

ANXIETY & STRESS

Bahareh HOSSENPOUR, MA CCC

Burnaby RCMP Youth Services

What Is Anxiety?

Anxiety is normal human emotion that **EVERYONE** experiences at times.

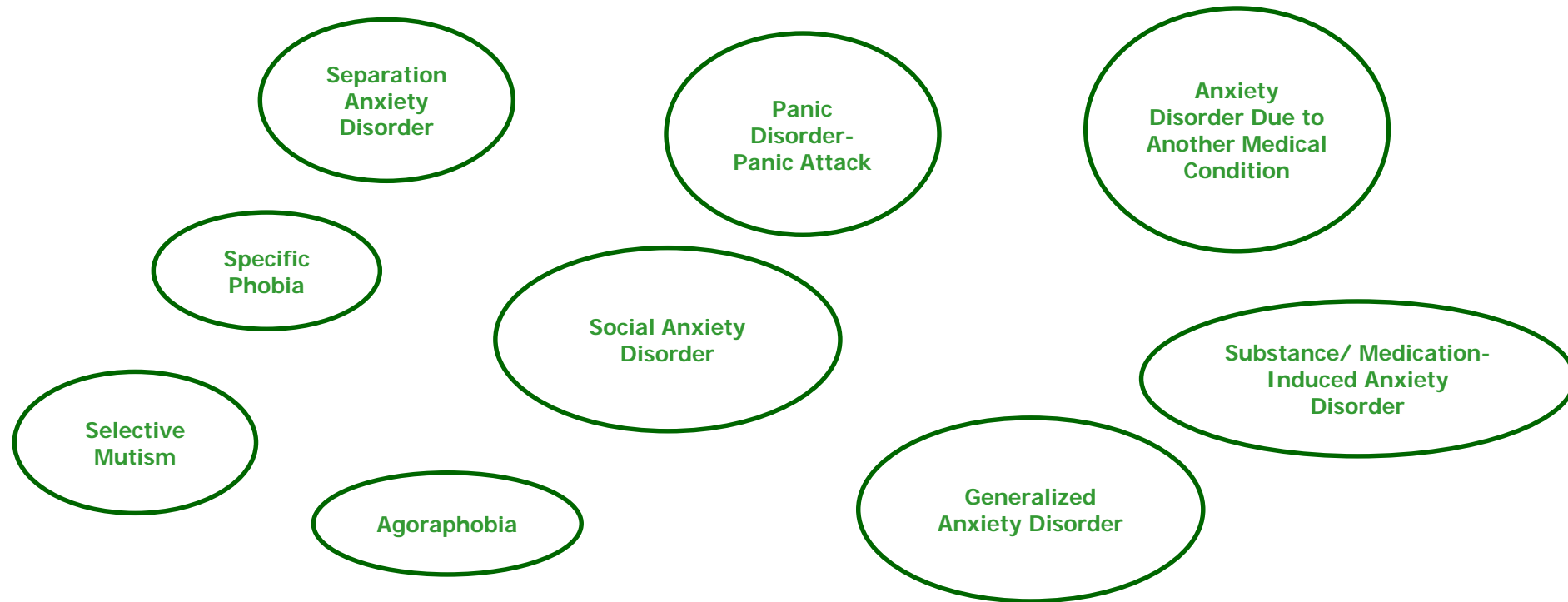
People feel anxious or nervous when:

- They have problems at work;
- Before taking a test; and
- Making important decisions, Etc.

