

Anxiety

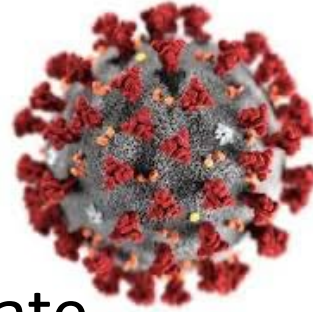
Stress Response
Mind Wandering

October 7th, 2019
Nils Rosenbaum, MD

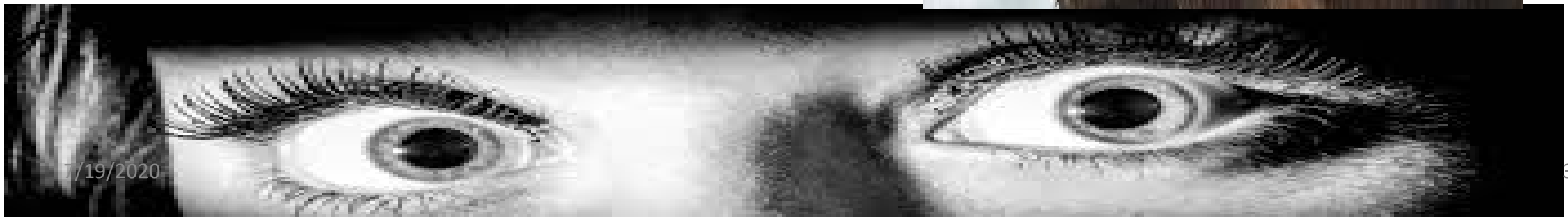
Disclosures

- No disclosures.

The lifesavers and motivators: Fear, Healthy Anxiety



- **Fear** Fear is a reaction to danger when there's a perceived immediate threat
- **Healthy Anxiety** Anxiety is a universal emotion, it is a motivator and is essential to make sure tasks are completed and norms are followed, we can't all be drunk all the time.



Anxiety Problems

- **Anxiety** disorders happened when the anxiety is no longer productive, causes distress, and interferes with functioning.



Excessive anxiety and worry



Increased muscle aches or soreness



Impaired concentration



Fatigue



Irritability



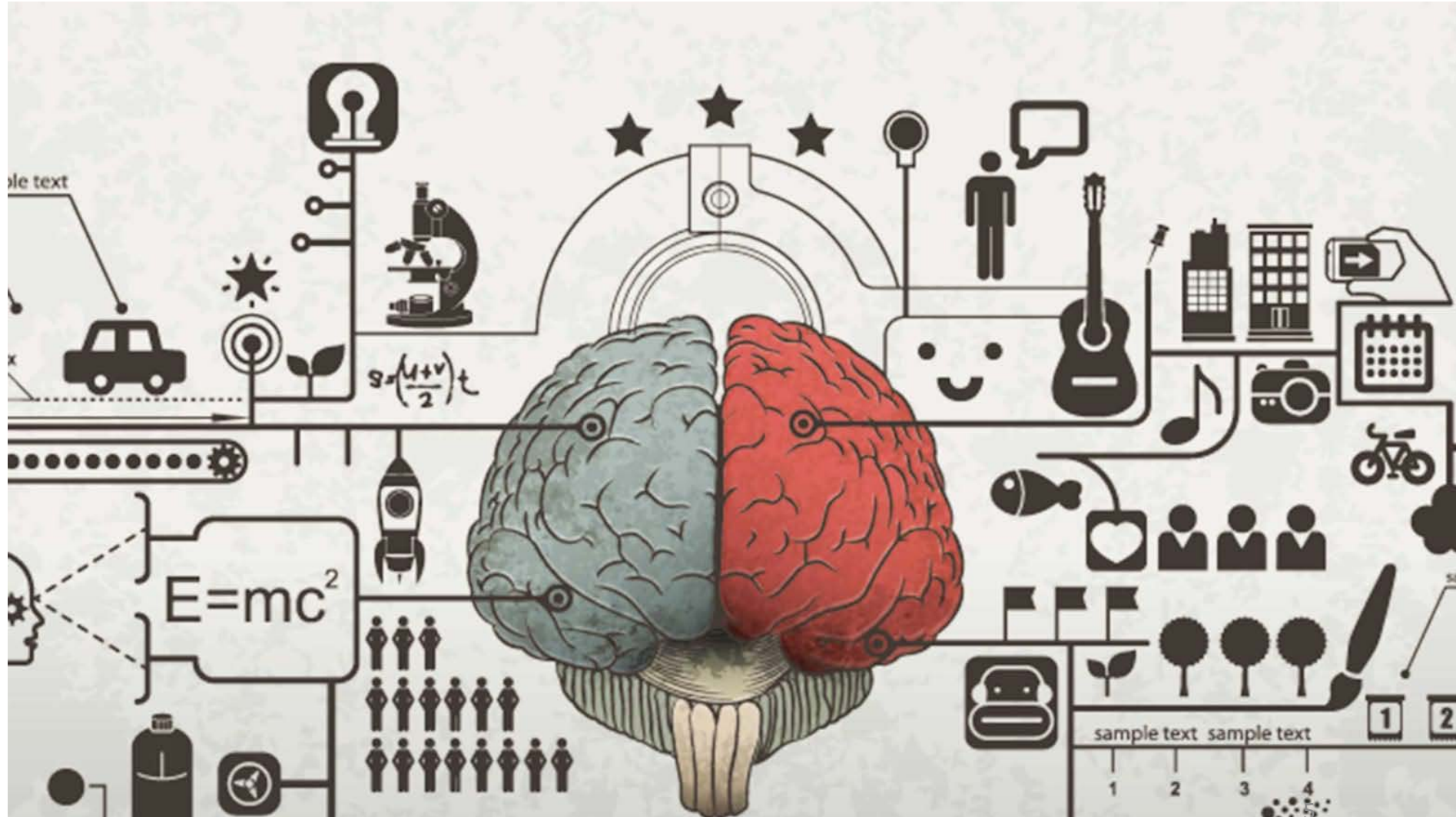
Restlessness



Difficulty sleeping

The magic of mind wandering and imagination

- The ability to picture the future allows us to make elaborate plans, set expectations, solve problems, and anticipate threats



Imagination and mind wandering problems

- Memory changes, false memories
- Anxiety, Depression
- Reevaluating memories negatively
- Shift of focus away from present



