



Welcome to Your C3 Engage Wellness Program



# REDUCING ANXIETY

Dr. Whitney Harper, LCSW  
Behavioral Health Specialist



Cottonwood Creek Wellness Center

# Agenda



It is stress or anxiety?



Quick assessment



Anxiety reduction exercises



# Stress and Anxiety



There's a fine line between stress and anxiety. Both have similar emotional responses; however, intensity and duration are very different.

The good news is **both mild stress and mild anxiety respond well to similar coping mechanisms.**

# Am I experiencing stress or anxiety?



Stress is typically caused by an external trigger. The trigger can be short-term, such as a work deadline or a fight with a loved one or long-term, such as being unable to work, discrimination, or chronic illness.

***People under stress experience mental and physical symptoms, such as irritability, anger, fatigue, muscle pain, digestive troubles, and difficulty sleeping.***

Anxiety, on the other hand, ***is defined by persistent, excessive worries that don't go away even in the absence of a stressor.***

Anxiety leads to a nearly identical set of symptoms as stress: insomnia, difficulty concentrating, fatigue, muscle tension, and irritability.



**LET'S TAKE THE GAD**

**GENERALIZED  
ANXIETY DISORDER  
SCREEN**



**Over the last 2 weeks, how often have you been bothered by the following problems?**



## Scoring

- ▶ [0] Not at All
- ▶ [1] Several days per week
- ▶ [2] More than half the days per week
- ▶ [3] Nearly every day of the week

▶ [0] Not at All ▶ [1] Several Days/Week ▶ [2] More than Half Days/Week ▶ [3] Nearly Every Day/Week

# Generalized Anxiety Screening (GAD)

1. Feeling nervous, anxious, or on edge \_\_\_\_\_
2. Not being able to stop or control worrying \_\_\_\_\_
3. Worrying too much about different things \_\_\_\_\_
4. Trouble relaxing \_\_\_\_\_
5. Being so restless that it is hard to sit still \_\_\_\_\_
6. Becoming easily annoyed or irritable \_\_\_\_\_
7. Feeling afraid as if something awful might happen \_\_\_\_\_

**TOTAL:**



# GAD Scoring

0 – 4

## Minimal Anxiety



Individuals with this score may not require treatment or may benefit from **general wellness practice**

5 – 9

## Mild Anxiety



This range may indicate the need for **lifestyle changes**, stress management techniques, or counseling

10 – 14

## Moderate Anxiety



Individuals scoring in this range may benefit from more **structured therapies** like cognitive-behavioral therapy (CBT) or medication

15 – 21

## Severe Anxiety



This score range typically requires **comprehensive treatment plans**, including medication, therapy, and other interventions

# Anxiety FACTS



According to the latest data from the [National Institute of Mental Health](#), **31%** of Americans will experience an anxiety disorder during their lifetimes.



One of the most common anxiety disorders is generalized anxiety disorder. Marked by excessive, hard-to-control worry occurring most days with physical symptoms and **occurs over six months.**



Another type of anxiety disorder is panic disorder. Marked by sudden attacks of anxiety with sweating, dizziness, and gasping for air. Caused by specific phobias (such as fear of flying) or social anxiety. **Pervasive fear** of social situations.

# STRESS AND ANXIETY REDUCTION?



# MILD STRESS AND MILD ANXIETY COPING SKILLS

## FOR GAD SCORES 0-6

Both mild stress and mild anxiety respond well to:



### Nutritious and Varied Diet

When confronted with a stressor, the central nervous system releases adrenaline and cortisol, which affects the digestive tract among other physiological changes. Aim to **consume a rainbow of fruits and vegetables as part of your daily diet.** Avoid using substances such as alcohol.



### Good Sleep Hygiene

Try to have a consistent sleep routine that allows time to **wind down before lights out.** Avoid caffeine and alcohol in the late afternoon and evening.



### Physical Activity

Physical activity may also [cancel out some of the negative effects of stress](#), including the impact of stress on the immune system. Adding physical activity needn't be expensive or complex: **A brisk 30-minute walk.**

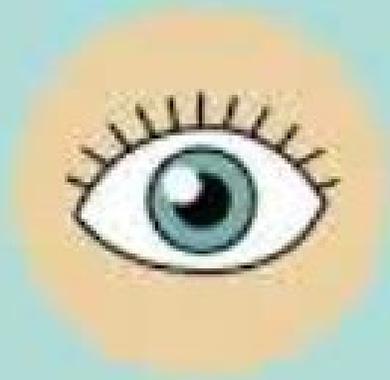


# Mindful Exercise

Mindful exercise involves bringing awareness to your body's movements and sensations during physical activity, fostering a deeper connection between mind and body.

It's about paying attention to your breath, muscles, pace, and emotions without judgment as you move. This practice can enhance focus, reduce stress, and improve overall well-being.