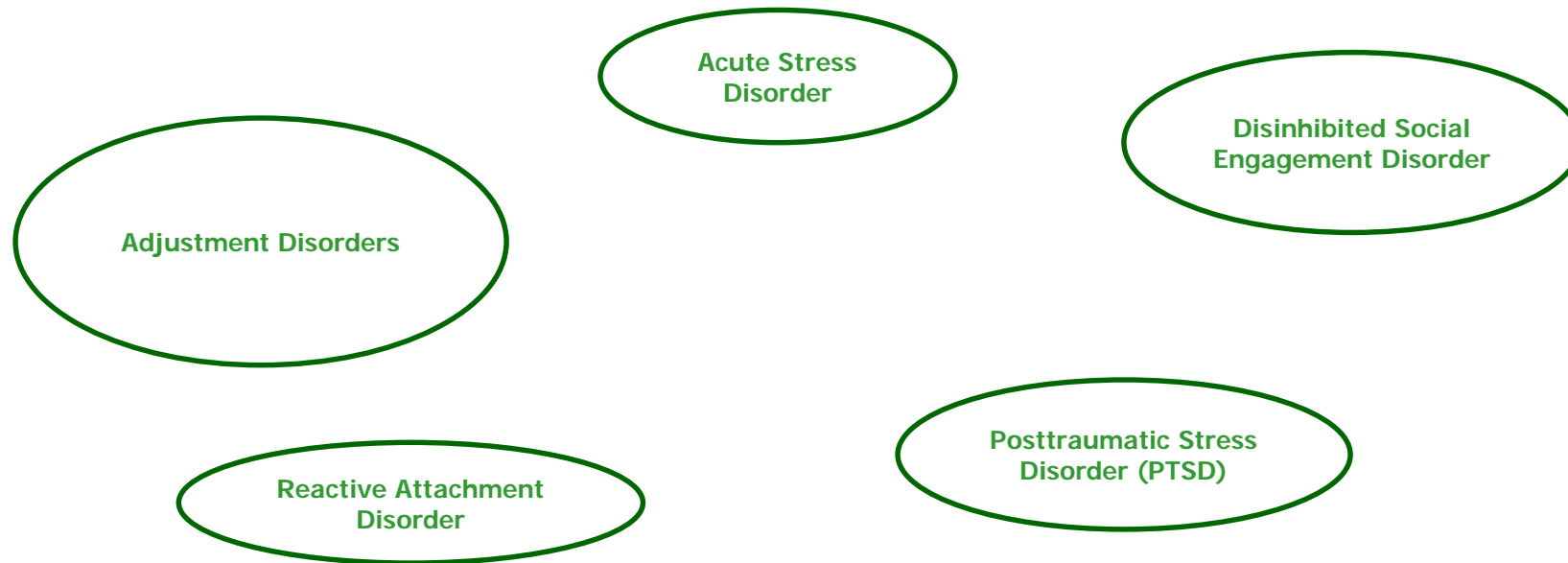
Anxiety Disorders are, however,
different!

