



STRESS MANAGEMENT & EMOTIONAL WELLBEING

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Course Instructor



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Technical Difficulties

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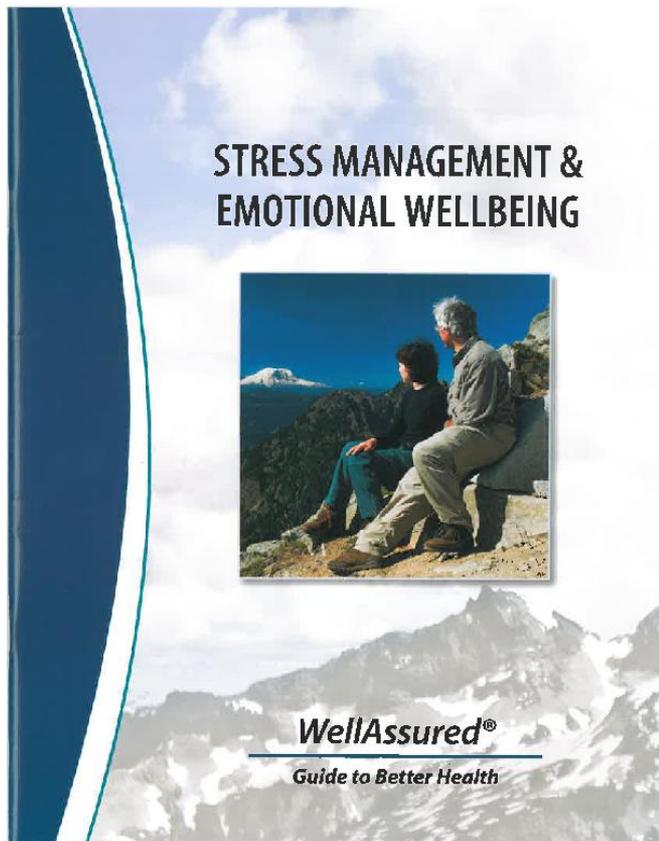


Questions

- You may raise your hand and type your question.
- All questions will be answered at the end of the webinar to save time.



Participant Resource



- ❏ Please use this participant guide throughout the duration of this course.
- ❏ Please see the instructor or your HR representative if you do not have a copy.

Anxiety

- Most common mental illness in the U.S.
- Highly treatable
- Only one third of people with anxiety disorders receive treatment