5



4



3



2



1



Pocket Breath Coach

**Breathe out  
when it goes down**



# MODERATE TO SEVERE ANXIETY COPING SKILLS

## FOR GAD SCORES 7 - 21

Reach out to a professional if you are experiencing moderate to severe anxiety



### Therapy Options

- CBT**- changing negative thought patterns and behaviors that contribute to anxiety.
- DBT**- focuses on building skills for managing emotions, tolerating distress, and improving interpersonal relationships.



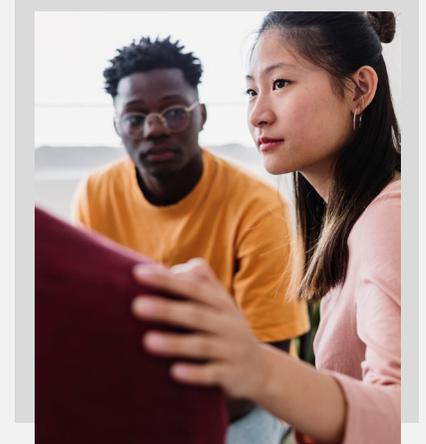
### Medication

Seeking medication may be helpful in managing moderate to severe anxiety symptoms, often in conjunction with therapy.



### Mindfulness Based Treatment

These therapies combine mindfulness practices (such as meditation) with cognitive-behavioral techniques to help individuals become more aware of their thoughts and feelings without judgment.



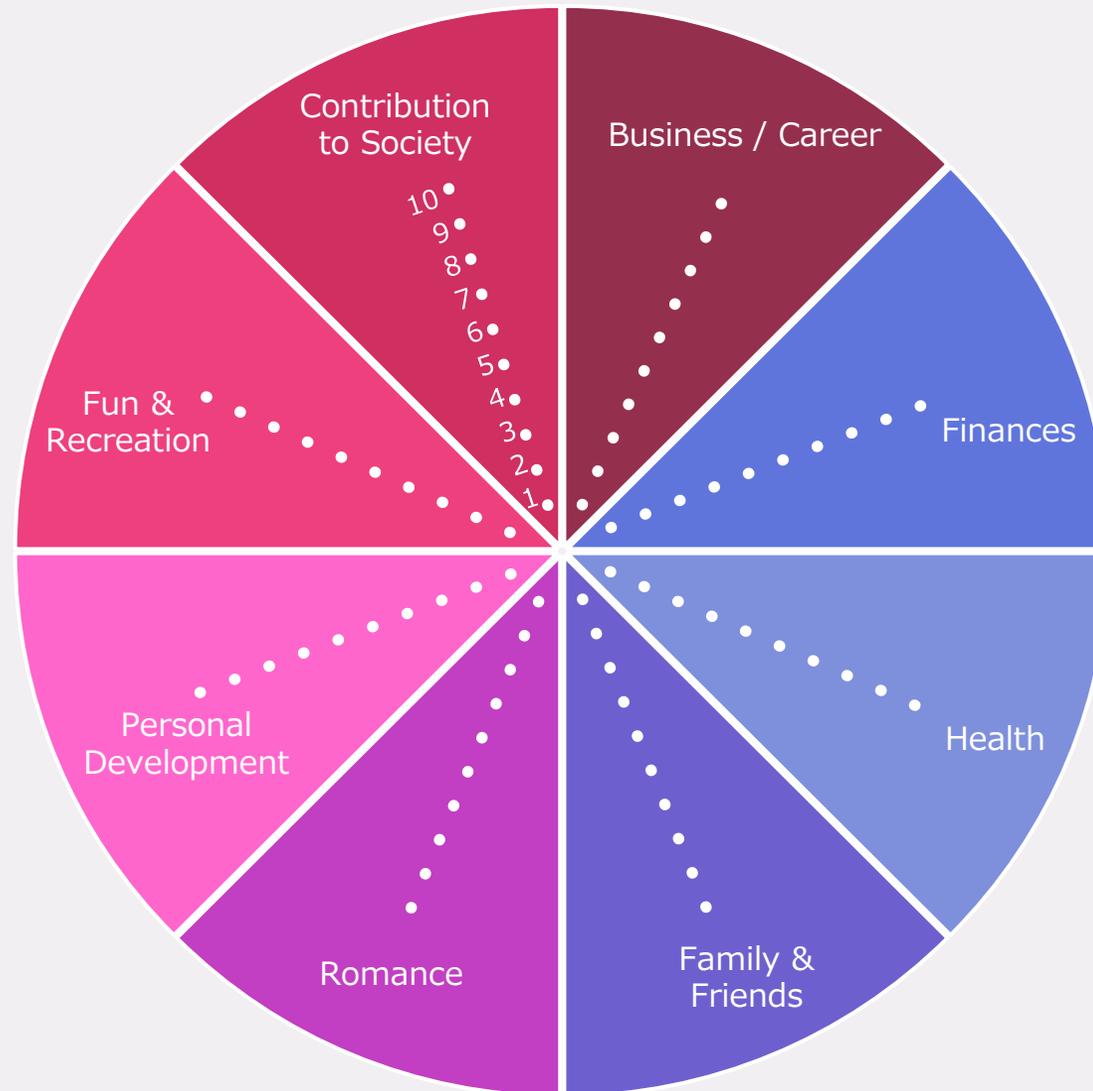
### Support Groups

Connecting with others who experience similar anxiety can provide valuable support and reduce feelings of isolation.

