# When Anxiety Attacks: How You Can Help

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# Agenda

- Understand signs and symptoms of anxiety
- Identify the different types of anxiety disorders
- Name some coping skills

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# What is anxiety

- Anxiety is part of life
- Very biologically driven
- Can help keep us safe

FEAR: Emotional response to real or perceived threat

ANXIETY: Anticipation of future threat or possible negative outcome

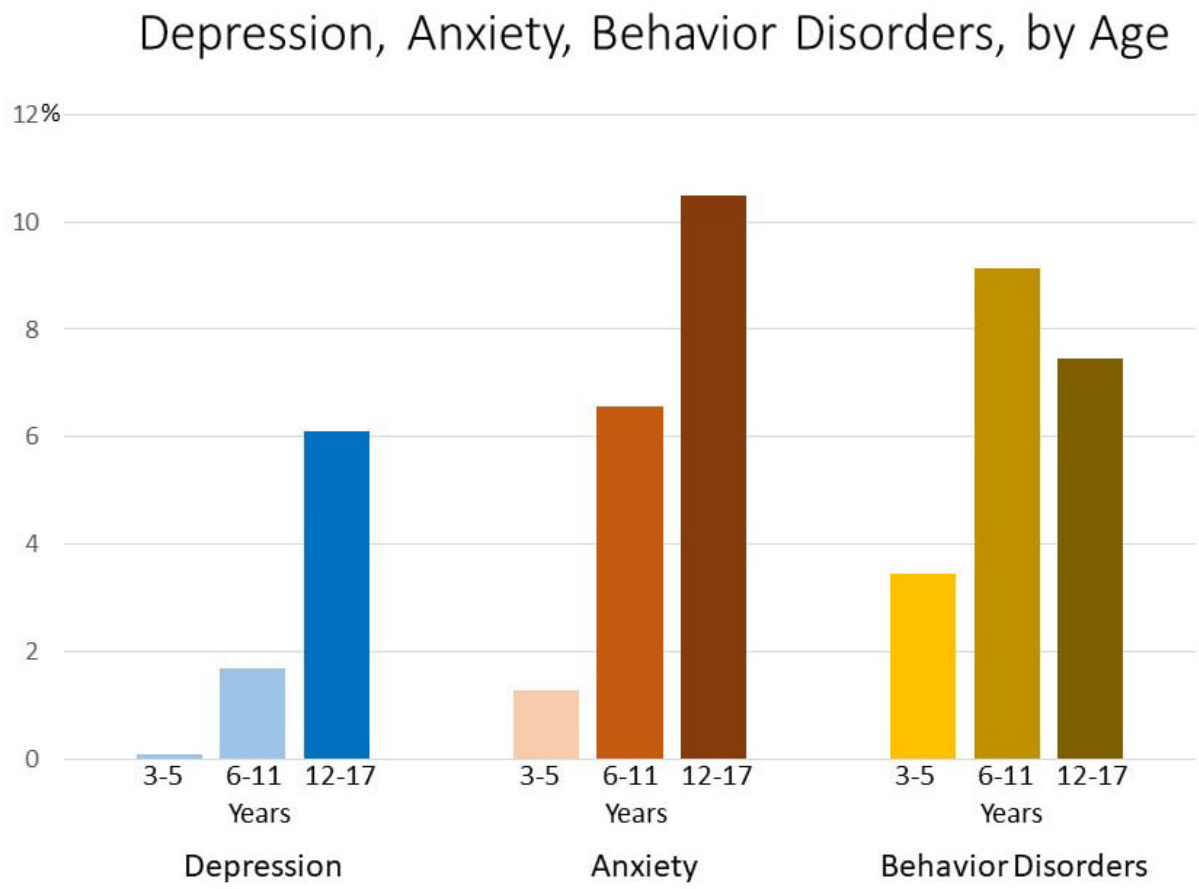
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**Overestimate** the danger and *underestimate* ability to cope

More frequent in girls than boys (2:1 ratio)

Tends to persist if not treated

- Studies show that children with anxiety disorders are **twice** as likely as other children to have parents with anxiety disorders
- Biological and environmental



