

What You Need to Know About Anxiety



Learning Objectives

You will learn:

- To identify anxiety symptoms, causes and conditions
- How to get help, support and resources
- How to manage your anxiety
- Coping skills to help implement positive change
- How to maintain wellness in the future
- How to set achievable and measurable goals



Symptoms of Anxiety

- Not able to stop or control worry
- Feeling tired
- Irritability
- Restless or on edge
- Feeling afraid as if something awful might happen
- Sleep difficulties
- Trouble concentrating
- Feeling like you may lose control
- Panic attacks
- Muscle tension
- Shortness of breath
- Chest pain
- Nausea/upset stomach
- Trembling



Anxiety and Stress-Related Disorders

- Generalized Anxiety Disorder
- Panic Disorder
- Agoraphobia
- Specific Phobia
- Social Anxiety Disorder (Social Phobia)
- Post-Traumatic Stress Disorder (PTSD)*



Causes of Anxiety

- ❑ Genetics
- ❑ Biology and other health issues
- ❑ Psychological
- ❑ Drugs/alcohol/diet
- ❑ External/environmental factors



Remember anxiety can be successfully treated regardless of the factors causing it.

When You Need Help

How do I know if I need help?

- Generalized Anxiety Disorder Scale (GAD-7)

Where can I get help?

- Primary Care Manager (PCM)
- Psychiatrist
- Therapist – go to www.tricare-west.com to find a local provider or call TRICARE Customer Service at 1-844-866-WEST (866-9378)
- Military OneSource – go to www.militaryonesource.com or call 1-800-342-9647
- CG SUPRT – go to: www.cgsuprt.com or call 1-855-CG SUPRT (1-855-247-8778)
- Suicide Prevention Line – 1-800-273-8255
- **Call 911 or go to the nearest emergency room**



Types of Providers and Therapy

Therapy providers

LCSW, LMFT, Psy.D, Ph.D, LMHC, LPC

Types of therapy

- Cognitive therapy
- Behavioral therapy
- Cognitive-behavioral therapy (CBT)
- Exposure therapy



Medication Treatment

Commonly used medications for anxiety:

- Benzodiazepines
 - Xanax, Klonopin, Valium, Ativan
- Selective serotonin reuptake inhibitors (SSRIs)
 - Zoloft, Prozac, Celexa, Paxil
- Tricyclic antidepressants
 - Anafranil, Imipramine
- Other anti-anxiety agents
 - BuSpar, Minipress, Atarax, Propranolol, Neurontin

Medication Disclaimer

Prescription medications may not be appropriate for some individuals. Some may have certain side effects or interactions with other medications that could be harmful to your health. Discuss your individual health condition with your doctor and work together to determine which medications are best for you. The U.S. Food and Drug Administration has approved the medications mentioned in this program.

Visit www.tricare.mil and www.express-scripts.com/tricare for current benefit and prescription information.

Tips for Managing Medications

- Develop good habits.
- Talk with your doctor about side effects.
- Never stop taking your anxiety medications without your doctor's permission.
- Talk with your health care provider about medications you are taking, or if you are using drugs or alcohol.
- Keep a list of all your current medications.



Self-Management

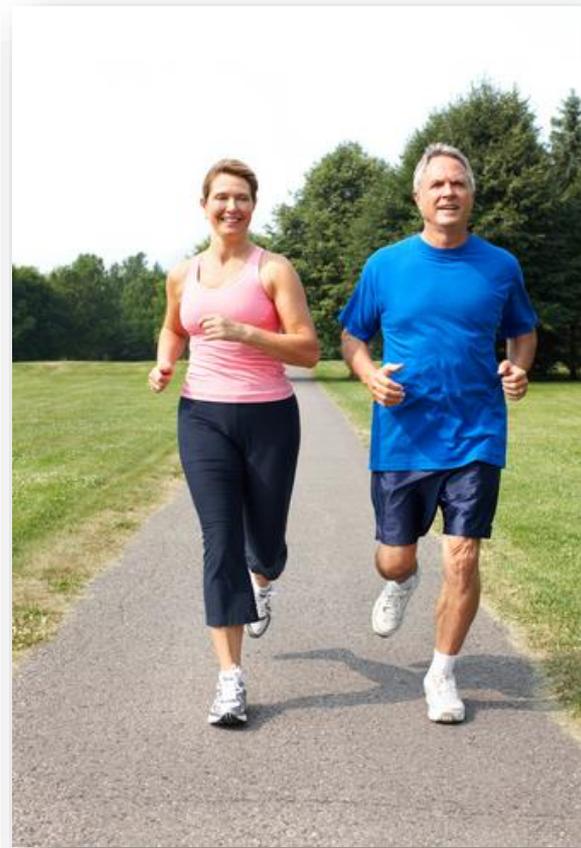
- ❑ Advocate for yourself.
- ❑ Make and keep your appointments.
- ❑ Communicate with your health care providers openly and honestly.
- ❑ Continue with medications as prescribed.
- ❑ Do not skip doses of medications.
- ❑ Communicate with trusted family and friends about your symptoms.
- ❑ Manage other health conditions.
- ❑ Use GAD-7 to monitor symptoms.