# WORK LIFE BALANCE WHEEL



# Life Balanced Wheel



# How Does it Work?

The Life Balance Wheel is straightforward in its application yet profoundly impactful in its results.

The process entails three fundamental steps:

## **Step 1: Pinpoint Your Life Domains**

Begin by identifying the various facets of your life that collectively contribute to your overall well-being. These aspects often encompass career progression, familial bonds, physical health, financial stability, personal development, and more. Ensuring that these domains represent all areas significant to you is essential, as this will provide a comprehensive view of your life.

## **Step 2: Gauge Your Satisfaction Levels**

Once you've outlined your life's critical domains, evaluate your current level of satisfaction in each area. Apply a numerical rating from 1 to 10, where 1 symbolizes minimal satisfaction, and 10 represents maximum contentment. This exercise provides a visual representation of your life balance, highlighting areas that are thriving and those that need attention.

## **Step 3: Contemplate and Strategize**

With your satisfaction scores, take some time to reflect on the results. Which areas are flourishing? Which ones require immediate attention? Use this reflection to pinpoint the sectors where you want to improve. Subsequently, devise action plans tailored to each domain to instigate the necessary change.

Consider using the printable Life Balance Wheel as a concrete starting point. This flexibility allows you to adapt the tool to suit your unique life circumstances and preferences, ensuring a truly reflective and beneficial experience.

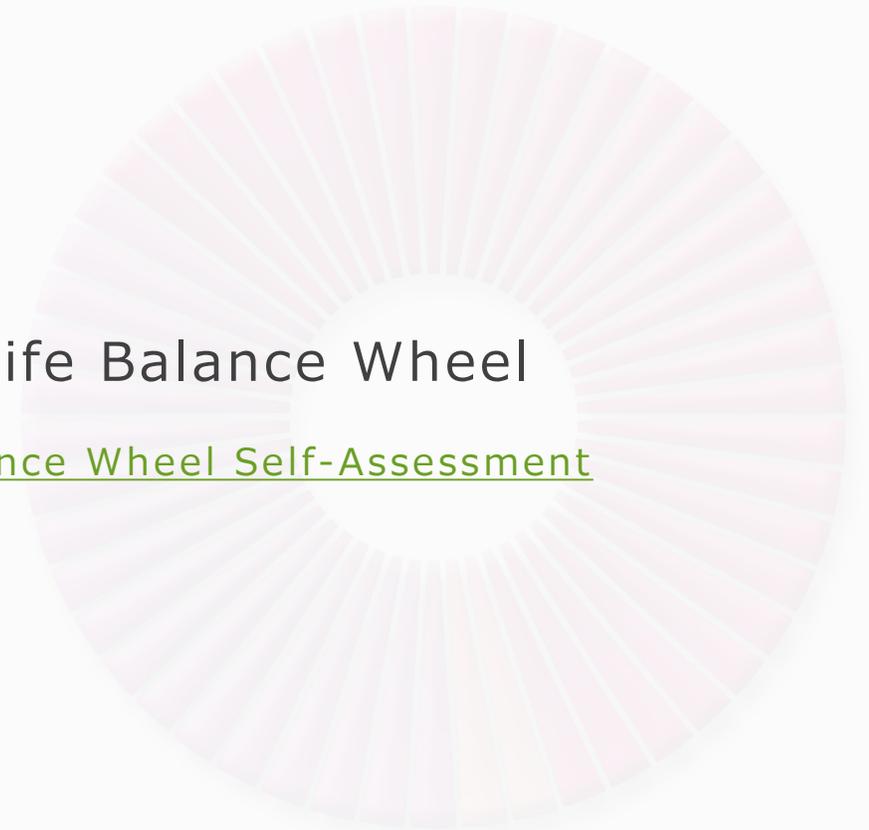
Remember, the Life Balance Wheel isn't just a one-time exercise; it's a continual process of self-evaluation and growth. Regularly revisiting your wheel will help track your progress and make necessary adjustments, fostering a balanced and fulfilling life.

# Resource



Work Life Balance Wheel

[Life Balance Wheel Self-Assessment](#)



Holistic Healing Begins Here.

**THANK YOU**

**Woodmen Office**

3280 E. Woodmen Rd. Suite #200  
Colo Spgs, CO 80920

**Downtown Office**

219 W. Colorado Ave. Suite #212  
Colo Spgs, CO 80903

[info@cottonwoodcreekwellness.com](mailto:info@cottonwoodcreekwellness.com)

719-445-6744

[cottonwoodcreekwellness.com](http://cottonwoodcreekwellness.com)



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