

Managing Anxiety

Resource Pack

Thank You!

Firstly, thank you so much for taking part in our Managing Anxiety Training session. Your time and participation is appreciated.

We hope you found the session valuable and are able to use your learning and skills developed in your professional and personal lives.

Session Outcomes

Have a better understanding of what anxiety is.

Understand how anxiety might present

Understand what someone might be thinking and feeling

Explore techniques and how they can be implemented.

Know when/how to use different resources to support someone

Anxiety

Anxiety is a feeling of stress, panic or fear that can affect your everyday life physically and psychologically

Feeling anxious is a
normal human experience

Stress

At any one time **1 in 5 people** has a problem with stress.

When we experience stressful situations, anxiety can help motivate us to resolve them, but anxiety can become a problem if it persists after a stressful event is over.

When does Anxiety become a Mental Health Problem?

Your feelings of anxiety are really strong and last for a long time

Your worries are distressing and hard to control

Your fears or worries are out of proportion for the situation

You regularly experience symptoms of anxiety, such as panic attacks

You avoid situations that might cause you to feel anxious

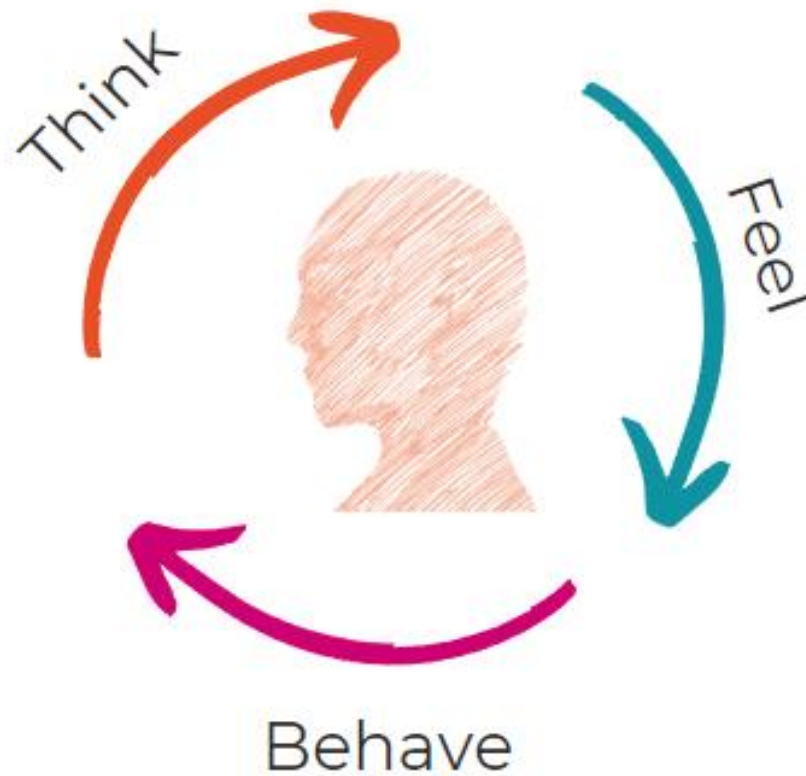
You find it hard to go about your everyday tasks or do things you enjoy

If feelings of Anxiety begin to feel like the above then it is time to seek professional support. This may be from someone like your GP or a professional, private councillor.