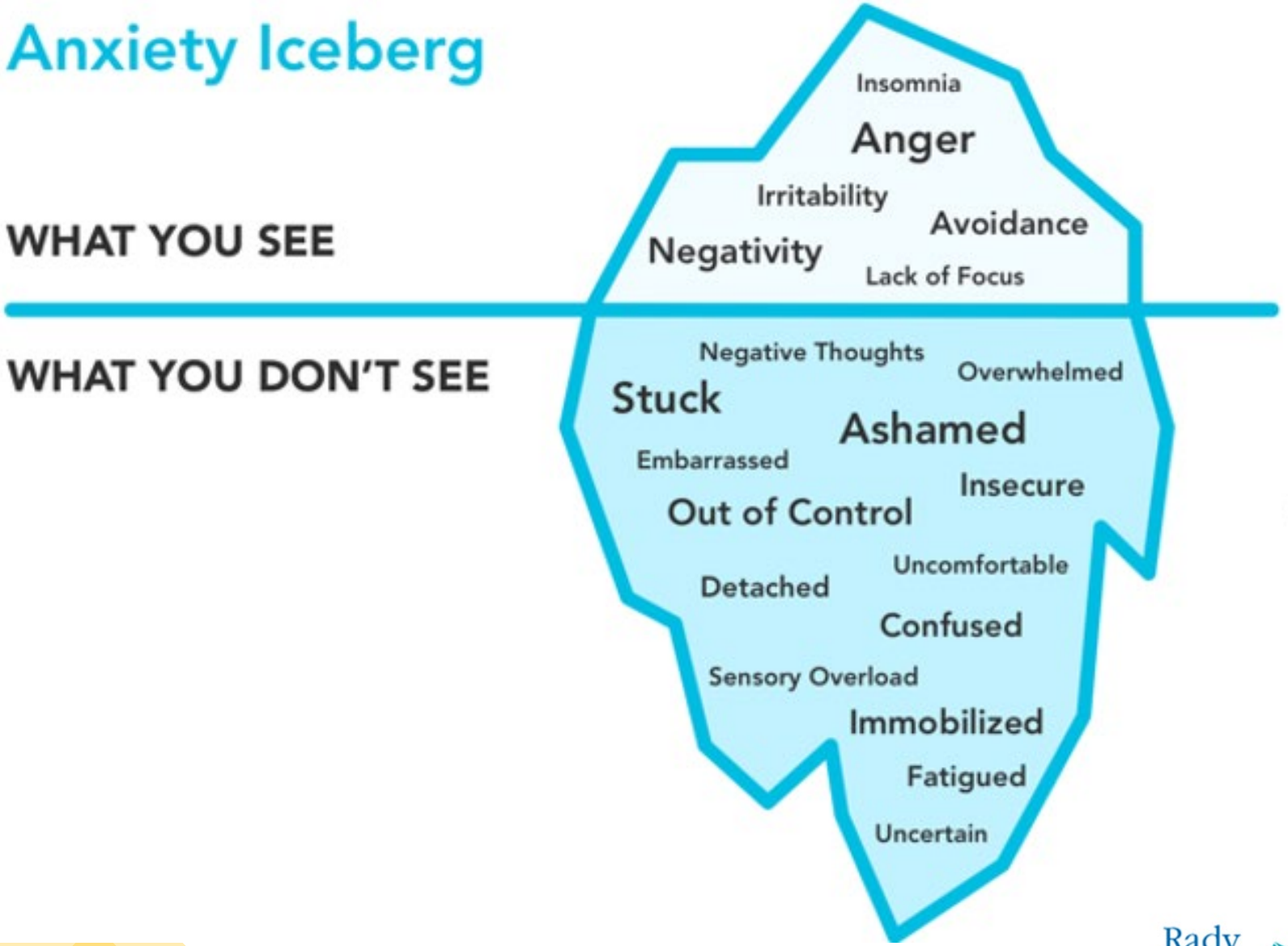

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# Signs your child is anxious