**They can cause such
distress that a person's
ability to lead a normal life
is interfered with.**

Anxiety Disorders



Trauma & Stress Related Disorders



Cycle of Anxiety

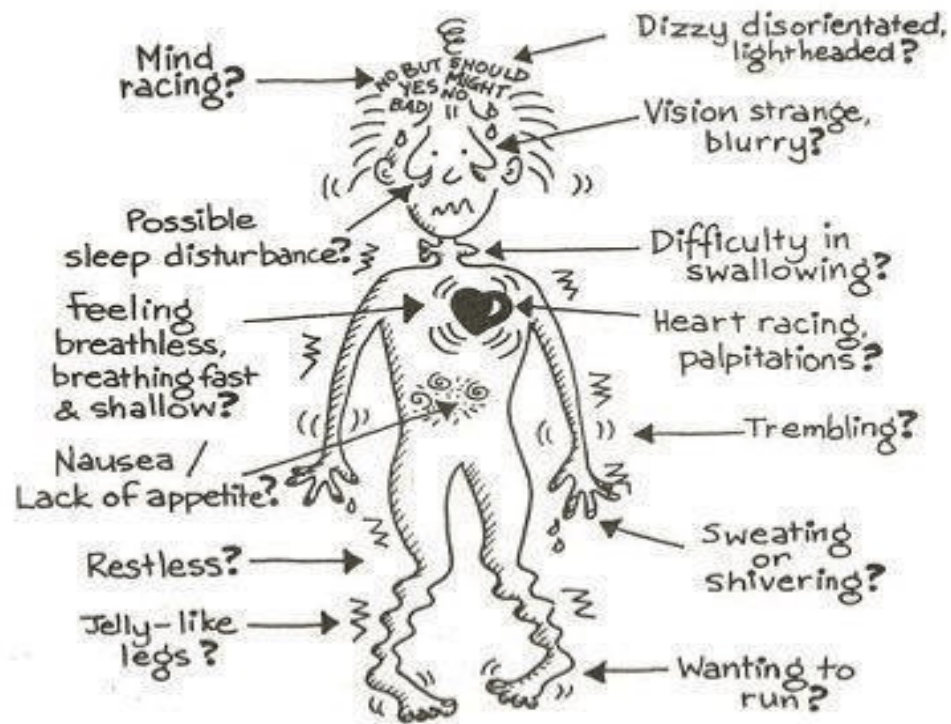


Signs & Symptoms

- **Physical**
- **Psychological**
 - ✓ **Cognitive**
 - ✓ **Emotional**
- **Behavioural**

Physical Symptoms of Anxiety

DOES THIS LOOK
FAMILIAR?



Stress & Anxiety on The Teen Body



Psychological Symptoms of Anxiety

- Fearful Anticipation
- Irritability
- Sensitivity to Noise
- Restlessness



- Impatience
- Confusion
- Worrying What Others Think about Them
- Depression
- Obsessions
- Depersonalization
- Poor Concentration
- Poor Memory



Behavioural Signs of Anxiety

- **Watching for Signs of Danger (Hypervigilance)**
- **Avoidance**
 - ✓ **Places**
 - ✓ **Situations**
 - ✓ **People**
 - ✓ **Not Sleeping Alone**

- **Catastrophizing**
- **Substance Use**
- **Self- Harming**
- **Suicidal Thoughts**
- **Eating More or Less**
- **Sleeping More or Less**

- **Neglecting Responsibilities**
- **Habits Like Nail Biting, Teeth Grinding and Pacing**
- **Procrastinating**
- **Neglecting Appearance**
- **Excessive Planning**



- **Safety Behaviours (such as Taking a friend, Taking Medications, etc.)**



'SAFETY SEEKING BEHAVIOUR'



& 'AVOIDANCE'



General Facts About Anxiety In Children and Youth

Typical Fears and Worries:

- **Infants:**

- ✓ Loud Noise
- ✓ Strangers

- **Toddlers:**

- ✓ Dark
- ✓ Monsters
- ✓ Separation From parents

- **School- Aged:**

- ✓ **Physical Injury**
- ✓ **Storm**
- ✓ **School**

- **Teen-Agers:**

- ✓ **Social relationships**
- ✓ **School Performance**

Common Stressors

- **Divorce/ Separation**
- **Family/ Friends' Move**
- **Immigration (Relocation)**
- **Loss of A Pet**
- **Break Up With GF/ BF**

- **Tests**
- **Death of A Loved One**
- **Poor Performance at School**
- **Illness of A Loved One**
- **Transitions**
 - ✓ **To Middle School**
 - ✓ **To High School**

- **Puberty and Changes That Follow**
- **Appearance**
 - ✓ **Body Image**
- **Acceptance by Peers**
- **Conflicts**
 - ✓ **At Home**
 - ✓ **At School**
- **Finances**

- **Pressure from Parents**
 - ✓ **School Performance**
 - ✓ **Athletic Performance**
 - ✓ **Friendships/ Peers**
 - ✓ **Certain Behaviours**
- **Cultural Expectations**

Four Levels of Anxiety

- **Mild Anxiety**
- **Moderate Anxiety**
- **Severe Anxiety**
- **Panic Level Anxiety**