Some potential problems with Home Work

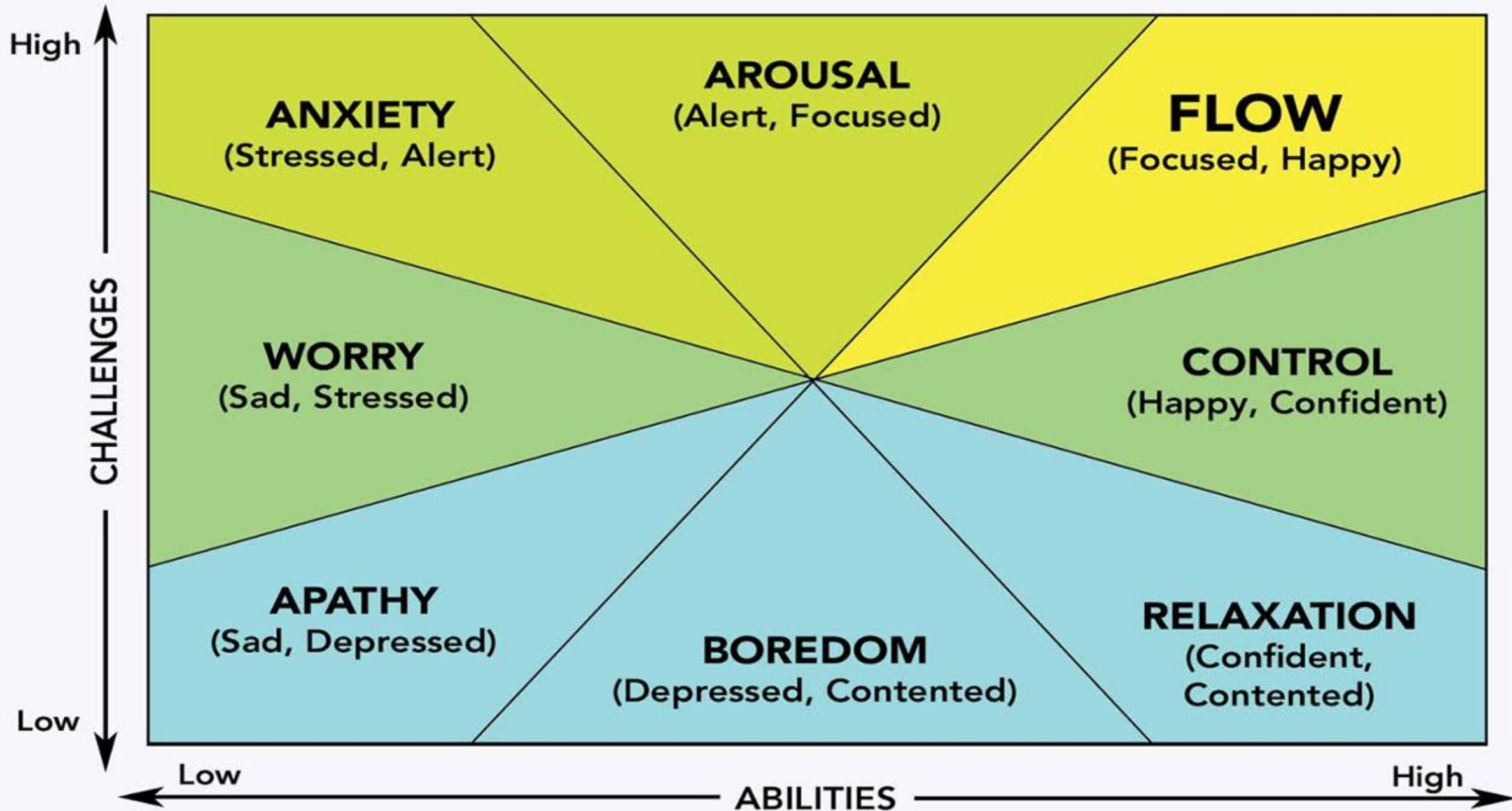
- Isolation/Lack of excitement
- Lack of present minded focus
- Cabin Fever
- Insidious stress vs fear
- Mismatch of skills and **abilities** to **challenges** in the environment



A few ways mindfulness can help

- Reduce unnecessary and involuntary mind wandering (the anxiety - depression evoking kind)
- Practice non-judgmental thinking
- Practice present moment awareness – safe smart decisions, wisdom





High

CHALLENGES

Low



USUAL
(focused)

FLOW
(Focused, Happy)

CONTROL
(Happy, Confident)

APATHY
(Sad, Depressed)

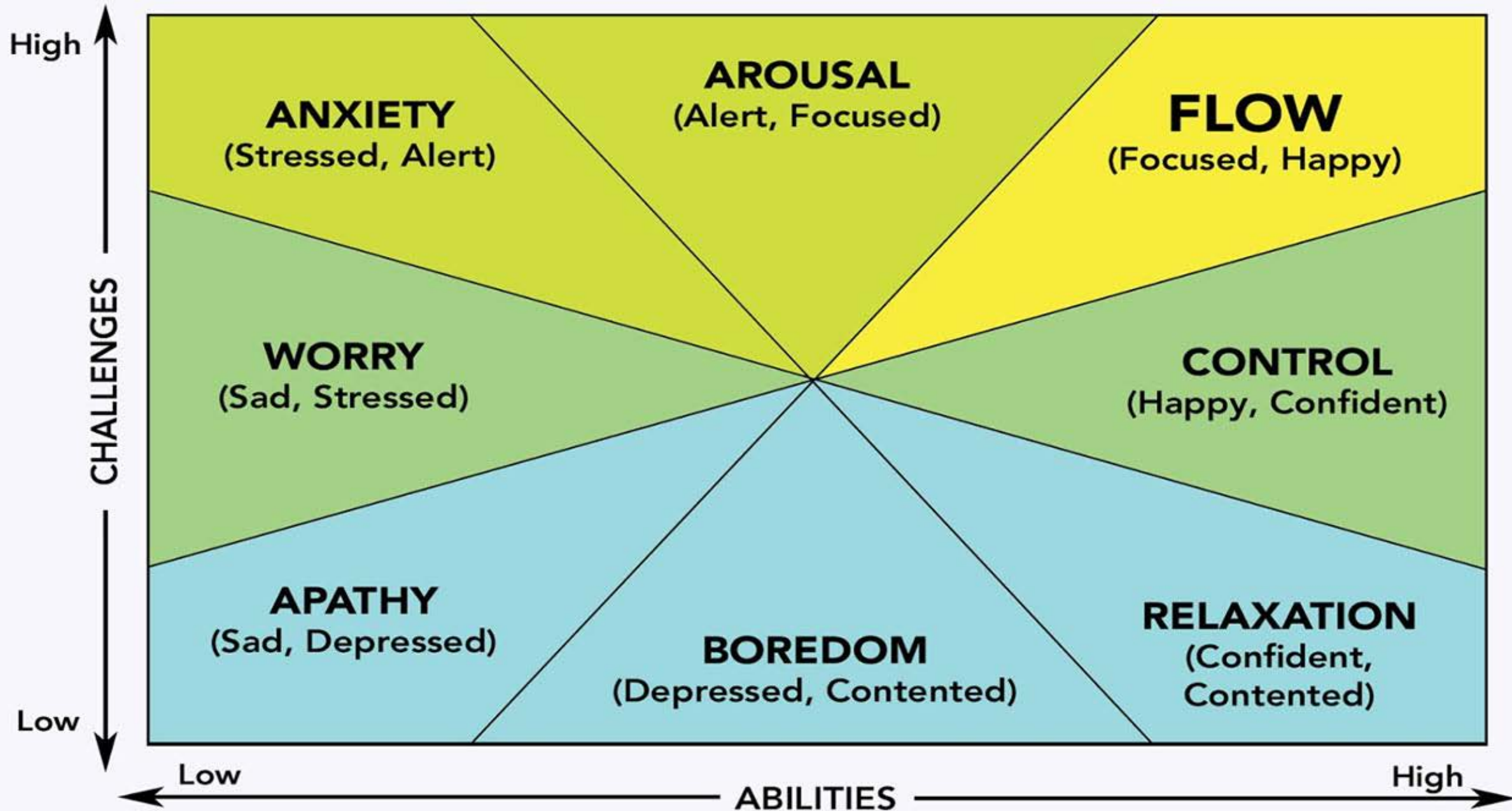
BOREDOM
(Depressed, Contented)