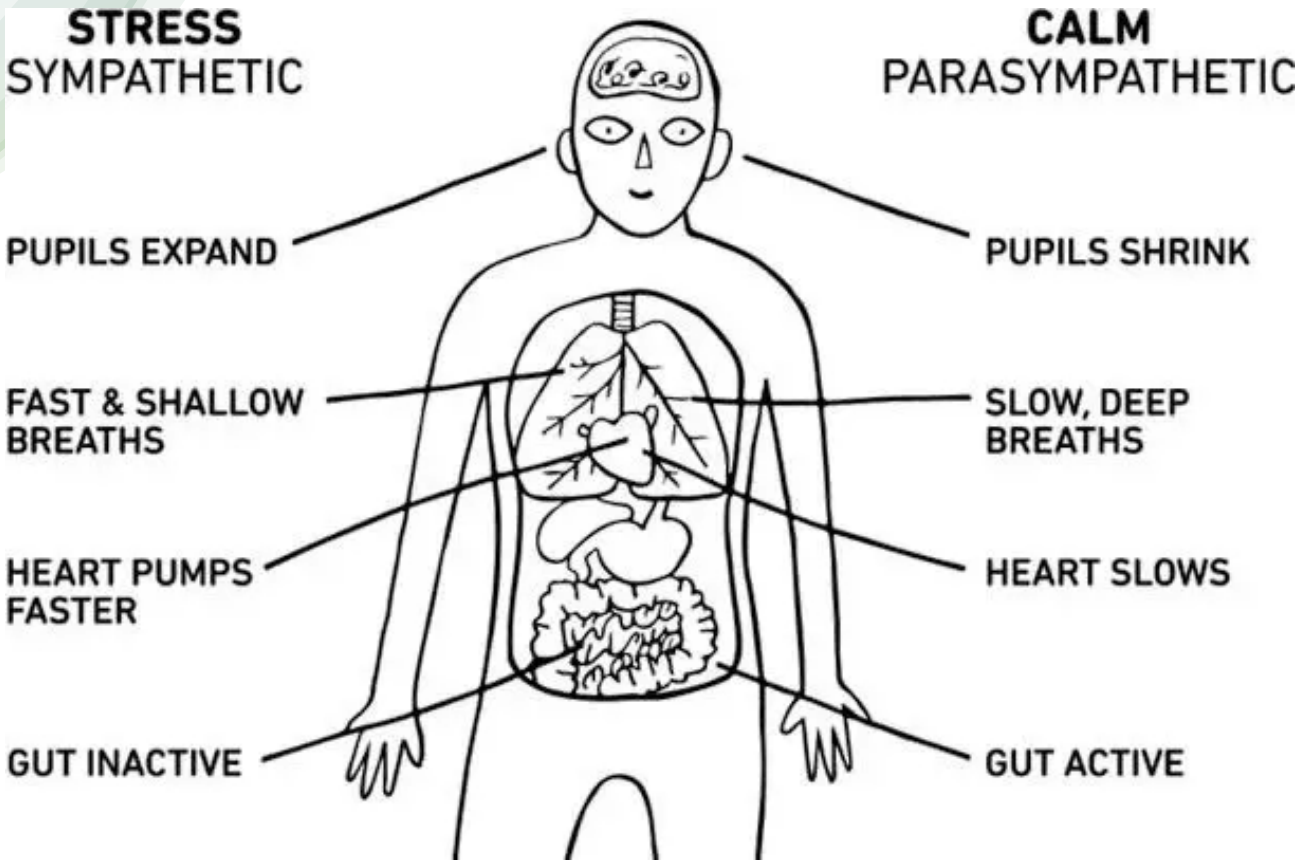
- Reassurance seeking
- Crying more than usual
- Feeling restless or on-edge
- Easily fatigued
- Difficulty concentrating
- Irritability
- Physical symptoms
  - Headache, stomachache, pain, chest pain
- Sleep issues
- Avoiding or escaping

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# Anxiety Iceberg




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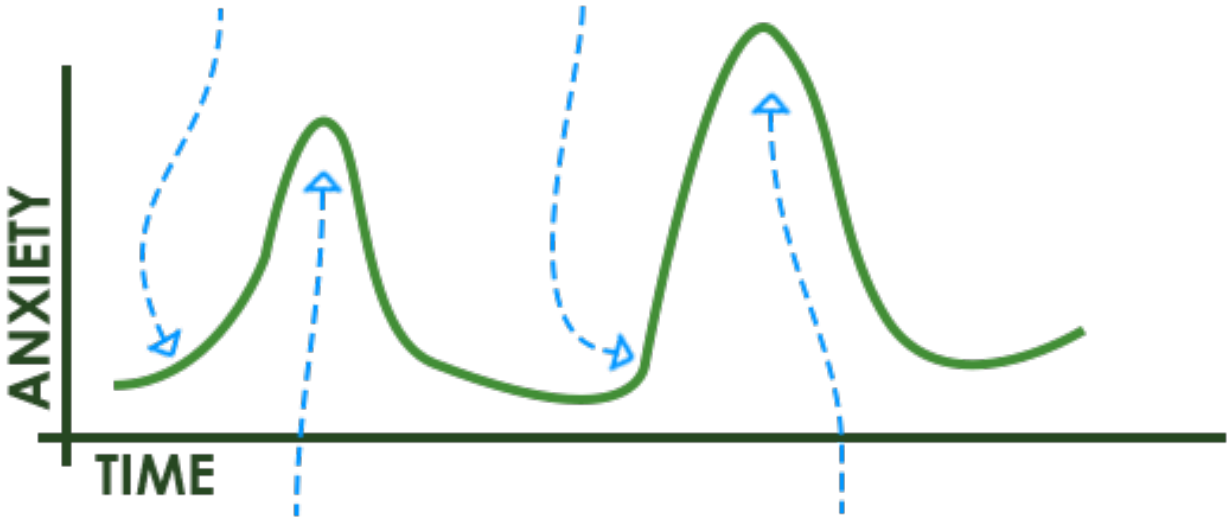



# Fight - Flight
# vs
# Rest - Digest

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# Cycle of Avoidance

(A person is confronted with an anxiety-producing situation which leads to an uncomfortable sense of worry and agitation.)