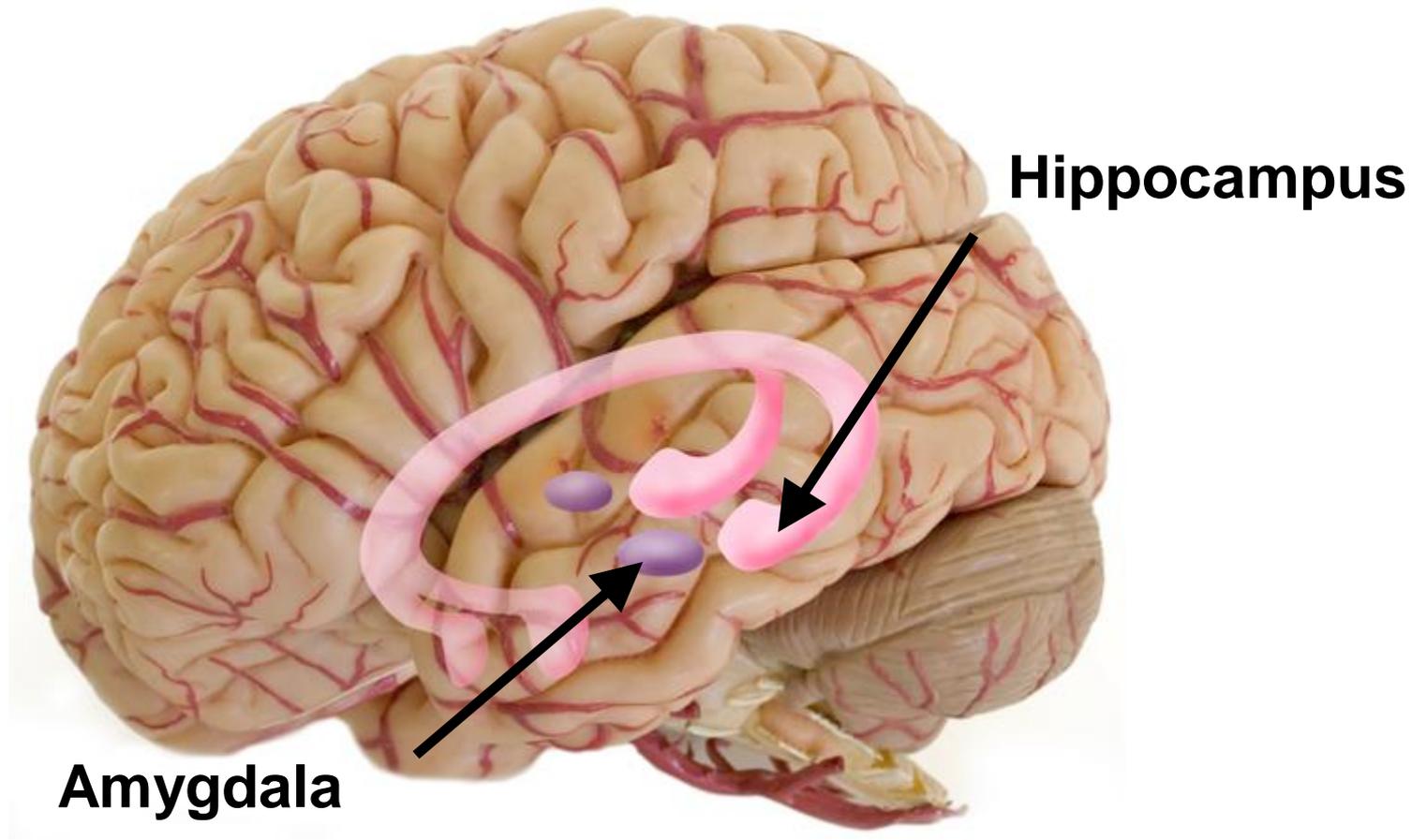
The Scream by Edvard Munch, 1893

How Common are Anxiety Disorders?

- Anxiety affects 18% of U.S. population 18 and over
- Starts in adolescence
- Women twice as likely as men to have an anxiety disorder



Anxiety and the Brain



Everyday Anxiety or Anxiety Disorder?

Everyday Anxiety	Anxiety Disorder
Embarrassment or self-consciousness in an uncomfortable or awkward social situation	Avoiding social situations for fear of being judged, embarrassed, or humiliated
A case of nerves or sweating before a big test, business presentation, stage performance, or other significant event	Seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
Realistic fear of a dangerous object, place, or situation	Irrational fear or avoidance of an object, place, or situation that poses little or no threat of danger
Making sure that you are healthy and living in a safe hazard-free environment	Performing uncontrollable repetitive actions such as excessive cleaning or checking, or touching and arranging
Anxiety, sadness, or difficulty sleeping immediately after a traumatic event	Recurring nightmares, flashbacks, or emotional numbing related to a traumatic event that occurred several months or years before

Causes of Anxiety Disorders

 Genetics

 Biochemistry

 Environment



Risk Factors for Anxiety Disorders

- Gender
- Age
- Traumatic Events
- Medical Conditions



Types of Anxiety Disorders

 Panic Disorder

 Generalized Anxiety Disorder

 Obsessive-Compulsive Disorder

Types of Anxiety Disorders

• Post-Traumatic
Stress Disorder

• Phobic Disorders



Anxiety Checklist

 Answer these questions to describe how you usually feel...

- | Yes | No | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you usually feel nervous or jittery? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel that you worry too much about too many things? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you unable to relax? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you experience shortness of breath and palpitations while at rest? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you easily startled and jumpy? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you sometimes fear going crazy or losing control? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you feel fearful in most social situations? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are your hands often cold and clammy? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have specific fears of certain objects such as spiders or elevators? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you easily distracted? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you often impatient and irritable? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often feel trapped or confined? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have insomnia? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you suffer from diarrhea and upset stomach regularly? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often feel like something bad will happen? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you fear leaving home or other places you consider safe? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have thoughts or images in your head that won't go away? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you sometimes have tingling feelings in your hands or feet? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have difficulty focusing or concentrating? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often repeat behaviors over and over such as checking door locks, shutting off the stove, or setting alarms? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often relive experiences that were traumatic in your past such as an assault or a serious accident? |

Treating Anxiety Disorders

Diagnosis



Anxiety Disorder Treatment Methods

 Medication

 Therapy

 Combination Treatments



Medications for Anxiety Disorders

Medications

 **SSRIs** (Prozac, Paxil, Zoloft, Celexa)

 **SNRIs** (Cymbalta, Effexor)

 **Benzodiazepines** (Xanax, Vallium)

 **Tricyclics** (Trofranil, Elavil, Anafranil)

 **Beta Blockers** (Inderal)

Therapy for Anxiety Disorders

 Cognitive Behavior Therapy

 Exposure Therapy



Anxiety Self-Help

 Face the fears-focus on reality

 Take action

 List the things that cause anxiety

 Exercise regularly

 Avoid alcohol, smoking, drugs

 Get enough sleep

 Make plans

 Join a group club or volunteer

 Do not expect perfection

Anxiety Self-Help

There's no substitute for good relationships



Managing Job Stress



Workplace Wellbeing

• Most workers feel stress on the job

• Stress reduces productivity



Tips to Reduce Stress at Work

- Practice time management
- Plan and prepare
- Do it right the first time
- Be realistic
- Ask for help
- Communicate
- Stay organized
- Avoid toxic co-workers
- Take breaks
- Set boundaries
- Savor success
- Plan a vacation
- Take advantage of employer resources and benefits
- Be healthy

Questions, Comments



Thank You

If you have any questions or comments following this presentation, please contact

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