

## COPING WITH ADOLESCENT ANXIETY PRE-TEST

**Directions: Circle the correct answer**

- 1. What does the word “anxiety” mean?**
  - a. A type of disorder that involves periods of time where an individual has an immense amount of energy followed by feelings of depression
  - b. An abnormal response to stressful situations in daily life
  - c. A normal response to stressful situations in daily life that can lead to excessive unfocused fear or worry
  - d. A problem that occurs because your mood is low and you have little interest in doing activities
- 2. What age group has been diagnosed with anxiety disorder?**
  - a. 5-10 years of age
  - b. 10-20 years of age
  - c. 20-40 years of age
  - d. 40-60+ years of age
  - e. All of the above
- 3. What are the signs and symptoms of anxiety disorder?**
  - a. Restlessness or feeling on edge
  - b. Difficulty relaxing
  - c. Continual nervousness
  - d. Muscle tension and cramps
  - e. All of the above
- 4. What causes anxiety?**
  - a. Genetics
  - b. Stressful Life events
  - c. Home environment
  - d. All of the above
- 5. What is the treatment for anxiety?**
  - a. Medications
  - b. Therapy
  - c. Biofeedback to control muscle tension
  - d. A combination of all or some of the choices listed above
  - e. There is no treatment for anxiety

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Please answer the following questions to the best of your ability. Circle your response.

<b>Over the <u>last 2 weeks</u>, how often have you been bothered by the following problems?</b>	<b>Not at all</b>	<b>Several days</b>	<b>Nearly half the days</b>	<b>Nearly every day</b>
1. Feeling nervous, anxious or on edge?	0	1	2	3
2. Not being able to stop or control worrying?	0	1	2	3

## COPING WITH ANXIETY TAKE HOME WORKSHEET

1. Identify three attributes or characteristics about yourself that you are proud of or make you happy:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. Identify three stressors in your life:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
3. Identify three resources that you feel comfortable reaching out to incase your stressors start to impact your life:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

# Exercise, Yoga, and Meditation for Anxiety and Depression *Am Fam*

*Physician.* 2010 Apr 15;81(8):987.

## What are depression and anxiety?

Depression is a common illness that is serious. It is normal to sometimes have sad feelings for a couple of days. However, if you have depression, these feelings last for two weeks or longer. It affects how you cope with daily life and causes pain for you and those who care about you.

Anxiety is a feeling that can be a normal reaction to stress. It can help you cope with difficult situations. It can make you feel nervous or worried. Anxiety becomes a problem when it happens a lot, feels out of control, or causes you to avoid everyday situations.

## How are they usually treated?

In general, treatment is with medicine, specific types of therapy, or both. Your doctor will help you find a treatment that works best for you. This will depend on your symptoms, preferences, and other illnesses you may have.

## Can exercise, yoga, and meditation help?

Choose an exercise program that is best for your age and level of health. This includes different types of yoga that range from gentle to challenging. Ask your doctor to help you choose a safe program if you have heart problems or other ongoing medical problems. For yoga, make sure you pick a well-trained teacher.

Meditation may help with anxiety and depression. Types of meditation exercises include tai chi (TIE chee) and qigong (chee-GONG). These use slow, careful movements, relaxed breathing, and deep mental focus.

## Where can I get more information?

National Center for Complementary and Alternative Medicine

Web site on  
yoga: <http://nccam.nih.gov/health/yoga/introduction.htm>

Web site on  
meditation: <http://nccam.nih.gov/health/meditation/overview.htm>

Web site on tai  
chi: <http://nccam.nih.gov/health/taichi/>

# Anxiety and Panic: Getting Control over Your Feelings

*Am Fam*

*Physician. 2006 Oct 15;74(8):1393-1394.*

## What is anxiety?

Anxiety (ang-ZY-uh-tee) can be a normal “alarm system” alerting you to danger. Your heart beats fast. Your palms get sweaty. Your mind races. Sometimes anxiety can give you energy to get things done. But anxiety can get out of control and make you feel afraid for no reason.

## What causes anxiety disorders?

If you have an anxiety disorder, your body mistakenly triggers your “alarm system” when there is no danger. This may be because of a chemical imbalance in your body. It also may be related to a memory, to a side effect of a medicine, or to an illness.

## Are there different types of anxiety?

Yes. Anxiety can be a general feeling of worry, a sudden attack of panicky feelings, a fear of a certain situation, or a response to a traumatic event.

## What is generalized anxiety disorder?

Generalized anxiety disorder is ongoing worry or fear that isn't related to a certain event or situation. It also can be worry or fear that is out of proportion to what you would expect (for instance, worrying a lot about a child who is healthy). Symptoms of generalized anxiety disorder include muscle tension, trembling, shortness of breath, fast heartbeat, dry mouth, dizziness, nausea, irritability, loss of sleep, and not being able to focus.

## What is a phobia?

A phobia is a very bad fear of something. Some people have phobias of crowds, bridges, snakes, spiders, heights, open places, or social situations. A phobia is a problem only if it keeps you from living a normal life (for example, being afraid to leave home).

## What is panic disorder?

Panic disorder is another type of anxiety. It occurs when you have repeated periods of very bad panic, called panic attacks. Panic attacks last about five to 30 minutes and may include any of the symptoms listed in the box below. Panic attacks can lead to phobias if they aren't treated. **Panic Attack Symptoms include::**

- Feeling like you're going to choke
- Chest pressure or chest pain
- Pounding heart
- Racing pulse
- Dizziness or lightheadedness
- Shortness of breath or tightness in the throat
- Sweating
- Trembling or shaking
- Nausea
- Tingling or numbness in the hands or feet
- Hot flushes or chills
- Sense of unreality or dreamlike sensations
- Fear of losing control, doing something embarrassing, “going crazy,” or dying

## Tips to Cope with Anxiety

- Control your worry. Pick a time and place to do your worrying. Make it the same time and place every day. Spend 30 minutes thinking about your worries and what you can do about them. Then let go of the worry, and go on with your day.
- Learn ways to relax. These may include muscle relaxation, yoga, or deep breathing.
- Exercise regularly. People who have anxiety often stop exercising. But exercise can give you a sense of well-being and help with anxiety.
- Get plenty of sleep.
- Do not abuse alcohol or drugs. They seem to help you relax, but in the long run, they make anxiety worse and cause more problems.
- Avoid caffeine. It may make you feel more anxious because it stimulates your nervous system. Also avoid over-the-counter diet pills, and cough and cold medicines with a decongestant.