(The anxiety-producing situation is avoided, and the person receives a feeling of relief. However, next time the anxiety will be worse.)

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- To learn – you must break the cycle

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# Different types of disorders

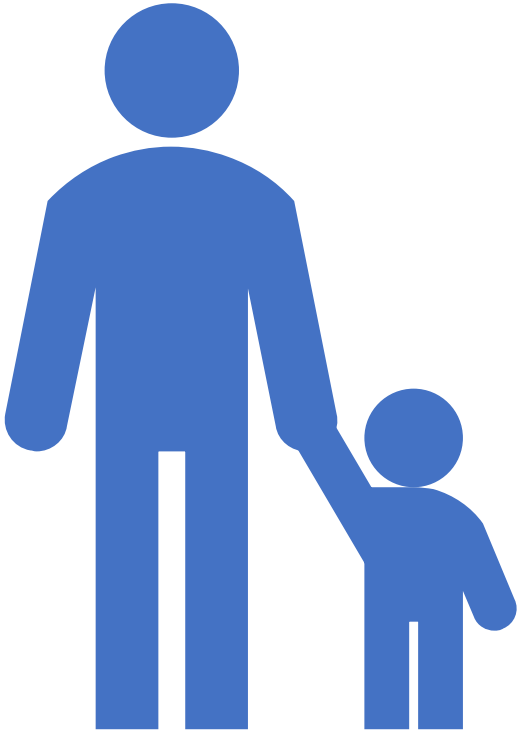
- Anxiety is a broad term
- Different disorders
  - Separation Anxiety Disorder
  - Specific Phobia
  - Social Anxiety Disorder
  - Panic Disorder
  - Generalized Anxiety Disorder



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# Separation Anxiety Disorder

- Constant thoughts and intense fears about the safety of parents and caretakers
- Refusing to go to school or separate from their parents/caregivers
- Frequent stomachaches and other physical complaints especially on Sunday nights and Monday mornings
- Extreme worries about sleeping away from home
- Being overly clingy
- Panic or tantrums at times of separation from parents
- Trouble sleeping or nightmares



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# Phobias

- Fear or anxiety about a specific object or situation
- Almost always provokes immediate fear or anxiety
- Object/situation is avoided or endured with intense fear and anxiety
- Fear is out of proportion to the actual danger
- Persistent – lasts 6 months or more
- Causes distress and impairment in functioning
- Types
  - Animal (spiders, dogs)
  - Natural environment (heights, storms, water)
  - Blood-injection-injury (medical procedures)
  - Situational (airplanes, enclosed spaces, elevators)
  - Other (choking, vomiting, costumed characters)



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# Social Anxiety Disorder

- Fear or anxiety about social situations where you might be exposed to scrutiny by others
- Fears that they will be humiliated, embarrassed, leading to rejection
- Social situations provoke fear or anxiety
- Social situations are avoided or endured with intense fear
- The fear is out of proportion to the actual threat
- The fear lasts for 6 months or more



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# Panic Disorder

- Recurrent, unexpected panic attacks.
- Panic attacks are an abrupt surge or fear that reaches a peak within minutes
- Four or more symptoms:
  - Palpitations, pounding heart
  - Sweating
  - Shaking/trembling
  - Shortness of breath
  - Feeling of choking
  - Chest pain
  - Nausea or abdominal pain
  - Dizzy, unsteady, light-headed or faint
  - Chills or overheated
  - Numbness and tingling
  - Derealization or depersonalization
  - Fear of losing control or going crazy
  - Fear of dying
- Worry about additional attacks
- Change in behavior to avoid more attacks




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# Generalized Anxiety Disorder