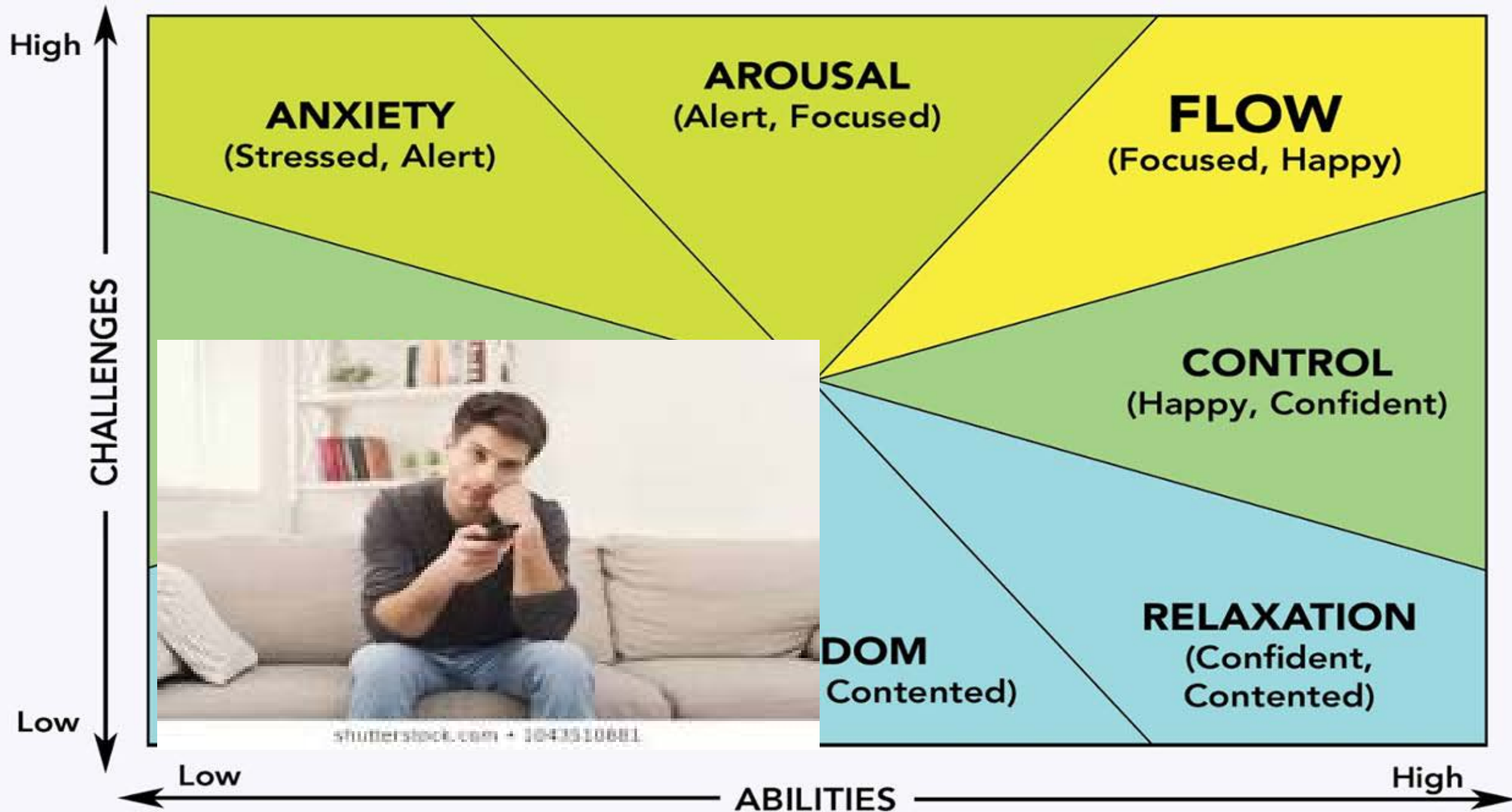
RELAXATION
(Confident, Contented)