Stress Bucket

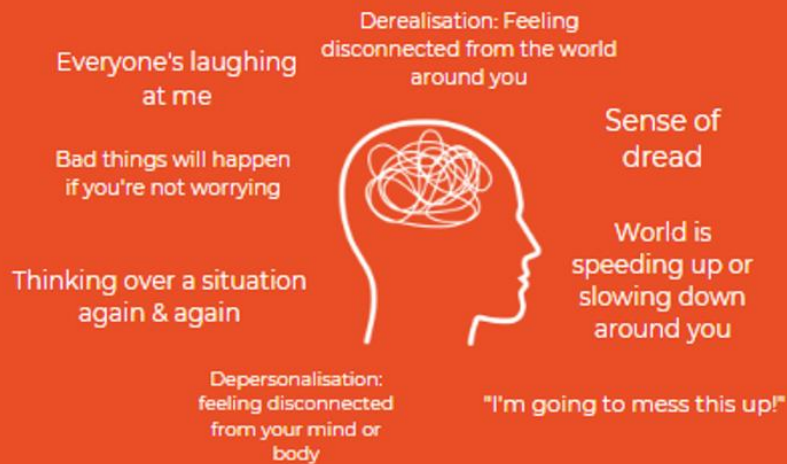


Think, Feel, Behave Model



Anxiety can affect the way we think, feel and behave. See the next page for how this might affect someone's thoughts, feelings and behaviours.

What might someone think when they are experiencing anxiety?



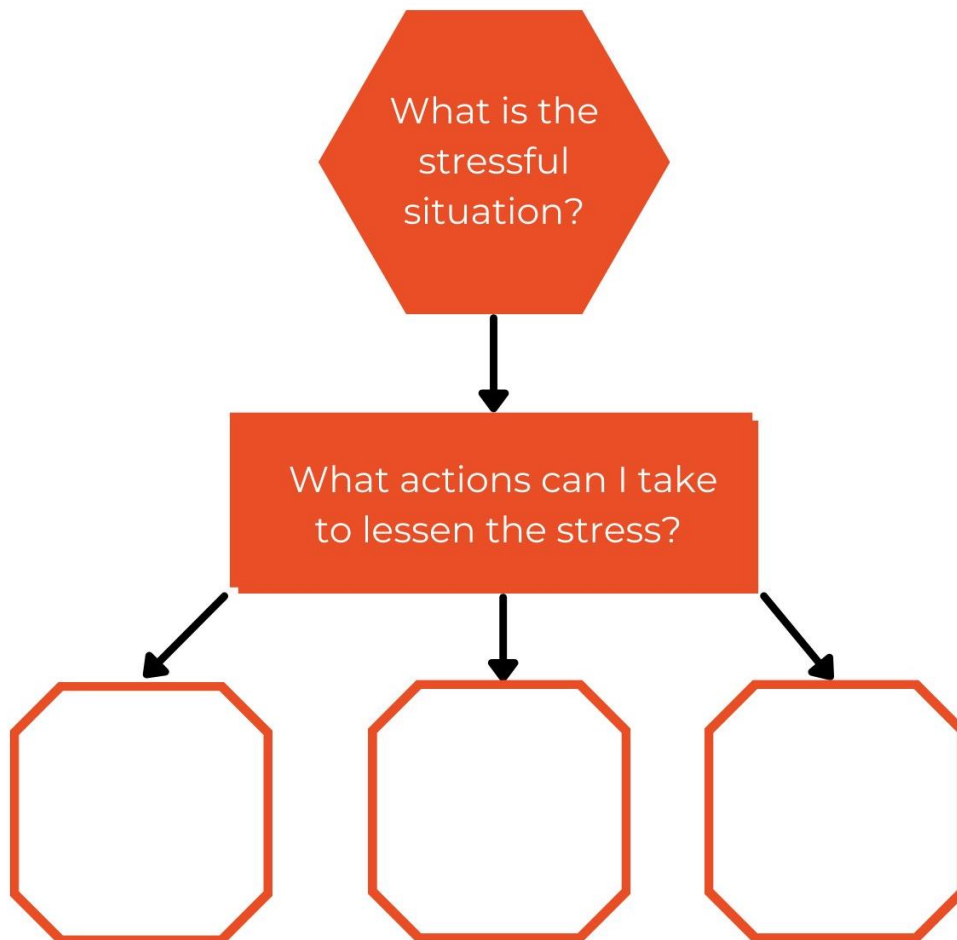
What might someone feel when they are experiencing anxiety?



How might anxiety present itself – what might it look like? (Behaviors)



Reframing Situations



Panic Attacks

Panic Attack?

Sensations

Feelings

When?

How long?

Harmful?

Panic attacks are a type of fear response.