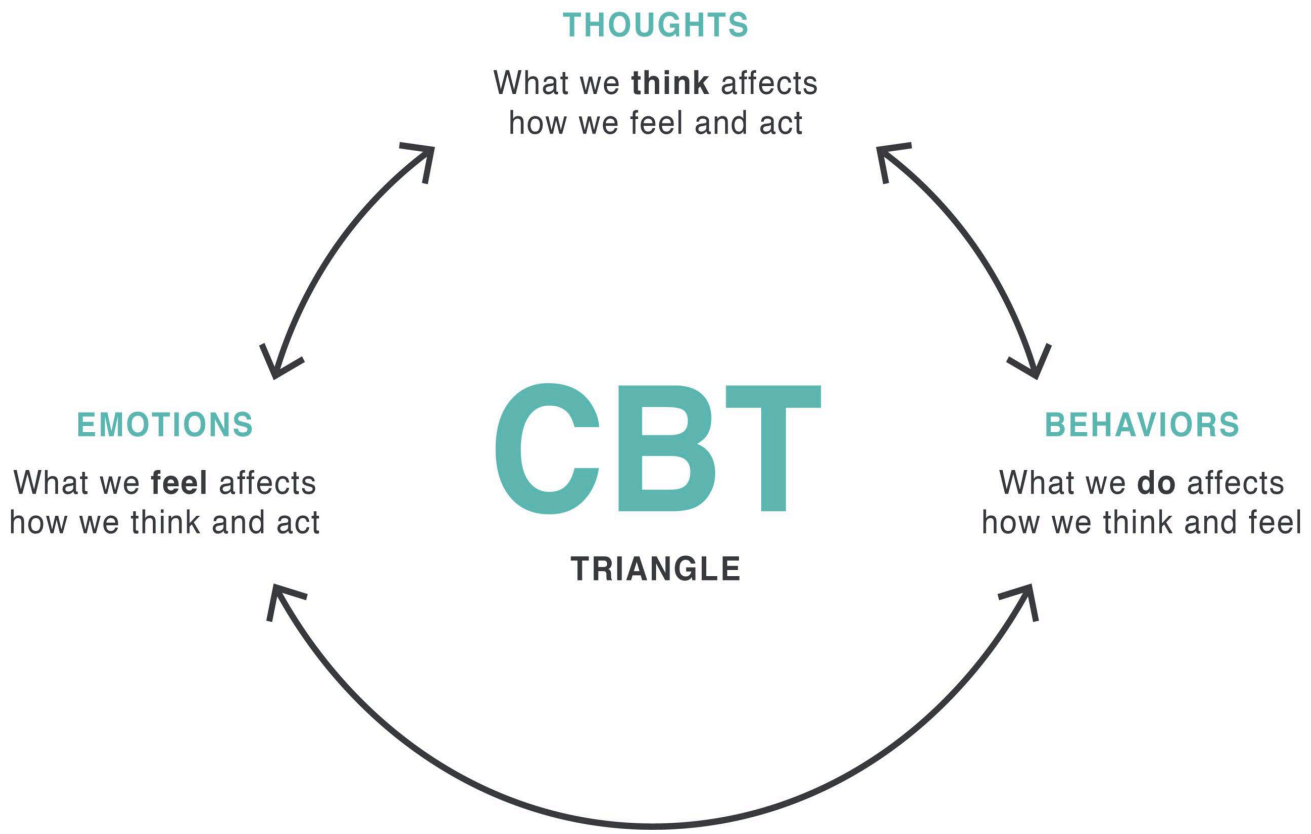
- Excessive anxiety or worry occurring more days than not about a number of events or activities
- Difficulty controlling the worry
- Associated with 3 or more symptoms:
  - Restlessness or on edge
  - Easily fatigued
  - Difficulty concentrating or going blank
  - Irritability
  - Muscle tension
  - Sleep disturbance



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# Treatments that work

- Cognitive Behavioral Therapy
- Exposure Therapy
- Medication




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# Validation and Empathy

- Empathy
- Validation
  - Understanding a person's perspective
  - Improves interactions, helps with problem solving
  - Makes others more receptive
  - Validation is not agreement
- What to validate
  - The facts
  - Experiences (e.g., thoughts, feelings, beliefs)
  - Suffering




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# The 3 C's of Cognitive Therapy



## atch

Identify the thought that came before the emotion



## heck

Reflect on how accurate and useful the thought is



## hange

Change the thought to a more accurate or helpful one as needed

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# Worst Case Scenario



What is the worst thing that could happen?



What is the best thing that could happen?



What is something in-between the best- and worst-case scenario?