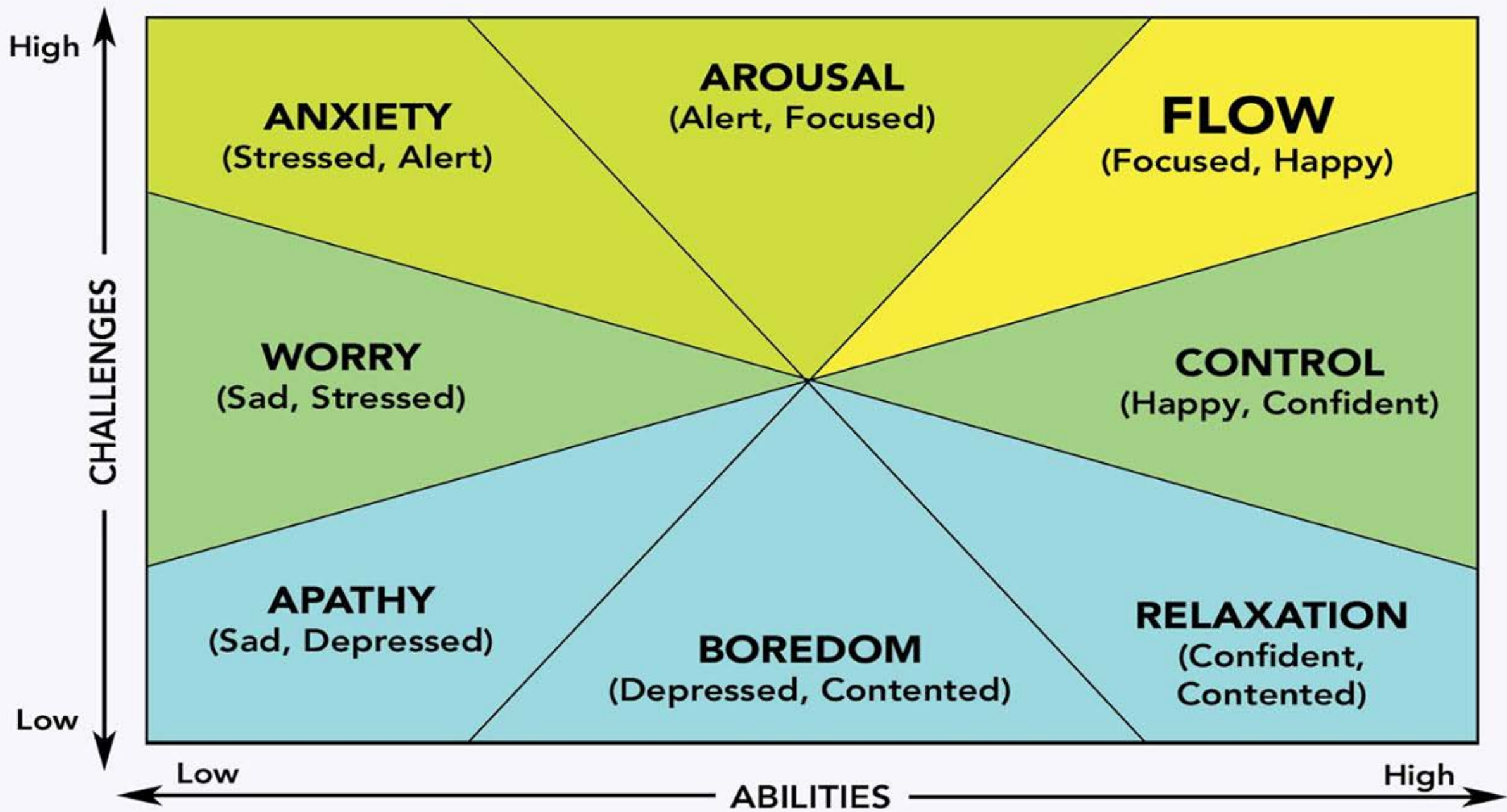
Low

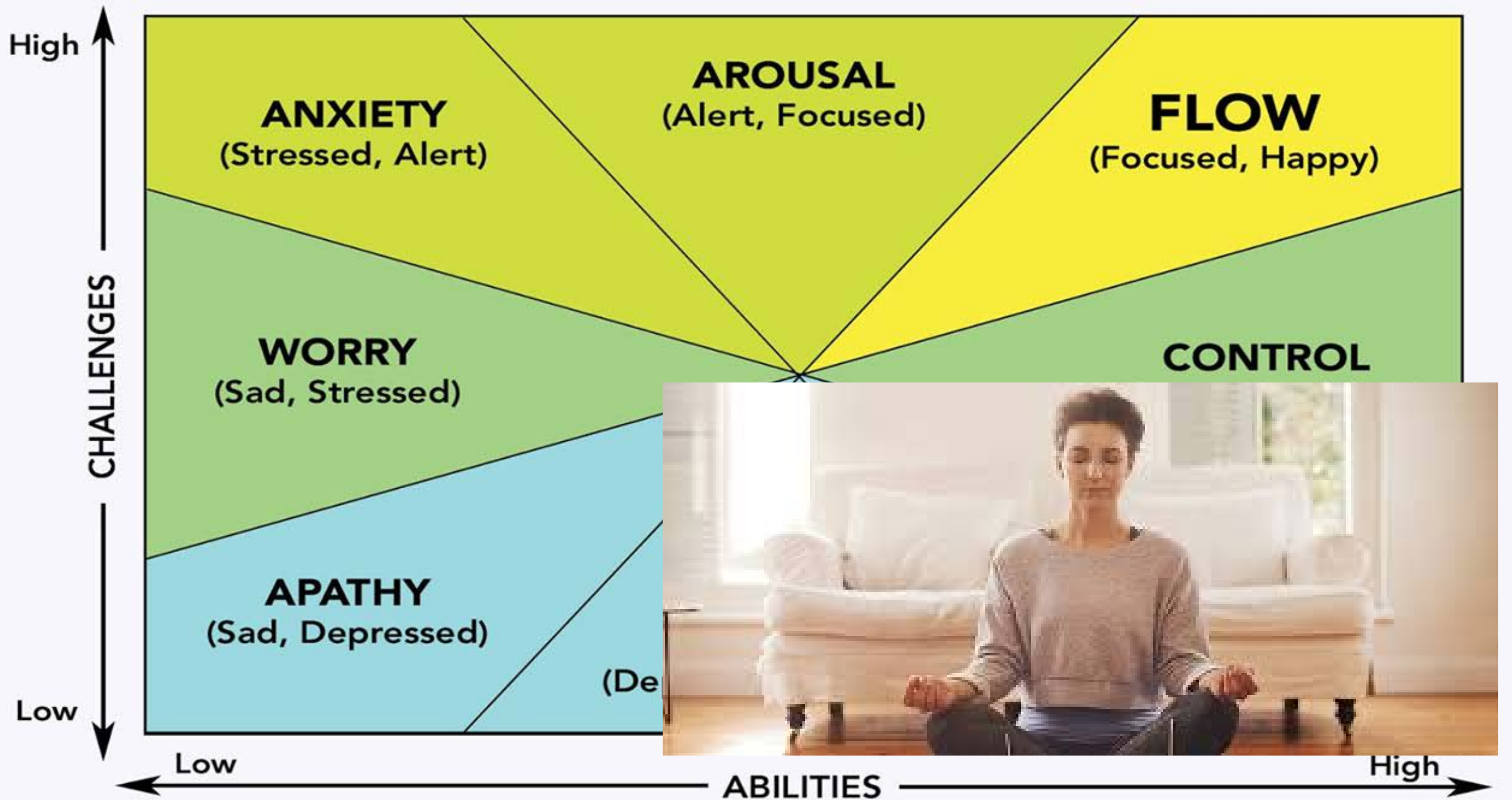
ABILITIES

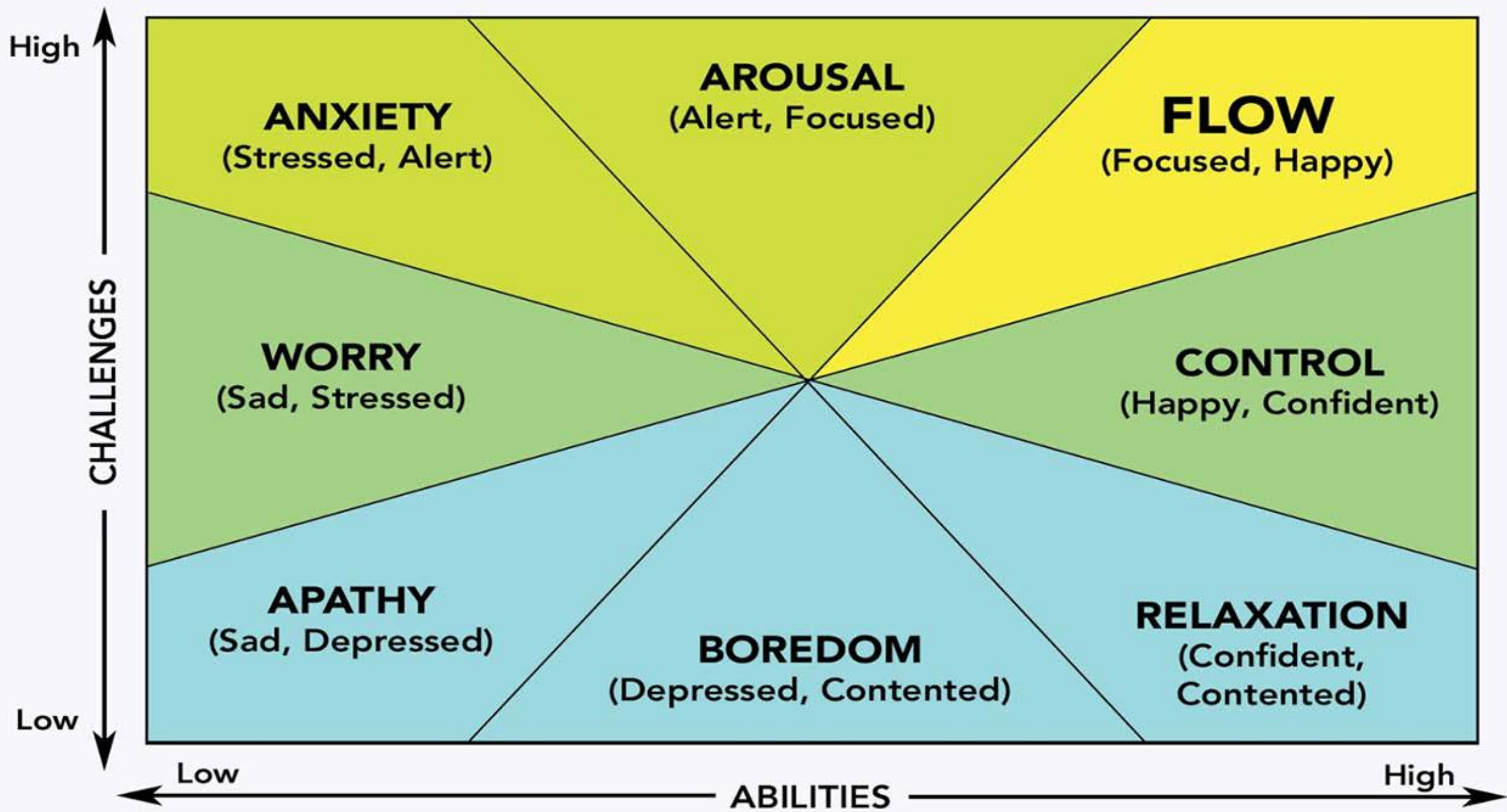
High

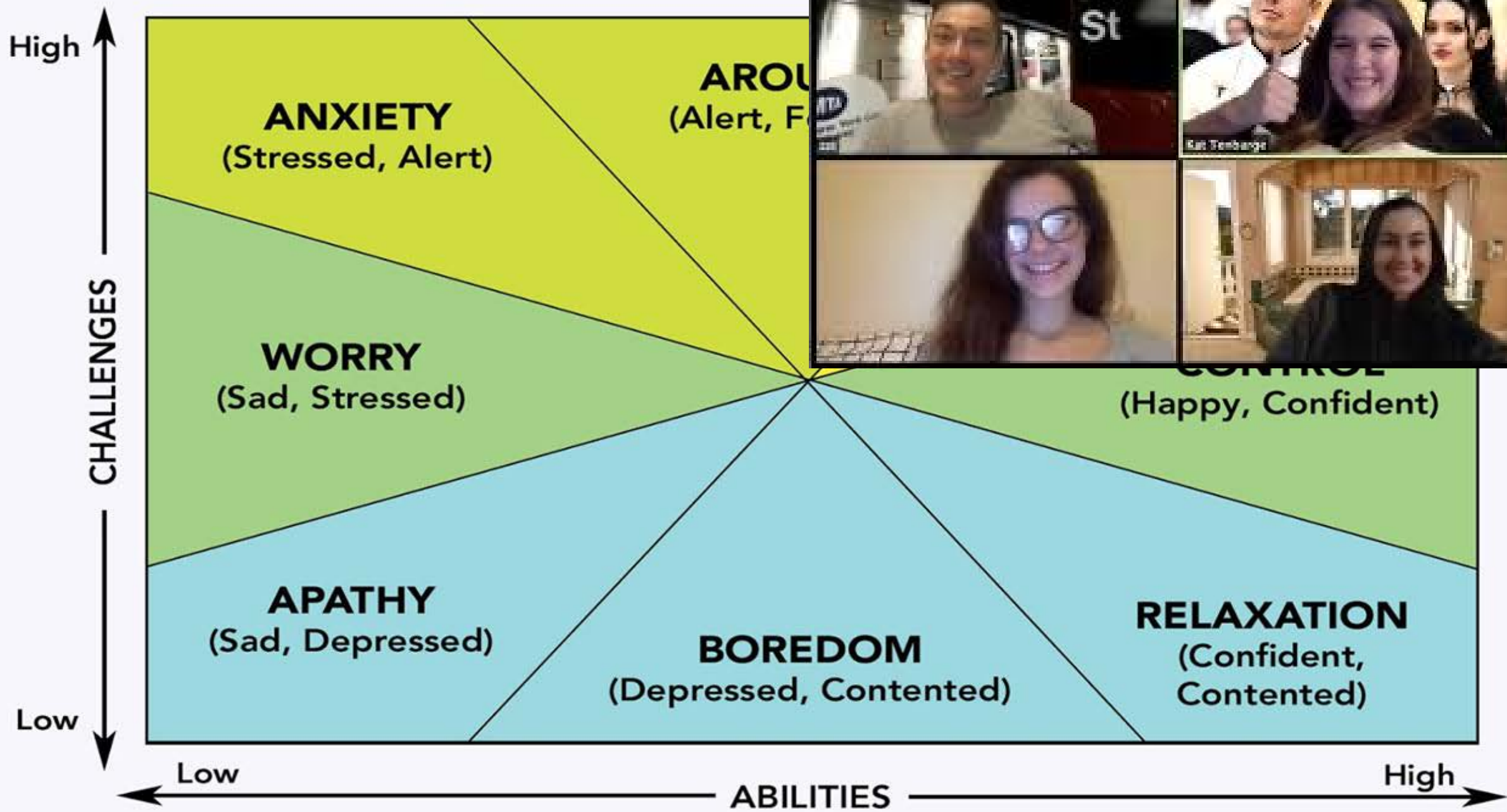


