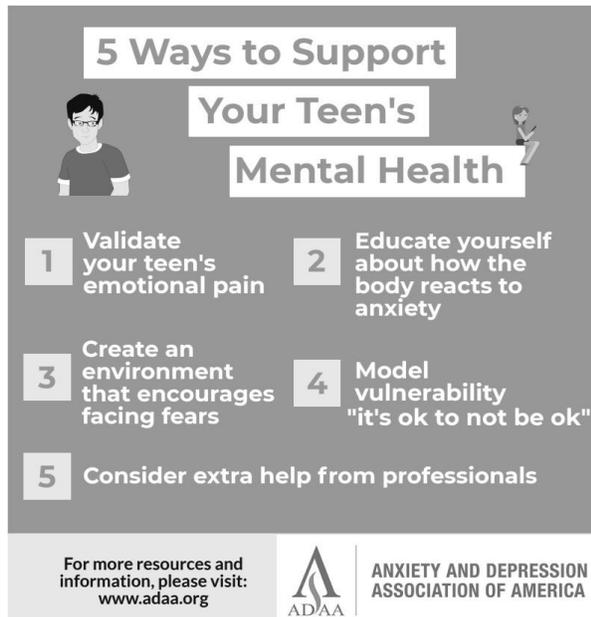


## A FEW FACTS

Often those who experience extreme anxiety feel ashamed and suffer in silence but the good news is that there is hope. Anxiety disorders are highly treatable. Below are some common facts and signs from experts associated with Angst that kids struggling with anxiety may exhibit, as well as tips on how to respond.



**FACT:** Anxiety disorders are treatable.

**FACT:** Neuroplasticity of the brain is real. You can change the way you think about something. You can rewire your brain to positivity.

**FACT:** Distraction allows your amygdala (fight-or-flight part of the brain) a break. It can be helpful to distract your mind and give yourself some space for a short period, but prolonged isolation can lead to avoidance of anxiety producing

situations which reinforces the negative thought process. Take a short break, reboot, and jump back in. Don't avoid.

If you or someone you know is in crisis, call 911, call the National Suicide Prevention Lifeline 1-800-273-8255, or text the Crisis Text Line 741741 (US) or 686868 (Canada). They are free and have trained professionals ready to help you or someone in need.

With the help of our experts we've rounded up three tip sheets on anxiety support that can be posted on your refrigerator or bulletin board.

# HELPING A FRIEND WHO HAS AN ANXIETY DISORDER

Having supportive and understanding friends is an essential component to recovering from an anxiety disorder. How can you help?

**Educate yourself** - Understanding what your friend is going through will help you better support them. It will also help alleviate frustrations that you may have about his or her behavior.

**Be supportive** - Encourage your friend when he or she is having a tough time and be empathetic to what he or she is going through. Be respectful but do not support avoidance of stressful situations.

**Don't try to change your friend** - Modify your expectations of how you want your friend to be and accept your friend for who he or she is.

**Communicate** - Be sure to listen with a nonjudgmental attitude. Help him or her find treatment. Sometimes it's hard to take the first step alone. Be supportive and encourage your friend to get help.

**Encourage** - Encourage your friend to confront stressful situations and support them through the experience, rather than avoiding anxiety-provoking situations. Avoidance can actually make the anxiety disorder worse.

**Be fun** - Sure it's good to have someone to talk to, but your friends need you to keep the fun going. Help make them laugh and relax.

**Visit** - <https://www.indieflix.com/education/angst/resources> for more information including videos, articles and websites. Tips powered by [TeenMentalHealth.org](http://TeenMentalHealth.org)

# MANAGING ANXIETY IN YOUR WORK, SCHOOL OR COMMUNITY

**Be Specific:** Address your stress inducing thoughts and label them concretely. Make a list at the end of each workday and evening (at home) with the labeled stressors and an action plan of completion. Even if the items of stress are not task oriented in nature, it is beneficial to label them and write them down (for example, “Concerned about my daughter’s lack of interest in school.” Plan – take her for a drive and begin a conversation.) (For employees: “I am worried about an upcoming presentation.” Plan – talk with a coworker, manager or HR representative.)

**Take a Break and Distract:** If you feel your thoughts becoming clustered and overly emotional, or the beginning stages of anxiety increasing, get up and move for 5-10 minutes. Take your thoughts and body to a new location, even briefly, to grab a drink in the lounge or hallway, listen to music for a moment. Distracting your thoughts will allow your brain to function in an organized and efficient manner.

**Don’t Isolate (for long):** It can be helpful to distract your mind and give yourself some space for a short period, but prolonged isolation can lead to avoidance of anxiety producing situations, which reinforces the negative thought process. Do what you fear, be it networking socials or assertively stating your idea in a meeting.