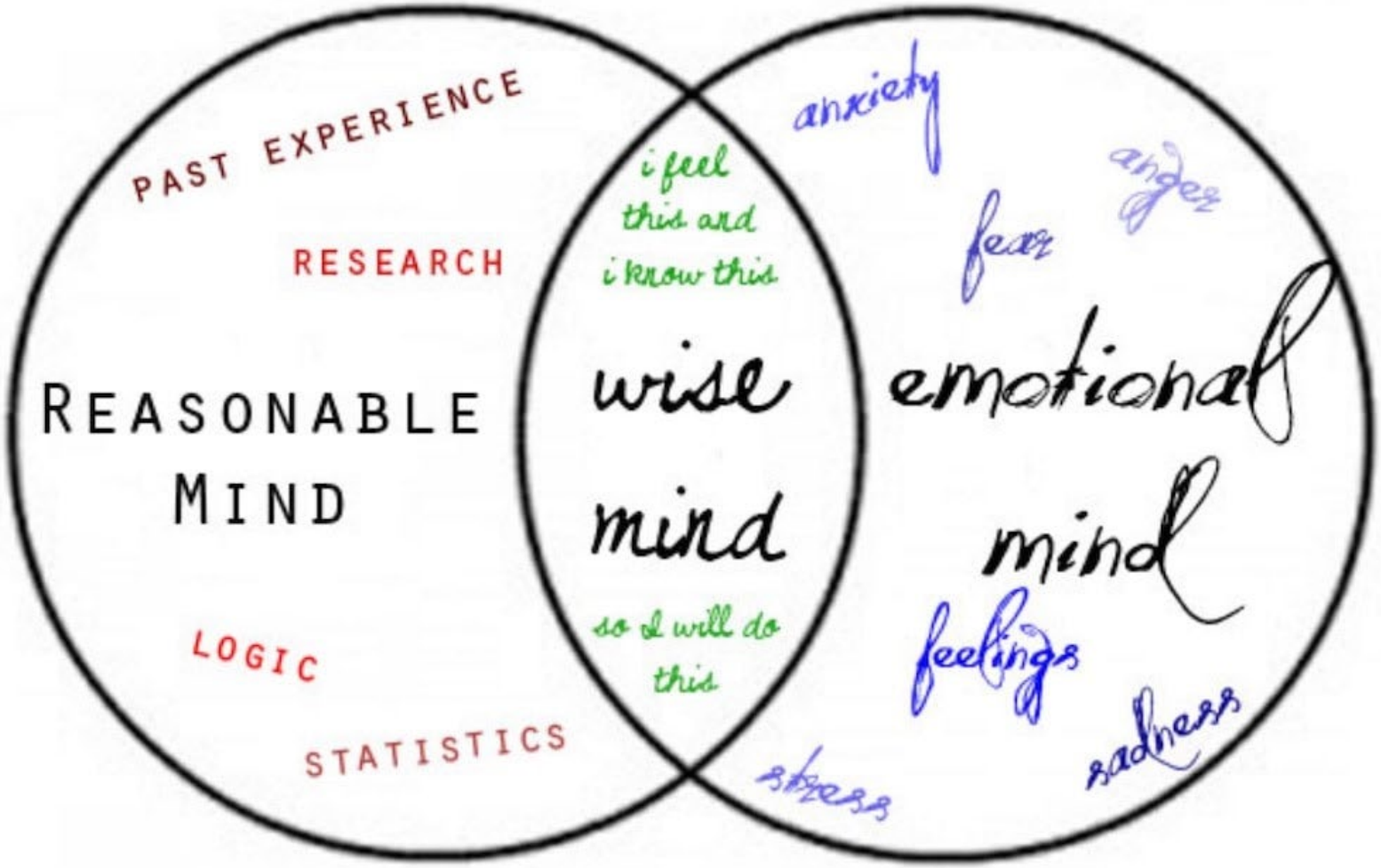
What is the most likely?



If it were to happen, what would you do?

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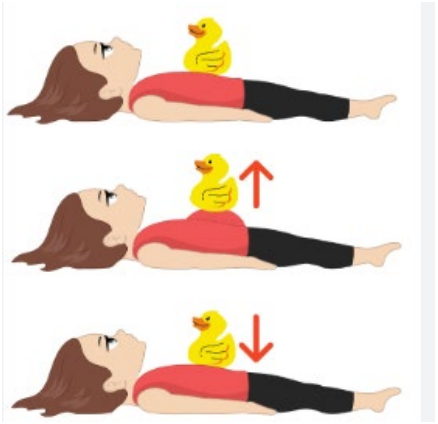
# Wise Mind


PAST EXPERIENCE
RESEARCH
REASONABLE MIND
LOGIC
STATISTICS
i feel this and i know this
wise mind
so I will do this
anxiety
anger
fear
emotional mind
feelings
sadness
stress

# Relaxation Exercises




- Deep breathing
- Progressive Muscle Relaxation
- Guided imagery
- Self soothing