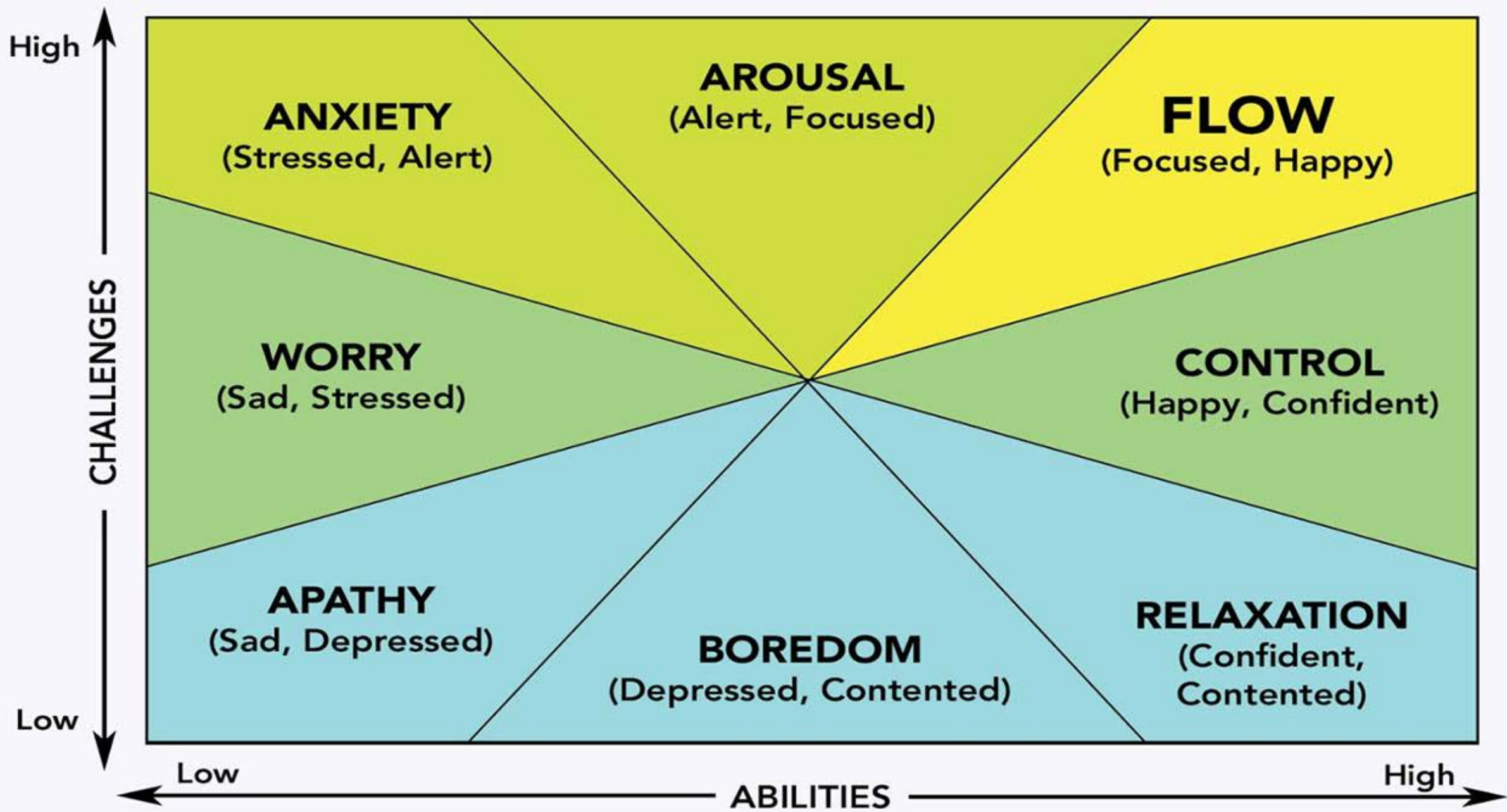


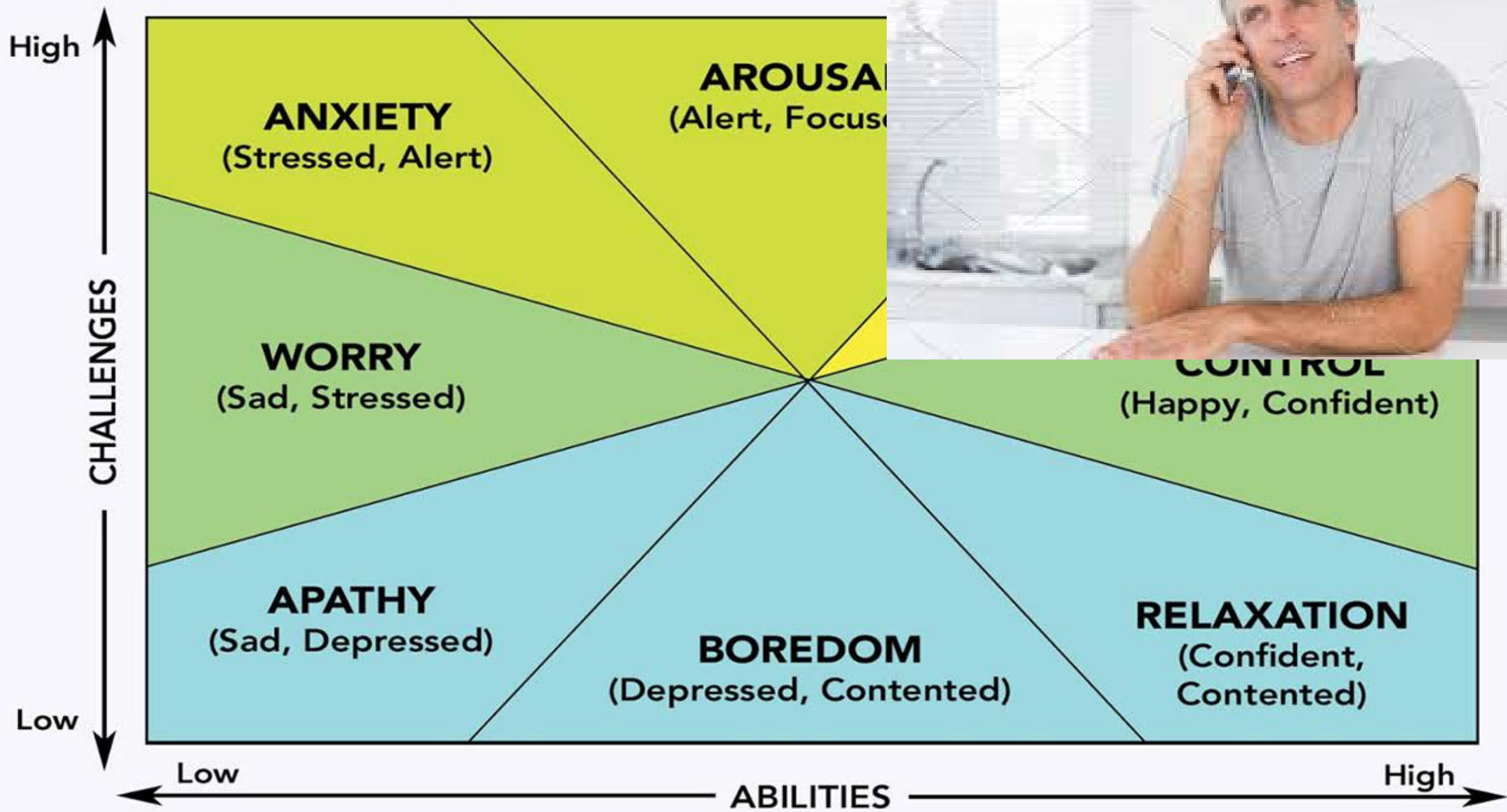


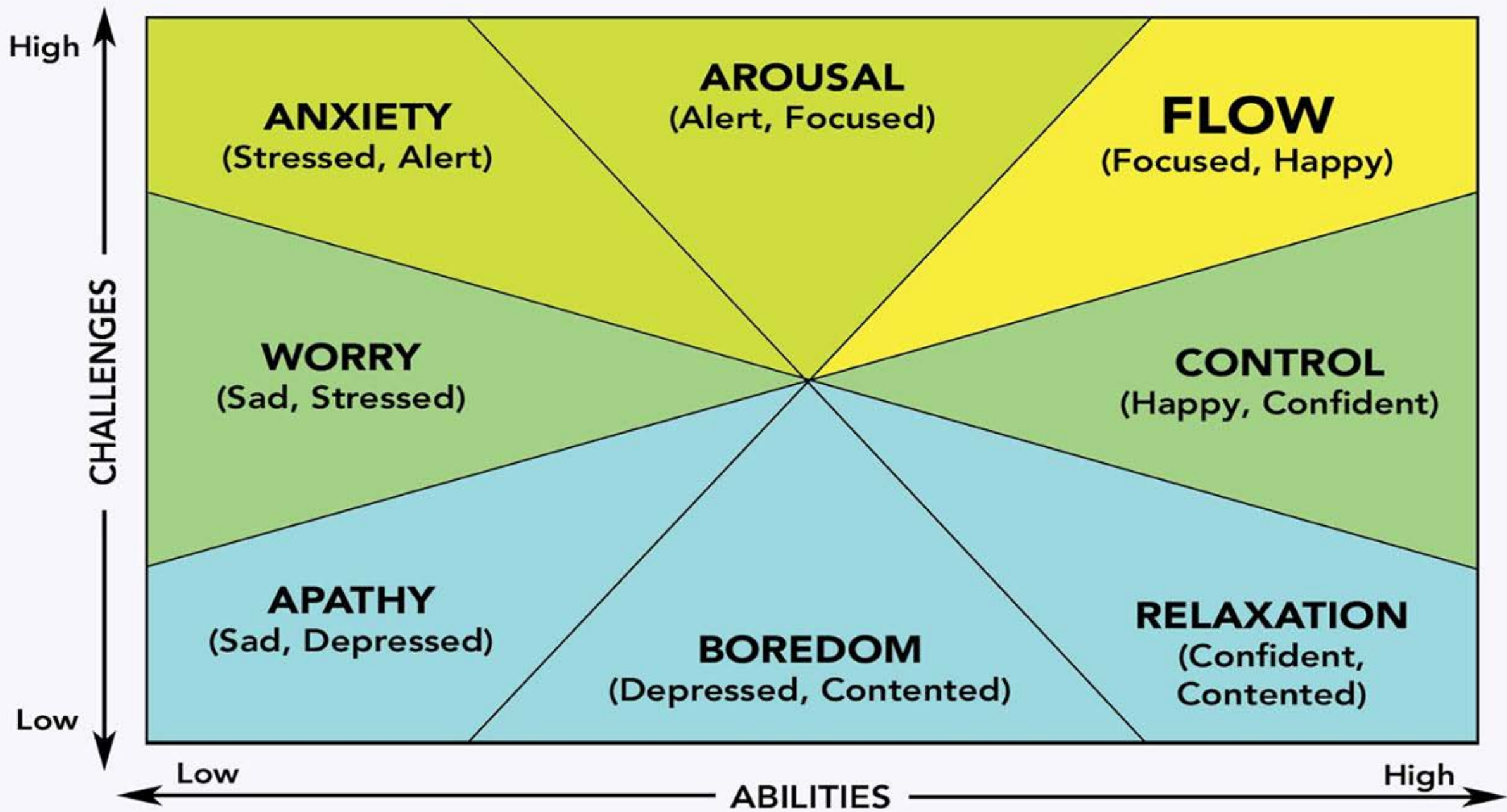


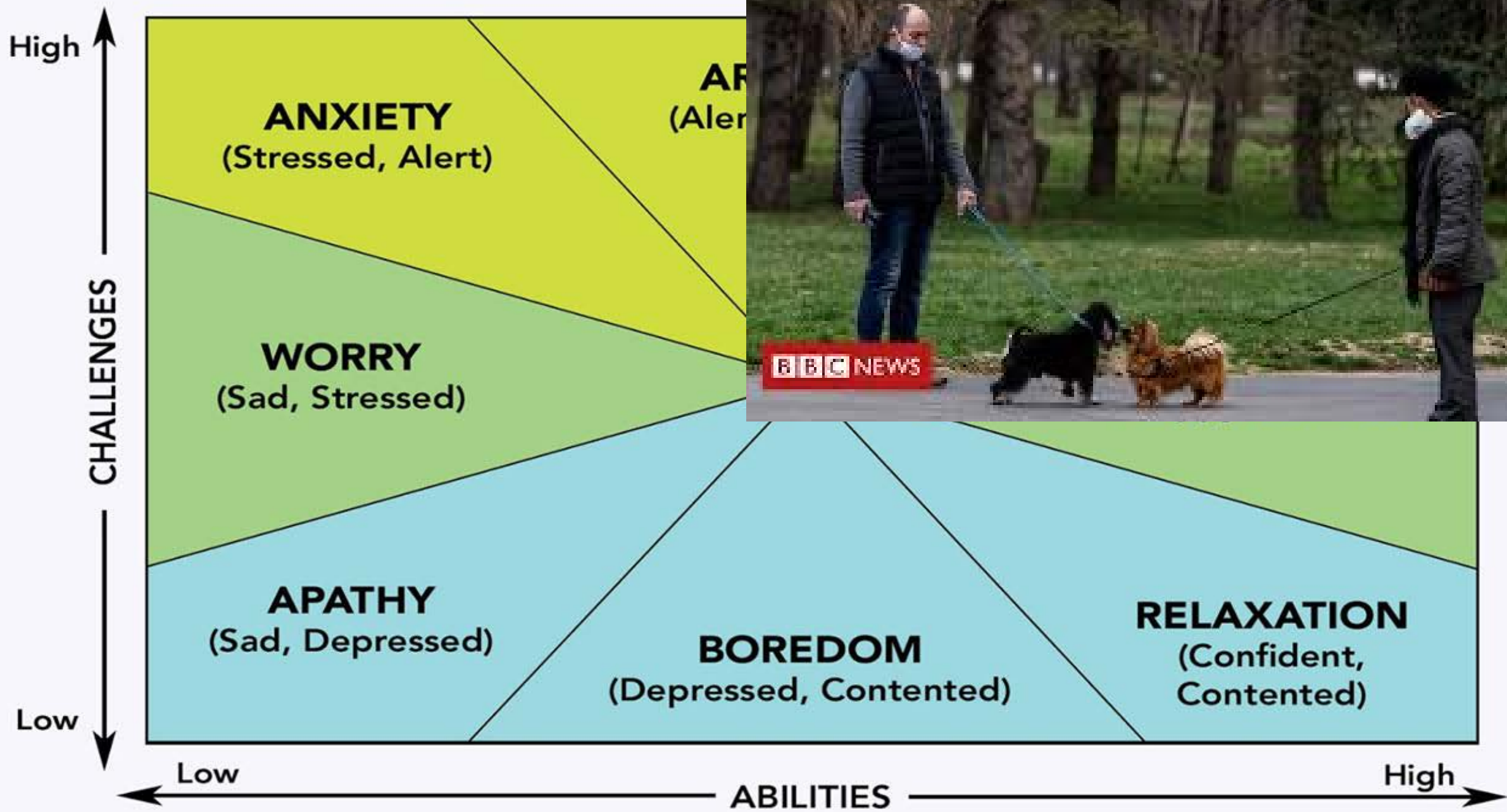






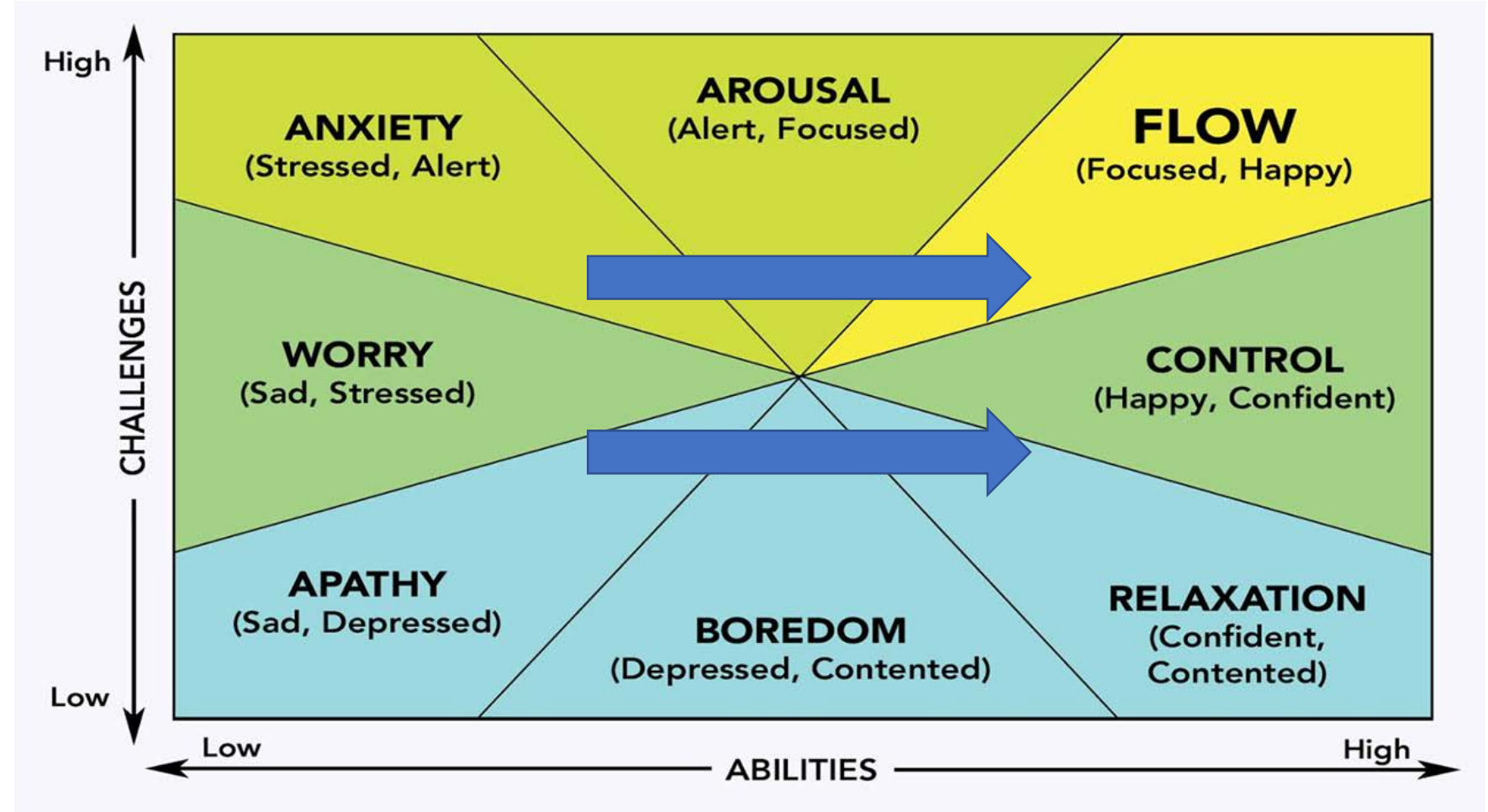






