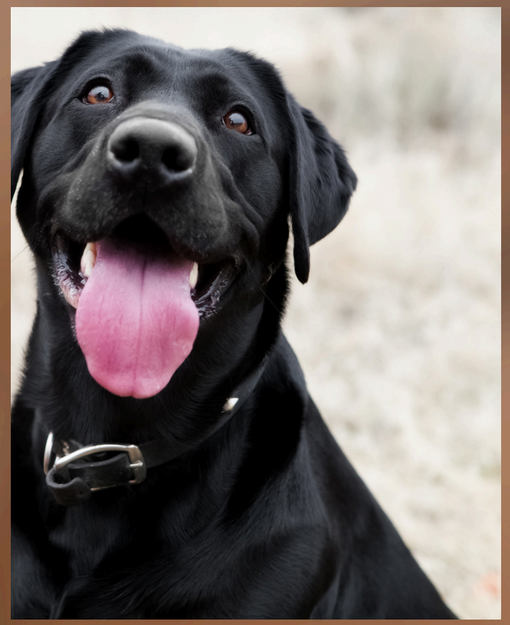
Jake, a 27-year-old architect, has an intense fear of heights. Despite his passion for architecture, he avoids projects that involve tall buildings or heights. He feels dizzy and panicky just thinking about being on a high floor, which limits his career opportunities.

## QUESTIONS:

1. How does Jake’s fear of heights manifest when he is in or near high places?
2. How could Jake’s phobia impact his career choices and opportunities as an architect?
3. What situations does Jake avoid due to his fear of heights, and how does this avoidance affect his daily life?
4. Discuss the best possible way to help Jake deal with his fear of heights.

# SCENARIO #4

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## SPECIFIC PHOBIA - FEAR OF DOGS

Ryan, a 22-year-old college student, has an intense fear of dogs. He avoids parks, friends' homes with dogs, and any public places where dogs might be present. Even a distant bark can cause him to feel anxious and panicked. His fear makes it difficult to socialize or participate in outdoor activities.

## QUESTIONS:

1. What specific thoughts or fears do you think that Ryan experiences when he encounters or thinks about dogs?
2. How has Ryan’s fear of dogs limited his social interactions and outdoor activities
3. What avoidance behaviors has Ryan developed to cope with his fear, and how do these behaviors impact his daily life?
4. How can you assist Ryan to deal with his fear?

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