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# Crisis Skills

- Holding Ice
- Deep breaths
- Splash cold water
- Distraction
- Math
- Describing environment – Grounding
  - Naming colors of the rainbow and finding an object with that color

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# Apps and Tools

- Belly Bio or Calm App
- Coloring books
- Blowing bubbles or pinwheel
- Warm stuffed animal or warm pack
- Cold water / hold ice
- Fidgets and stress balls
- River stones /Worry stone
- Cope Ahead Plans

# What can I do as a parent

- Set clear and realistic expectations
- There is no avoiding it
- Model how you handle worries
- Let your child worry
- Reframe it & Redirect
- Maintain a schedule and healthy lifesyle
- EMPATHIZE

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# Resources

- **National Suicide Prevention Lifeline**. Call: **988 or 1-800-273-TALK**; Spanish line: **888-628-9454**; TTY: **800-799-4TTY** (4889) (8255). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

- **ParentGuidance.Org**
  https://parentguidance.org/
  Welcome - parentguidance.org
  We offer education and therapeutic support to empower and give you hope as you support your child's mental health.

- **National Parent Helpline**
  https://www.nationalparenthelpline.org/
  We provide vital information, support, and referrals through calls, texts, and chats to diverse parents, children, and youth seeking help nationwide. The National Parent & Youth Helpline™ is operated by Parents Anonymous® and available 24 hours a day/7 days a week.

- **Mental Health America**
  https://mhanational.org/mental-health-resources-parents
  Find resources on caregiving as a parent - whether caring for children or your own parents.

- **San Diego County Office of Education**
  https://www.sdcoe.net/students/health-well-being/mental-health-supports
  Prioritizing mental health is important for students to be able to learn effectively; it's also a key component that helps staff teach and support learners every day. The San Diego County Office of Education (SDCOE) has compiled resources and information for students, families, and schools that keep mental health supports top of mind.

- **Soluna App**
  https://solunaapp.com/
  Confidential support for 13- to 25-year-olds in California. No cost. No pressure. Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more.

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# San Diego County Resources

- **National Suicide Prevention Lifeline**. Call: **988 or 1-800-273-TALK**; Spanish line: **888-628-9454**; TTY: **800-799-4TTY** (4889) (8255). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.
- **San Diego County Access and Crisis Line**. Call: **888-724-7240**. Crisis counseling or referrals, 24 hours a day/7 days a week.
- **Rady Children's Behavioral Health Urgent Care (BHUC) Walk-in Clinic**. Call: **858-966-5484**. 4 p.m.-8 p.m., Mon- Fri. 4305 University Avenue, Suite 150, San Diego, CA 92105. Serves youth ages 5-21 struggling with concerns that pose an imminent risk to their safety, the safety of others, or significantly impair their daily lives.
- **Rady Children's Hospital Emergency Room**. Call: **858-966-8005**. 3020 Children's Way, 1st Floor, San Diego, CA 92123.
- **San Diego County Emergency Screening Unit**. Call: **619-876-4502**. 4309 3rd Avenue, San Diego, CA 92103. Available to children and adolescents for emergency psychiatric assistance.
- **Center for Community Solutions**. Call: **888-385-4657**
- **Crisis Action and Connection**. Call: **619-591-5740**
- **North County Crisis Intervention and Response Team**. Mon-Fri from 12:00 p.m. to 8:00 p.m. Weekends from 12:00 p.m. to 5:00 p.m. Escondido, call: **760-233-0133** | Vista, call: **760-305-8225**.
- **2-1-1 San Diego:** Dial **2-1-1** from a mobile or **858-300-211** from any phone
- **Smart Care / Behavioral Health Consultative Service**. Parent Line: 858-956-5901
- **San Diego Food Bank.** https://sandiegofoodbank.org/. Phone (Local): 1-858-527-1419. Phone (Toll Free): 1-866-350-3663
- **San Diego County Department of Public Health.** www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html
- **Children's Primary Care Medical Group.** www.cpcmg.net
- **Rady Children's Hospital San Diego.** www.rchsd.org
- **Children's Physicians Medical Group.** www.cpmgsandiego.com

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# Riverside County Resources

- **National Suicide Prevention Lifeline**. Call: **988 or 1-800-273-TALK**; Spanish line: **888-628-9454**; TTY: **800-799-4TTY** (4889) (8255). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

- **24/7 Mental Health Urgent Care**. Provides 24 hour/7 days/365 urgent care mental health screening and assessment services and medications to address the needs of those in crisis in a safe, efficient, trauma-informed, and least-restrictive setting. **Palm Springs**: 2500 N Palm Canyon Dr, Suite # A4 Palm Springs, CA 92262 Call: **442-268-7000** (ages 13+). **Perris**: 85 Ramona Expressway, Suites 1-3 Perris, CA 92571. Call: **951-349-4195** (ages 13+). **Loma Linda University Children's Health: Children's Emergency Room**: 11234 Anderson St, Loma Linda, CA 92354. Call: **909-651-6233**.

