Anxiety Guideline

Assessment

- What are your symptoms?
- Rule out medical cause first.
- RR and HR, color, and signs of distress?
- Recent illness, any daily or new medication?
- Use of alcohol, tobacco, drugs, vapes, or caffeine?
- Common symptoms of anxiety can include:
 - SOB, chest pain, dizzy, nausea, irritable, restless, difficulty concentrating or sitting still, sweating, fast HR, hyperventilation.
- Ask if there is anything that may be causing them stress, worry, feeling anxious.
- Reassure them that what they are feeling is real, but it may be due to anxiety and not a physical problem with their heart, lungs, etc.

Recommendations

- Green-Yellow-Red Zone
- Green: Prevention
 - Good sleep, exercise, good nutrition, spend time with friends, identify stressors that are controllable, practice relaxation techniques: deep breathing, purse lipped breathing, hold breath 3-5 seconds a few times.
- Yellow: Noticing some anxiety, stress if building: need to try to curb it.
 - Try to shift focus from anxiety symptoms to something else:
 - apply lotion *fidget
 - blow bubbles *guided imagery (imagine all 5
 - stress ball senses while imagining being in a
 - progressive muscle relaxation
 - walk, count backwards in 3's, 5's, etc.
 - worry box
- Red: Panic Attack
 - Have a trusted adult and go to them
 - Let them help you by making recommendations from the yellow zone to help calm you down.
 - Consider counseling, Dr apt, etc.

ANTS:

• Stop Automatic Negative Thoughts

CBT (Cognitive Behavioral Therapy)

- Teach-Trial-Discuss
- Teach:
 - Offer several things they can try to help with negative thinking, anxiety.
 - Have them pick a couple they are willing to do, there must be buy in or they will not do them at all.
- Trial:
 - o Have them practice using them for a while.
- Discuss:
 - How did they work
 - o If they worked great!
 - o If not, start process over again.