Self-Care

Self-care activities include:

- ❑ Exercising
- ❑ Eating healthy
- ❑ Having social interaction and support
- ❑ Getting enough sleep
- ❑ Avoiding drugs and alcohol
- ❑ Avoiding caffeine



Coping Skills

Coping skills may include:

- Connecting with social supports
- Scheduling and planning your time
- Using relaxation techniques
- Journaling



Learning and using coping skills can help to manage anxiety and stress.

Relaxation Techniques

- Deep breathing
- Meditation
- Visualization or guided imagery
- Progressive muscle relaxation



Journaling

Benefits of Journaling

- Gain awareness
- Identify symptoms and triggers
- Identify thought and behavior patterns
- Promote understanding
- Shift to a positive attitude

How to Use a Journal

- Record keeping
- Anxiety diary (see handout)
- Thought record (see handout)
- Problem solving
- Gratitude journal/personal strengths



Anxiety Action Plan

- **Anxiety Action Plan** – a guide to help you manage signs and symptoms of anxiety

- **Symptom Management** – helps increase self-awareness and reminds you how to manage symptoms

Anxiety Action Plan

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This **action plan** is a guide to help you recognize the signs and symptoms of anxiety, and be prepared with actions you should take. You and your specialist should complete this plan together. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	<p>Green means you are doing well. Symptoms are STABLE.</p> <p>Your anxiety is under control.</p>	<ul style="list-style-type: none"> Your anxiety symptoms are well managed. You are participating in your usual activities. _____ _____ _____ 	<ul style="list-style-type: none"> Take medications as directed. Follow your treatment plan. Get adequate exercise, proper nutrition and a good night's sleep. _____ _____ _____
YELLOW	<p>Yellow means CAUTION.</p> <p>Your symptoms indicate you need to talk with your primary care manager (PCM), therapist, psychiatrist, or support network.</p>	<ul style="list-style-type: none"> Your anxiety symptoms have increased, such as changes in sleep, appetite, an increase in worry, fear, panic, irritability, or even suicidal thoughts. Your coping skills are not as effective. _____ _____ _____ 	<ul style="list-style-type: none"> Continue your current medication. Reach out to your support network, therapist, psychiatrist, or PCM. _____ _____ _____
RED	<p>Red means you need help IMMEDIATELY!</p> <p>You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.</p>	<ul style="list-style-type: none"> Your symptoms are unmanageable and may include suicidal or homicidal thoughts, a plan and/or intent. _____ _____ _____ 	<ul style="list-style-type: none"> This is a psychiatric emergency. Call 911, a suicide prevention hotline or have a friend or family member take you to the ER. _____ _____ _____

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Symptom Management

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You can manage your anxiety by following these tips below.

Anxiety symptoms

- excessive or uncontrolled anxiety and worry
- feeling restless or on edge
- easily fatigued
- difficulty concentrating
- irritability
- muscle tension
- sleep problems
- panic attacks (sudden onset of intense apprehension, fearfulness or terror often associated with feelings of impending doom)
- agoraphobia (fear of being alone, leaving your home or any situation where you could feel trapped, embarrassed or helpless if you do panic)
- _____
- _____
- _____
- _____
- _____
- _____
- _____

