



# Student Services presents...

Previous topics covered by Student Services:

Empathy, Emotional Regulation, Social Media, Motivation, Sexual Abuse, and Executive Functioning

# NAMI will be talking to your child about anxiety and depression !

When: Thursday, February 23rd (built into to their schedule)

This was organized by Student Services to help address the growing need for anxiety and depression support and education.

NAMI (National Alliance on Mental Illness) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.



# Statistics:

## Anxiety versus Anxiety Disorder:

- Everyone has anxiety at some point!
- The function of anxiety is to keep us alert and cautious.
- However, when feelings of intense fear and distress are overwhelming and prevent us from doing everyday things, an anxiety disorder may be the cause.

## Anxiety disorders are the most common mental health concern in the United States.

- 40 million adults in the U.S., or 18%, have an anxiety disorder.
- Approximately 8% of children and teenagers experience the negative impact of an anxiety disorder at school and at home.
- Most people develop symptoms of anxiety disorders before age 21
- Women are 60% more likely to be diagnosed with an anxiety disorder than men.

# Symptoms of anxiety

## Emotional symptoms:

- Feelings of apprehension or dread
- Feeling tense and jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

## Physical symptoms:

- Pounding or racing heart and shortness of breath
- Upset stomach
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea

# Types of Anxiety Disorders...

- Panic Disorder
- Phobias
- Generalized Anxiety (GAD)
- Social Anxiety

Just because someone has anxiety does not mean they have an anxiety disorder! Remember, it has to be persistent and extensive. There are guidelines put in place by the DSM-V diagnosing these disorders.

# Causes

- Genetic predisposition
- Environmental (traumatic event such as abuse, death of loved one, violence, prolonged illness, etc)

# Treatment Modalities

- Psychotherapy
- Medication
- Stress and relaxation techniques
- Alternative approaches



# Related Conditions

- Depression
- Substance abuse
- ADHD
- Eating disorders
- Trouble sleeping

# Helping Yourself

- **Become an expert.** Learn about medication and treatment options. Keep up with current research. Build a personal library of useful websites and helpful books.
- **Know your triggers and stressors.**
- **Partner with your health care providers.**
- **Get healthy.**
- **Avoid drugs and alcohol.**
- **Find support.**

# Helping your child or others:

- **Create a treatment role.** Increasingly, mental health professionals are recommending couple or family-based treatment programs. Occasionally, a therapist might enlist a loved one to help reinforce behavior modification techniques or help with homework. Ultimately the work involved in recovery is the responsibility of the person with the disorder, but you can play an active, supportive role.
- **Communicate.** Speak honestly and kindly. Make specific offers of help and follow through. Offer alternatives that may be more comfortable for your loved one so she can still be involved. Tell the person you care about her. Ask how she feels and don't chide or judge.
- **Allow time for recovery.** Understanding and patience need to be balanced with pushing for progress and your expectations.
- **React calmly and rationally.** Even if your loved one is in a crisis, it's important to remain calm. Listen to him and make him feel understood, then take the next step towards getting help.
- Mindfulness class for middle school girls ( 7th & 8th grade) starting this Sunday.
- [https://apm.activecommunities.com/thecommunityhouse/Activity\\_Search/be-mindful-intro-mindfulness-middle-school-girls/5504](https://apm.activecommunities.com/thecommunityhouse/Activity_Search/be-mindful-intro-mindfulness-middle-school-girls/5504)
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