



INTRODUCTION TO ANXIETY

Enhancing Your Response to Employees with Mental Health Challenges

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The Three Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress



RECOGNIZE

a mental health problem



What is Anxiety?

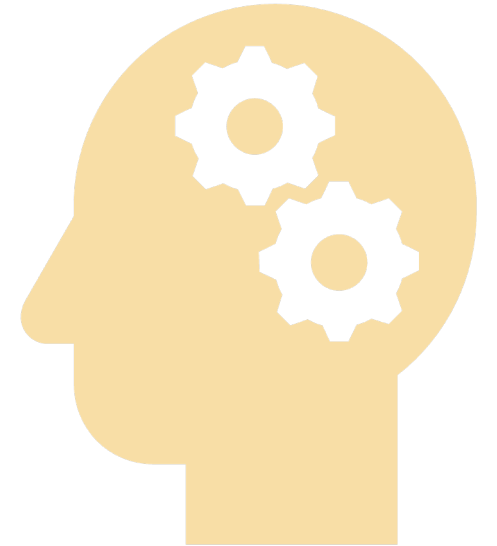
A mental health disorder characterized by feeling of worry, anxiety, or a fear that is strong enough to interfere with one's daily activities.



What Causes Anxiety?

What Causes Anxiety?

- Family History of Mental Health Conditions
- Personality Factors
- Stress
- Substance Abuse
- Environmental Factors



Understanding the Symptoms of Anxiety





Symptoms of Anxiety

- Feeling restless or on edge
- Feeling irritable
- Aches
 - Headaches
 - Muscle aches
 - Stomachaches



**The content discussed in this presentation does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.*

Panic Attacks

- An abrupt surge of intense fear or intense discomfort
- Four (or more) of the following symptoms may occur:
 - Palpitations, pounding heart, or accelerated heart rate
 - Trembling, shaking, or sweating
 - Sensations of shortness of breath or smothering
 - Chest pain or discomfort
 - Nausea or abdominal distress
 - Feeling dizzy, unsteady, light-headed, or faint
 - Paresthesia (numbness or tingling sensations)

Types of Anxiety



Types of Anxiety

- Social Anxiety Disorder
- Separation Anxiety Disorder
- Specific Phobia
- Selective Mutism
- Agoraphobia
- Panic Disorder
- **Generalized Anxiety Disorder**



Generalized Anxiety Disorder

- Excessive anxiety and worry, even though there is little or nothing to provoke it.
- The anxiety is severe enough to affect the individual's ability to function in their daily lives.
- The person will often recognize that their anxiety is more intense than the situation warrants, however, they may have difficulty in controlling these thoughts and feelings.
- With GAD, the anxiety is usually accompanied by physical symptoms such as fatigue, sleeplessness, headache, muscle tension, sweating, shortness of breath, irritability, and hot flashes.



REFER

to a mental health professional



The Right Mental Health Provider

- Primary Care Doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

Treatment Options

- Anxiolytics
- Antidepressants
- Psychotherapy



RELATE

to those in distress



WAYS TO RELATE TO SOMEONE WITH ANXIETY

1 GROUNDING

2 BREATHING
EXERCISES

3 BE EMPATHETIC

4 BE PATIENT

5 ASK HOW THEY WOULD LIKE
TO BE SUPPORTED

6 GET AN UNDERSTANDING OF
THEIR SYMPTOMS

7 ENCOURAGE HEALTHY
HABITS

8 EDUCATE YOURSELF ON
ANXIETY

Grounding and Breathing Exercises

Grounding

- 54321 Method
- Play a Game

Breathing

- 4 square breathing



Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure



Gateway to Hope Resources:



FACT SHEET



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FACT SHEET

Anxiety

About Anxiety

Anxiety is a natural part of the human experience. It serves an important role in being alert and can be helpful in many ways. Anxiety becomes an issue when it interferes with your ability to function regularly. Although very unpleasant, panic attacks are common and closely related to anxiety. If you experience anxiety or panic attacks, talk to a professional as there are several ways to treat Anxiety effectively.

Anxiety Facts



Anxiety can cause Physical symptoms

Although some symptoms of anxiety are mental, many symptoms are physical. Nausea, hot flashes, numbness in your hands and feet, and dizziness are all common physical anxiety symptoms.



Exercise can help an individual manage their Anxiety

Research shows that exercising can serve as an effective tool in managing anxiety. An intense workout is not required to enjoy the mood boosting effects of exercise. Low intensity exercises are as effective at decreasing stress hormones so find something that is enjoyable for you!



Women are twice as likely as men to develop Anxiety

Women experience anxiety disorders at a much higher rate than men. This is due to hormonal fluctuations, brain chemistry differences and societal factors.



Prevalence

31%

of the U.S. population will experience an Anxiety disorder. Making Anxiety the most Common Mental Illness in the U.S.