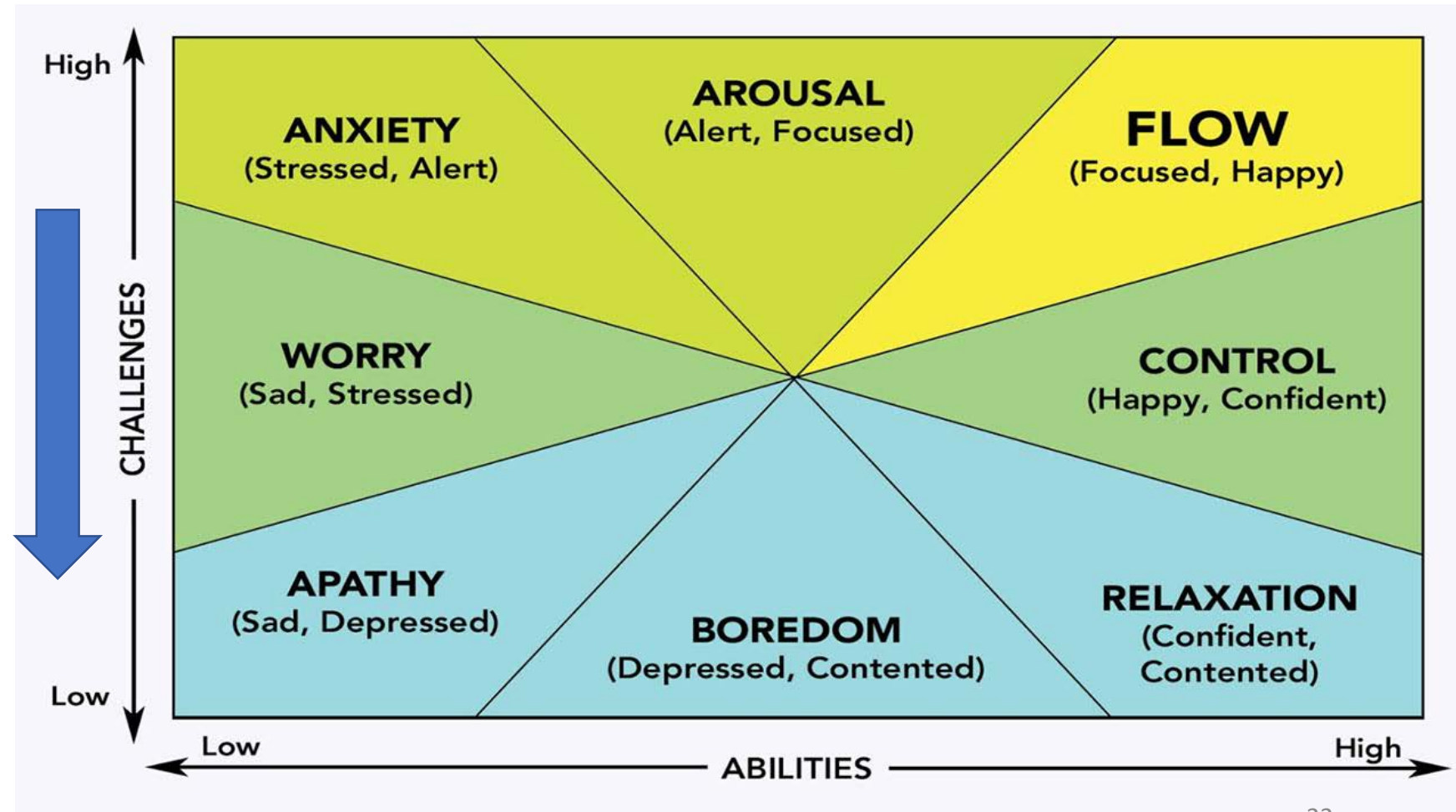
Potential Interventions → Increasing abilities

- Therapy
- Resiliency training
- Mindfulness



Potential Interventions → Realign Challenges

- Change your environment
- Improve skills
- Connect with people



Thanks!



- The Neuroscience of Mindfulness
- How the default mode network helps explain the benefits of a deep breath
- Posted Dec 02, 2015

Increase **ability** to deal with stress

- Medications - Zoloft, Sertraline, Prozac, Lexapro, Clonazepam, Lorazepam, etc.
- Memory reintegration and changing stories (especially for PTSD)

