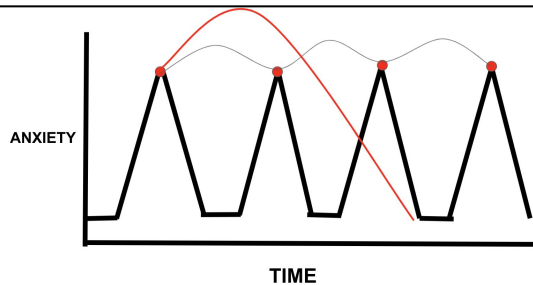# An Anxiety Management Intervention

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Introduction

Anxiety. What it is, how we experience it, and what we can do to manage it.

The peaks of the black lines are when we use safety behaviors, we want to diffuse with vulnerability, which is the thick red line that goes higher than the rest

ANXIETY

TIME

Theme explained in video: Driving Anxiety

Exposure Therapy (ERP): Exposing yourself to anxiety, understanding the relationship you have with it, and working through the discomfort. We use the "Inhibitory learning model to practice ERP.

Inhibitory learning model for claustrophobia

10) Ask a friend you trust to lock you in the trunk of their car. Give them your cell phone, and have them come back and get you in 5 to 20 minutes.
9)
8)
7)
6)
5) Have a friend you trust lock you in a closet, but keep your phone with you just in case you panic
4)
3)
2)
1) Think about someone in a small closet. It's dark, the door is locked, and it is uncomfortable.

Rapidly increasing anxiety motivates an urge to escape

A common (mistaken) expectation is that anxiety will continue to increase catastrophically

Exposure to the feared object or situation can result in habituation and a reduction of fear

Anxiety

Time

Fear often reduces faster and quicker with repeated exposures

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Conclusion

1. These practices apply to YOU if your anxiety stops you from doing work.
   Ex) Do work even if it gives you anxiety **VS** I am going to watch a show because I have too much work to do.
   ...or if you have a disorder like OCD, social and general anxiety disorder, bipolar disorder, PTSD, hoarding or addiction.

2. Practice inhibitory learning like it's an exercise. You can't just hope to feel better, you have to physically do the exercise so that you change how you understand your feelings, and how you behave in response to them.

3. If you have a panic attack from having too much going on, use mindfulness and focus on existential thoughts. This is diffusion.