- **Riverside University Health System Medical Center Emergency Treatment Services (ETS)**. Call: **951-358-4881**. Se Habla Español. 9990 County Farm Road, Ste. 4, Riverside, CA 92503. Provides psychiatric emergency services 24 hours a day, 7 days a week for all ages, which includes evaluation, crisis intervention, and referrals for psychiatric hospitalization, as needed for adults, children, and adolescents. Consumers may be referred to the Inpatient Treatment Facility (ITF) or other private hospitals.

- **Telecare Riverside Crisis Stabilization Services**. Call: **760-863-8600** or **760-863-8455**; Se Habla Español. 47-825 Oasis Street, Indio, CA 92201. Provides psychiatric emergency assessment and crisis stabilization for up to 24 hours for all ages. Services include evaluations, crisis intervention and referral for psychiatric hospitalization. Telecare Riverside Crisis Stabilization Services operate 24 hours a day, 7 days a week. This facility is also a 5150 provider.

- **Community Behavioral Health Assessment Team (CBAT)**. Murrieta Police Department. Specially trained officers with a clinical therapist to respond to calls for law enforcement service involving mental health issues in the Murrieta and Temecula communities. **www.murrietaca.gov/1052/Community-Behavioral-Health-Assessment-T** Call: **951-304-2489** or **951-461-6355**.

- **HELPLine - 24 Hour Crisis/Suicide Intervention**. Call: **951-686-HELP (4357)**. The HELPline is a free, confidential Crisis/Suicide Intervention service operated by highly trained volunteers. The line is open 24-hours a day, seven days a week.

- **Riverside County Department of Public Health.** www.countyofriverside.org

# California & National Resources

- **National Suicide Prevention Lifeline**. Call: **988 or 1-800-273-TALK**; Spanish line: **888-628-9454**; TTY: **800-799-4TTY** (4889) (8255). You'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

- **California Coalition for Youth Crisis Line**. Call/text: **1-800-843-5200**. Available 24 hours/7 days a week. Languages other than English are available. Anonymous and confidential for youth and TAY struggling with behavioral issues. Provides local community resources for you and your family. Text and live chat available from 4:30pm-8:30pm daily via website **www.calyouth.org** or phone.

- **California Peer-Run Warm Line**: Call: **855-845-7415**. 24/7 non-emergency emotional support and referrals.

- **Crisis Text Line**. National crisis text line. Text the word "HOME" to **741-741 24/7**.

- **It's Up to Us.** https://up2sd.org

- **LGBT National Youth Talkline**. Call: **800-246-7743**. Monday to Friday from 1:00 p.m. to 9:00 p.m., Saturday from 9:00 a.m. to 2:00 p.m.

- **National Sexual Assault Hotline**. Call: **800-656-HOPE** (4673).

- **Teen Line**. Call: **800-852-8336**. 6:00 p.m. to 10:00 p.m. PST or text TEEN to **839863**.

- **Trevor Project Lifeline**. Call: **866-488-7386**. Text: Text the word "Trevor" to **202-304-1200**. 24-hour hotline that provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people (LGBTQ) ages 13-24. **www.thetrevorproject.org**.

# California & National Resources

- **Trans Lifeline**. Call: **1-877-565-8860**. Crisis hotline staffed by transgender people for transgender people. **www.translifeline.org**
- **Veterans Crisis Line**. Call: **(800)-273-8255** Press 1. 24 hours a day, 7 days/week. The Veterans Crisis Line is a Department of Veterans Affairs (VA) resource that connects Veterans in crisis or their families and friends with qualified, caring VA professionals. Confidential support is available.
- **Soluna App**
  https://solunaapp.com/
  Confidential support for 13- to 25-year-olds in California. No cost. No pressure. Chat 1:1 with a professional coach, use interactive tools to destress, or explore quizzes, videos, forums, and more.
- **National Alliance on Mental Illness.** https://www.nami.org/Home
- **Healthy Children.org by American Academy of Pediatrics**. www.healthychildren.org
- **American Psychiatric Association**. www.psychiatry.org
- **Centers for Disease Control and Prevention (CDC).** www.cdc.gov