Anxiety

Stress Response
Mind Wandering

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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.
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
The diagram illustrates the relationship between challenges and abilities in determining emotional states. It分为四个象限:

1. **Anxiety** (Stressed, Alert)
2. **Arousal** (Alert, Focused)
3. **Flow** (Focused, Happy)
4. **Control** (Happy, Confident)
5. **Relaxation** (Confident, Contented)

The axes represent challenges (vertical) and abilities (horizontal). Each emotional state is characterized by specific attributes based on the level of challenge and ability.
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)