It is the rapid build-up of overwhelming physical sensations, such as:

- a pounding heartbeat
- feeling faint
- sweating
- nausea (feeling sick)
- chest pains
- feeling unable to breathe
- Shaky limbs, or feeling like your legs are turning to jelly feeling like you're not connected to your body.

During a panic attack, someone might feel very afraid that:

- they're losing control
- they're going to faint
- they're having a heart attack
- they're going to die.

Panic Attacks happen at different times for different people. Some people might have a good understanding about situations or places that are likely to trigger an attack for them, or they might feel that their attacks come without warning and happen at random. Panic attacks can also come in the night while you are asleep, and wake you up. This can happen if your brain is very alert (due to anxiety), and interprets small changes in your body as a sign of danger.

Experiencing a panic attack during the night can be particularly frightening, as you may feel confused about what is happening, and are helpless to do anything to spot it coming.

Most panic attacks last for between 5 and 20 minutes. They can come on very quickly, and the symptoms will usually peak within 10 minutes. Sometimes someone might experience symptoms of a panic attack, which last for up to an hour. If this happens, they are probably experiencing one attack after another or a high level of anxiety after the initial panic attack.

It can be scary for the person and for others around them but they shouldn't harm them.

Symptoms of a Panic Attack

Panic attacks present different for any people. These are just some more common symptoms someone may experience during a panic attack.

Symptoms Include:

A racing heartbeat

Feeling faint, dizzy or light-headed

Feeling that you're losing control

Sweating, trembling or shaking

Shortness of breath or breathing very quickly

A tingling in your fingers or lips

Feeling sick (nausea)

Feeling disconnected from your mind, body or surroundings

How to Support Yourself or Someone Experiencing a Panic Attack

- 1 Ask for help
 - 2 Focus on your senses - eat something sweet, touch something soft
 - 3 Listen to music or watch some tv
 - 4 Focus on your breathing, try a breathing technique
 - 5 Take yourself out of the environment
- “ I need to touch something cold ”
- “ Physical activity like going for a walk doesn't help me ”
- “ Engaging my central nervous system – giving myself a hug ”
- “ Tapping a part of my body and counting the taps focuses my attention ”

Grounding Technique



Anxiety Record sheet

What did I feel?

What did I think?

How did I act?

What was helpful/unhelpful?

What will be helpful in the future?

Next check-in:

/ /

Useful Videos and Resources

Stress Bucket

<https://www.youtube.com/watch?v=2TEeoQROLqM>

Headspace: Recognizing and Understanding Anxiety

<https://www.youtube.com/watch?v=KUlyshSqhG0>

SAMH: Understanding Anxiety

https://www.samh.org.uk/documents/SAMH_Understanding_Anxiety.pdf

Mind: Supporting Someone with Anxiety

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/for-friends-and-family/>

SAMH Support

Achieving Active Lives

Achieving Active Lives is a 16-week programme, funded by Movember, which is designed primarily to help men aged 18 and over live a more active lifestyle and better manage their overall health. Through tailored sessions, SAMH practitioners will work with you on a one-to-one basis to help you achieve your goals, build a routine and support your mental health.

The Changing Room

12-week program focusing on mental health and wellbeing through the beautiful game.

Males ages 30-64

In all football clubs across Scotland

Changing Room Extra Time

Giving men the opportunity to speak in more depth about their mental wellbeing and explore areas which are giving them particular challenges or concerns.

JogScotland

Walking & Jog groups for all ages across Scotland. All jog leaders are trained in Mental Health Awareness.

SAMH Website – Scottish Association for Mental Health website lots of good information and links resources and information about Understanding Anxiety

Website: www.samh.org.uk

National Signposting



Anxiety UK

Support, help and information for those with anxiety disorders.

T: 03444 775 774

W: anxietyuk.org.uk

Breathing Space

A confidential out of hours telephone line for people experiencing low mood, anxiety or depression

T: 0800 83 85 87

W: breathingspace.scot

YoungMinds

Information for both parents and young people.

T: 0808 802 5544 (parent helpline)

W: youngminds.org.uk