Approximately 284 million individuals experience anxiety in a given year



RELATE SHEET



ANXIETY

Follow these tips to navigate a healthy work environment if you feel anxious at work. These tips also serve as a guide to support those experiencing anxiety. Opening up with your employer, coworkers and those close to you about what is going on will allow them to create a healthy response to your mental health challenges.

Grounding and Breathing Exercises

When you start to feel symptoms of anxiety at work, take a few moments to be intentional with your breath. Try a breathing exercise like 4-square breathing. Grounding exercises also help alleviate anxiety. Use these methods at the first sign of anxiety!

Take Breaks and Set Boundaries

Set yourself up for success by taking breaks during the day to relax. Setting up breaks and boundaries allows you to keep a healthy routine as well as creating a sense of normalcy and control which can reduce anxiety.

Habits

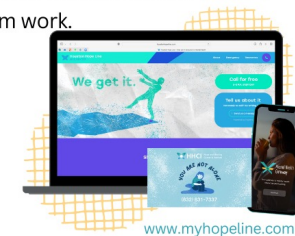
Little habits go a long way. Being consistent in healthy habits such as exercising, getting enough sleep, eating nutritious food, and staying hydrating are ways you can keep not only your physical body healthy but your mental health as well.

Challenge Yourself

If you struggle with anxiety in meetings or presentations, create small challenges to get comfortable sharing your thoughts and opinions. By challenging yourself to speak up in meetings you are strengthening the skill and making progress towards being more confident and less anxious about speaking up!

Be Intentional with how you Disconnect after Work

Disconnecting and decompressing after work is an essential component of maintaining a sense of wellness and preventing burnout. Take some time to set a routine that helps you mentally remove yourself from work.



RELATE: TOOLS & APPLICATION

www.myhopeline.com





TOPIC BLOG



ANXIETY IN THE WORKPLACE

You have probably experienced anxiety at work. If you have a big presentation or a big meeting with a client, anticipatory anxiety is a normal response that helps you perform your best. If you are noticing the anxiety becoming persistent or appearing without a definite cause you may find that anxiety is interfering with your daily functioning.

If you are experiencing anxiety while at your workplace, being able to recognize the type of anxiety is an important first step in effectively managing your anxiety.

Additionally, anxiety disorders are the most common mental health disorders, so spotting the signs that a colleague may be struggling, is a critical step in achieving a mentally healthy workplace.



Work Anxiety vs Anxiety at work

There is a difference between experiencing anxiety at work and experiencing work anxiety. You may be experiencing work anxiety if you notice that the anxiety typically manifests itself at work, when you are getting ready for work, or if you experience heightened anxiety after the weekend or holiday breaks.

It may be helpful for you to journal or speak to a professional to get to the root of this anxiety. For example, many people who experience imposter syndrome, which is the belief that you are undeserving of a position or success because it was achieved by luck, will experience work anxiety.

For those individuals, healing the root cause of Imposter Syndrome will then alleviate some of the symptoms of their work anxiety.

RECOGNIZE

The Hope Line



The Hope Line
(832) 831-7337
RELIEF. JUST A CALL AWAY

Open daily 5-8pm
*In case of emergency

HHCI Hope and Healing Center & Institute

YOU ARE NOT ALONE

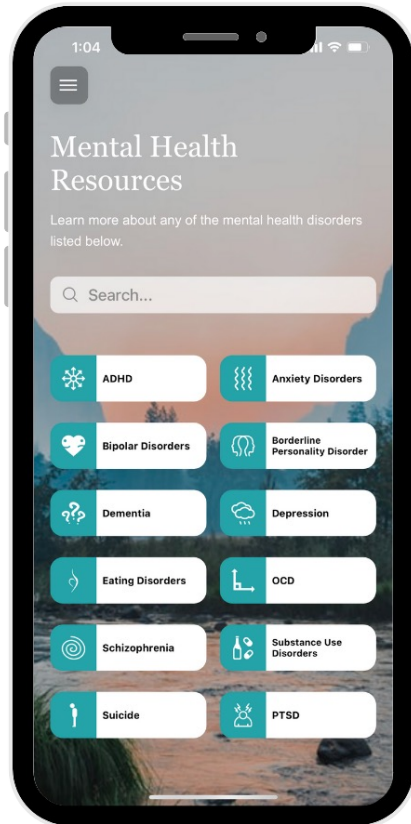
(832) 831-7337

Mental Health Gateway Websites



MentalHealthGateway.org
MentalHealthGateway.org/es

Mental Health Gateway App



- Mental health resources
 - PDFs
 - Videos
 - Guides and Workbooks
- Easy access to trainings
- Special features for Mental Health Coaches
 - Forum
 - Access to GTH Provider database

We're Here for You!

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