

## Do Not Be Anxious Easier Said Than Done

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## Tripartite Model of Anxiety

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## Physiological Response

- Activation of Sympathetic Nervous System
- Fight or Flight
- Increased Heart Rate
- Rapid Breathing
- Muscle Tension
- Sweating
- Trembles

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### Mental

- Worry
- Negative Anticipation
- Possibility Verses Probability
- Obsessions
  - Intrusive unwanted thoughts, feelings or images
- Difficulty Concentrating and Focusing

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### Behavioral

- Avoidance
- Impaired Performance

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### Anxiety Development

- Genetic Vulnerability
- Stressful Life Situation
  - Anxiety Attack
- Hyper-scan for Symptoms
  - More Anxiety
  - Fear of Fear

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### Types of Anxiety

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### Generalized Anxiety

- A Chronic Disorder with Excessive, Long-lasting Anxiety and Worry
- Out of Proportion to Real Life Events or Situations
- More Days Than Not for 6 Months

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### Separation Anxiety

- Developmentally Inappropriate
- Based on Separation from an Attached Person or Place
- Recurrent Excessive Distress When Separated
- May Impact Sleep and School Attendance

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### Specific Phobia

- Intense Fear and Avoidance of a Specific Object or Situation
- Examples
  - Flying
  - Various Animals
  - Needles
  - Blood

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### Social Anxiety (Social Phobia)

- Marked Fear and Anxiety
- Triggered by Situations with Possible Evaluation by Others
  - Poor Social Skills
  - Fear and Worry About Social Inappropriateness
- Performance Only

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### Panic Disorder

- Sudden and Repeated Attacks of Intense Fear
- Physiological Symptoms
  - Pounding Heart
  - Sweating
  - Trembling
  - Shortness of breath
  - Nausea
  - Chest pain
  - Dizziness

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### Panic Disorder

- Feelings of being out of control during a panic attack
- Intense worries about when the next attack will happen
- Fear or avoidance of places where panic attacks have occurred in the past
- Superstitious Rituals

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### Agoraphobia

- Fear of Anxiety or Panic in Different Situations Resulting in Avoidance
  - Public transportation
  - Open spaces
  - Enclosed places (getting trapped)
  - Being in a line
  - Being away from home alone

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### Obsessive Compulsive Disorder

- Obsession
  - Recurrent unwanted intrusive thoughts, urges or images
  - Increased anxiety
  - Often understood as illogical
  - Often time consuming

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### Obsessive Compulsive Disorder

- Obsessions – Common Themes
  - Fear of contamination
  - Fear of harm
  - Need to hoard things
  - Need for symmetry
  - Taboo thoughts

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### Obsessive Compulsive Disorder

- Compulsion
  - Repetitive behaviors or mental acts necessary to decrease anxiety
  - Generally caused by obsessions

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### Post Traumatic Stress Disorder

- Exposure to traumatic event
- Intrusive memories
  - Recurrent, unwanted distressing memories of the traumatic event
  - Reliving the traumatic event as if it were happening again (flashbacks)
  - Upsetting dreams about the traumatic event
  - Severe emotional distress or physical reactions to something that reminds you of the event

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### Post Traumatic Stress Disorder

- Avoidance
  - Trying to avoid thinking or talking about the traumatic event
  - Avoiding places, activities or people that remind you of the traumatic event

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### Post Traumatic Stress Disorder

- Negative changes in thinking and mood
  - Negative feelings about yourself or other people
  - Inability to experience positive emotions
  - Feeling emotionally numb
  - Lack of interest in activities you once enjoyed
  - Hopelessness about the future
  - Memory problems, including not remembering important aspects of the traumatic event
  - Difficulty maintaining close relationships

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### Post Traumatic Stress Disorder

- Changes in emotional reactions
  - Irritability, angry outbursts or aggressive behavior
  - Always being on guard for danger
  - Overwhelming guilt or shame
  - Self-destructive behavior, such as drinking too much or driving too fast
  - Trouble concentrating
  - Trouble sleeping
  - Being easily startled or frightened

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### Treatment

- Often Includes Medication and Therapy
- Medications
  - Selective Serotonin Reuptake Inhibitors (SSRIs) Selective Serotonin Reuptake Inhibitors (SSRIs)
  - Serotonin-Norepinephrine Reuptake Inhibitors (SNRIs)
  - Benzodiazepines
  - Buspar

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### Treatment

- Four Steps – *Brainlock*
  - Label it
  - You cannot make it go away
  - Because you think it, that does not make it real
  - Do something different

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### Treatment

- Cognitive Behavior Therapy (CBT)
  - Identifying, challenging and changing dysfunctional thoughts and behaviors
  - Anxiety education
    - Based on thinking
    - Turns possibility into probability
    - Bully

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Treatment

- Exposure Therapy
  - Graduated Exposure
  - Response Inhibition
  - Systematic Desensitization

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Treatment

- Mindfulness
- Eye Movement Desensitization and Reprocessing - EMDR

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