**Model Emotional Honesty and Reach Out:** Let your coworkers, and loved ones know if you are feeling stressed, create an environment where all emotions are labeled and acknowledged. Address your needs.

**Visit** - <https://www.indieflix.com/education/angst/resources> for more information including videos, articles and websites.

## 12 DEFINITIONS & TIPS ON ANXIETY

Some anxiety is normal and natural, occurring in children, teens and adults every day. Anxiety is generally defined fear that is future-oriented, while phobias are specific, exaggerated fears. Anxiety becomes problematic when it begins to interfere with everyday life.

1. There are many different types of anxiety disorders, and they are one of the most common forms of mental illness. They include:
  - a. **Panic Disorder**, which involves physical symptoms of anxiety as well as fear of having another panic attack.
  - b. **Social Anxiety** in which people avoid social situations (i.e., public speaking).
  - c. **Specific Phobias**, or intense fear of specific objects (i.e., snakes).
  - d. **Obsessive Compulsive Disorder**, which involves thoughts (obsessions) that tend to be unwanted and intrusive (i.e., maybe there are germs on my hands), and create anxiety, after which the individual engages in compulsions, or actions designed to reduce that anxiety (i.e., hand washing).
  - e. **Generalized Anxiety Disorder**, or excessive fear related to several things.
  - f. **PTSD (Post Traumatic Stress Disorder)** involves exposure to an extremely traumatic event that could result in death or serious injury, followed by a re-experiencing of the event, increased arousal, and avoidance of things that remind the person of the event.
  
2. There are three parts to anxiety: What I think (cognitions); What I feel (physical sensations); and What I do (behaviors). Helping people break down and verbalize these distinct thoughts, feelings, and behaviors helps them understand and face their fears.

3. Our bodies have a natural, physiological, way of coping with fear. A specific set of sensations occurs when we're anxious, including pounding heart, shortness of breath, dizziness, and sweating. This set of symptoms, called the fight-or-flight response, is designed to help us avoid danger, but sometimes works more like a faulty smoke alarm. Helping teens understand these natural sensations in their bodies without overreacting, and showing them how quickly things can return to normal can help give them control over their feelings of anxiety.
4. Facing fears and anxiety can teach an individual that they are stronger than they think they are, that they can face something that they thought was insurmountable, and decreases those fears in the long term. Avoiding fears actually increases the chances that they will turn into a problem.
5. Excessively reassuring someone who is anxious that everything will be okay may backfire when trying to help them cope with anxiety. Instead, empathize that it's natural to feel anxious, and focus on helping them through their feeling so that they can successfully face their anxiety. Avoiding activities because of fear can lead to increased anxiety because it reinforces the false concept that anxiety makes the activity too scary or difficult. For example, if someone is anxious about having a panic attack while driving, and therefore is encouraged not drive, they learn that driving must be dangerous, because otherwise, why would everyone be discouraging driving?
6. Fears, phobias, and anxieties can be successfully treated with cognitive behavioral therapy (CBT), which helps teens change their thoughts, feelings, and behaviors. This is a short-term (6-16 session) weekly type of therapy that teaches an individual to become his or her own therapist. The cognitive piece helps people identify their fear as excessive, and as something they can overcome by focusing on, and then changing, specific irrational thoughts that lead to anxiety.
7. Behavior therapy for anxiety often relies on the concept of Exposure Therapy, which focuses on helping an anxious person face their fears in a controlled environment. This may involve helping someone with a fear of public speaking

give a speech in front of a few people, and then a larger group, and finally, a target audience. The goal of Exposure Therapy is to help an individual learn that they can feel anxious but that they can still live their lives.

8. Medication for anxiety may be an option as well. The most typical types of medication prescribed for anxiety are called Selective Serotonin Reuptake Inhibitors, or SSRIs.
9. The best thing you can do for someone with anxiety is help them face their fear. If you're experiencing symptoms of anxiety, think about how you can tackle your fear head on, possibly in small steps.
10. You can also help reduce anxiety through changing "self-talk", a part of CBT where people learn to identify the thoughts that they have that perpetuate their fears. Instead, try and identify what you're really worried about, and whether it's likely to happen.
11. Praise and reward yourself for facing tough situations. Be liberal with support if you know someone who is struggling with anxiety – even if the fear is irrational, it's difficult to face your fears. Any small step in the right direction should be encouraged.
12. Finally, take care of yourself! If you're feeling anxious, make sure you're managing your base stress levels by exercising, eating right, and getting enough sleep. All those factors can play a part in making anxiety worse as well.

*by Regine Galanti, Ph.D. Director, Long Island Behavioral Psychology*