What you can do to manage anxiety

- Get support. Contact friends and family as needed.
- Keep medical and therapy appointments.
- Take medications as prescribed.
- Get rest.
- Exercise.
- Practice meditation or deep breathing for relaxation.
- Get proper nutrition.
- Make a plan. Follow your action plan, including monitoring your symptoms, and contacting your providers and members of your support team as needed.
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Emergency Contact Numbers

Friends/Support: _____

Psychiatrist: _____

Therapist: _____

PCM: _____

24/7 Emergency Resources 911

National Suicide Prevention Hotline
1-800-273-TALK (8255)

Military OneSource
1-800-342-9647
www.militaryonesource.mil

Additional Resources

National Alliance on Mental Illness (NAMI)
1-800-950-NAMI (6264)
www.nami.org

National Institute of Mental Health (NIMH)
1-866-615-6464
www.nimh.nih.gov

Locate a TRICARE-authorized provider here:
www.tricare-west.com/go/pcovdr

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Goal Setting

Set goals that are:

- Small
- Measurable
- Attainable
- Specific



Identify one small goal:



Celebrate Your Progress

Acknowledge your own progress!

- You know more about managing your condition than you think.
- Recognize each and every success.
- Recognizing and rewarding your successes will help keep you motivated and on track for future goals.



Programs, Teleclasses and Resources

Online Programs and Resources

- Assessing Your Readiness for Healthy Change
- Basics for Reaching a Healthy Weight
- Healthy Weighs for Life
- Take Charge of Your Health
- The Basics of Asthma Management
- Time to Quit
- [Tobacco Cessation Resources](#)
- [Behavioral Health Care web page](#)

Classes

- Heart Healthy Living (recorded)
- Making Healthy Changes for Life (live)
- Preparing to Quit Tobacco (recorded)
- Stress Management in Times of Uncertainty (recorded)
- The Basics of Depression Management (recorded)
- The Essentials of Diabetes Management (recorded)
- What You Need to Know About Anxiety (recorded)

Access Health Net Federal Services Health and Wellness programs and resources
www.tricare-west.com > Beneficiary > Wellness Center > Wellness Programs and Resources

Disease Management Programs

Two Ways to Self-Nominate

- Call 1-844-732-2436 from 8 am–6 pm local time Monday through Friday.
- Click on the link in the Class Resources section to go directly to the [Disease Management Program Information and Nomination page](#), and use the self-nomination form at the bottom of the page.



[Disease Management Education Center](#)

Programs include: anxiety, asthma, chronic obstructive pulmonary disease, coronary artery disease, depression, diabetes, heart failure

Additional Information

Find a TRICARE-authorized provider

- Use the online [provider directory](#).
- Call the TRICARE Customer Service Line.
1-844-866-WEST (866-9378)



Call the Nurse Advice Line

1-800-TRICARE (1-800-874-2273), option 1
24 hours a day, 7 days a week
Chat or video chat at MHSNurseAdviceLine.com

Fill a prescription

- Fill your prescriptions at your military pharmacy or through [home delivery](#).
Contact TRICARE's Pharmacy Home Delivery
(Express Scripts) at: 1-877-363-1303.

Conclusion

- Thank you!
- [Class evaluation](#)



Presentation References

¹Adapted from Anxiety and Depression Association of America, Facts and Statistics, located at <http://www.adaa.org/about-adaa/press-room/facts-statistics>. Accessed 9/28/2020.

²Adapted from Anxiety and Depression Association of America, Panic Disorder and Agoraphobia Symptoms, located at <http://www.adaa.org/understanding-anxiety/panic-disorder-agoraphobia/symptoms>. Accessed 9/28/2020.

³Adapted from Anxiety and Depression Association of America, Generalized Anxiety Disorder Symptoms, located at <http://www.adaa.org/understanding-anxiety/generalized-anxiety-disorder-gad/symptoms>. Accessed 9/28/2020.

⁴Adapted from Anxiety and Depression Association of America, Understanding Anxiety, located at <http://www.adaa.org/understanding-anxiety>. Accessed 9/28/2020.

⁵Adapted from National Institute of Mental Health, Causes, located, <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>. Accessed 9/28/2020.

⁶Adapted from National Institute of Mental Health, Treatments-Psychotherapy, located at <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>. Accessed 9/28/2020.

⁷Adapted from Anxiety and Depression Association of America, Find Help, Treatment, Medication, located at <https://adaa.org/finding-help/treatment/medication>. Accessed 9/28/2020.