COMMUNITY EDUCATION WEBINAR – 7th May 2020

MANAGING ANXIETY DURING COVID-19

Topics discussed:

• COVID-19 and Anxiety, effects of lockdown
• Effects of Anxiety on individuals, families, and personal relationships
• Adjusting to working from home
• Impacts of COVID-19 on Mental Health of the elderly and disabled
• Relation of substance abuse, anxiety during COVID-19
• Coping with Anxiety in a practical way

Presented by:
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The Anxiety Clinic

Better Mental Health For All
What is Anxiety?

• Anxiety is a normal emotion – central to our defence circuitry that every living organism needs to survive. Because anxiety has so many faces, different ways of showing up, each person has to understand their own anxiety profile.

• Stressful events are a pendulum swing from almost normal to emotional chaos.
“We have great asset in our highly evolved brain. Things like this have never happened before. We don’t like it, we wish it was not happening but we learn ways to coping”. 

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Subjective Unit of Distress Scale (SUDS)

0 – 1  Little or no distress experienced. Generally calm, feeling okay.

2 – 3  Some distress, mild distress such as an experience of tension, hesitation or nervousness.

4 – 5  Moderately high distress with definite felt tension, nervousness, reluctance but still able to do things to function personally and socially.

6 – 7  High distress with the presence of clear symptoms including worrying thoughts, physiological responses. Definite interference with social and personal functioning.

8 – 9  Unable to function personally or socially or to complete tasks.

10  Extreme symptoms including worst experience of anxiety or even dying.
Cue Card – An adaptive strategy to manage anxiety

Use of a small card in wallet with words to read to yourself when feeling overwhelmed by stressful thoughts, feelings and reactions. As an example, the word AWARE cues in some messages: “A-W-A-R-E”

**ACCEPT or ACKNOWLEDGE**

**WATCH the level**

**Act as if...**

**RELAXING yourself**

**EXPECT this to happen again**

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Build Relationships by:

1. Being kind and caring
2. Being fun to be with
3. Being competent – bring out your best – do what you say you will do!
STAY FOCUSED

- Set a goal
- Put 100% focus on the task
- When mind wanders (and you notice it), re-focus on the task
- Reflect on previous step several times
- Reflect on what is distressing you?

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ANXIETY MANAGEMENT TECHNIQUES

- Breathing / Counting
- Breathing Exercise
- Train yourself to tolerate deep chest breathing
- Pursue a hobby
- Socialize virtually
- Problem solving
NATIONAL MENTAL HEALTH HELPLINE
1300 643 287

If you have any questions, we are here to help you!

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