

# Reducing Anxiety in the Moment and Beyond

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# Objectives

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- » Define signs and symptoms of anxiety.
- » Identify tools and techniques you can utilize to manage anxiety.
- » Describe how to implement these tools and techniques on a daily basis.

# What is Anxiety?

“ Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. ”

-American Psychological Association

*Please note: Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear or anxiety.*

# Difference Between Anxiety and Stress

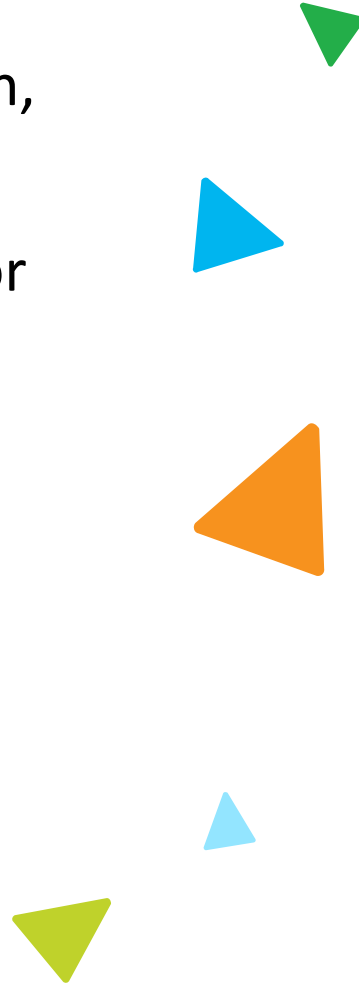
Stress is the body's reaction to a threat, whereas anxiety is the body's reaction to the stress.

- ✓ Stress is mostly short-term and is typically in response to a trigger.
- ✓ Anxiety can linger, and there may not be a trigger.
- ✓ Both respond to similar management tools.



# Signs and Symptoms of Anxiety

- ✓ Feelings of nervousness, restlessness, tension, worry
- ✓ Having a sense of impending danger, panic, or doom
- ✓ Avoidance
- ✓ Increased heart rate
- ✓ Rapid breathing
- ✓ Sweating
- ✓ Trembling
- ✓ Hard time focusing and concentrating
- ✓ Poor sleep and GI issues

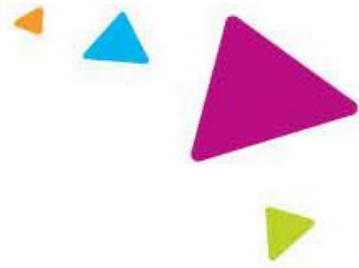


# The Two-Minute Self-Check-In Practice





## Cognitive Strategies for Managing Anxiety “Top-Down Approaches”

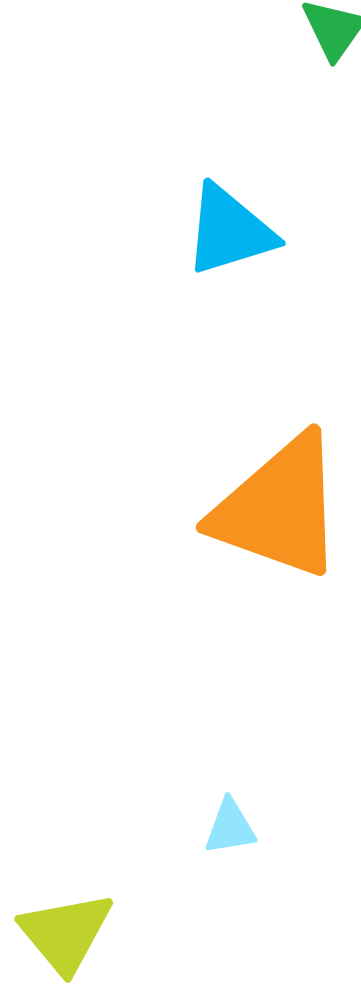


- ✓ Develop a new mindset about anxiety
- ✓ Reframe the way you talk about anxiety
- ✓ Discern actual danger with perceived danger
- ✓ Distinguish the worry from the worrying
- ✓ Challenge anxious thoughts and reframe them
- ✓ Separate yourself from the anxious thought(s)
- ✓ Anxious thoughts are not facts!
- ✓ Scheduled worry time

# Tools for Managing Anxiety

## “Bottom-Up Approaches”

- ✓ Diaphragmatic Breathing
- ✓ Progressive muscle relaxation
- ✓ Wall presses
- ✓ Prayer stance
- ✓ Tapping
- ✓ Walking
- ✓ Self-massage

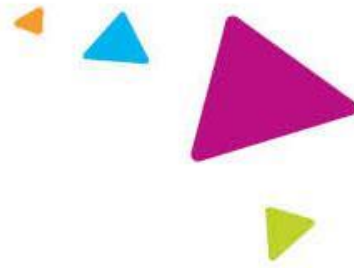




# Managing Anxiety: Daily Habits and Practices

- ✓ Get quality sleep
- ✓ Exercise
- ✓ Avoid or limit caffeine
- ✓ Avoid or limit processed foods/sugar/alcohol
- ✓ Avoid or limit social media and news
- ✓ Meditation
- ✓ Social connection
- ✓ Hobbies
- ✓ Journaling
- ✓ Get into nature





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**24 hours a day/7 days a week**

**Thank you!**

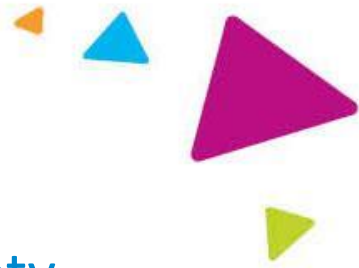
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# Questions



# References



- American Psychological Association <https://www.apa.org/topics/stress/anxiety-difference#:~:text=People%20under%20stress%20experience%20mental,the%20absence%20of%20a%20stressor>
- American Psychological Association <https://www.apa.org/topics/anxiety>
- Anxiety and Depression Association of America <https://adaa.org/tips>
- Arizona Trauma Institute <https://aztrauma.org/>
- Mayo Clinic <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>