Mild Anxiety

- **Common in Everyday Life**
 - **Job Performance**
 - **Lost in A City**
 - ✓ **Fidgeting**
 - ✓ **Irritability**
 - ✓ **Sweaty Palms**
- Motivation/ Seek Solutions**

Moderate Anxiety

- **Focus on Stressful Situation Directly** 
Ignoring Other Tasks

- ✓ Nervous Habits (Biting Nails)
- ✓ Fast Hear-Beat
- ✓ Dry Mouth
- ✓ Stomach Pain
- ✓ Speech(rapid or High Pitched)
- ✓ Exaggerated Hands/ Arms Movement

Severe Anxiety

- Moderate Symptoms Intensify/ Develop
- Ability to Focus and Solve Problems Impaired

**Sudden Loss of a Loved One/
Unexpected Loss of Job**

- ✓Chest Pain
- ✓Pounding Heart-Beat
- ✓Headache

- ✓ Vomiting/ Diarrhea
- ✓ Trembling
- ✓ Scattered thoughts
- ✓ Erratic Behaviour



Panic Level Anxiety

- **Most Disruptive and Challenging**
 - ✓ Inability to Move/ Speak or Sometimes Opposite
 - ✓ Ability to Think Rationally Impaired/ Perceptions Distorted
 - ✓ Not Identifying Dangers

Victims of Crime or Disasters

Causes of Anxiety

- **Environmental and External Factors**
- **Medical/ Internal Factors**

Environmental & External Factors

- **Trauma**
- **Abuse**
 - ✓ **Emotional**
 - ✓ **Verbal**
 - ✓ **Physical/ Sexual**
- **Victimization**

- **Loss of Loved Ones**
- **Severe Illness of Loved Ones**
 - ✓ **Physical**
 - ✓ **Mental (Including Substance Use)**
- **Natural Disasters**
- **War**
- **Stress in Relationships (Marriage/ Friends/ break-Ups)**

- **Stress from Work**
- **Stress from School**
- **Stress About Finances**
- **Lack of Oxygen in High Altitudes**
- **Family/ Friends' Move**
- **Immigration (Relocation)**
- **Loss of A Pet**

- **Transitions**
 - ✓ To Middle School
 - ✓ To High School
- **Puberty and Changes That Follow**
- **Appearance**
 - ✓ Body Image
- **Acceptance by Peers**
- **Conflicts**
 - ✓ At Home
 - ✓ At School

- **Pressure from Parents**

- ✓ **School Performance**
- ✓ **Athletic Performance**
- ✓ **Friendships/ Peers**
- ✓ **Certain Behaviours**

- **Cultural Practices**

Medical/ Internal Factors

- **Asthma**
- **Anemia**
- **Infections**
- **Heart Conditions**
- **Stress From Own Medical Illness**
- **Side Effect of Medications**

Anxiety Prevention

**Many Forms Cannot Be Prevented and
Can Only Be Reduced/ Controlled**

- **Reducing Caffeine, tea, Cola & Chocolate Consumption**
- **Exercising Regularly**

• Eating Healthy Foods

- ✓ Nutrient Deficiencies that can Cause Anxiety:
- ✓ Magnesium (Almonds, Avocados, Bananas)
- ✓ Zinc (Beef, Pumpkin Seeds, Cashew, Spinach)
- ✓ Vitamin B6 (Potatoes, Bananas, Chicken)
- ✓ Omega Three Fatty Acids (Fish Oil)
- ✓ Choline (Egg Yolks, Beef Liver)
- ✓ Selenium (Wild Caught Sea Food, eggs, Meat)
- ✓ Iron (Spinach, Sardines, Pistachios, Raisons)
- ✓ Vitamin D 
- ✓ Antioxidant Nutrients (Vitamin A, C & E)

- **Keeping A Regular Sleep Pattern**
- **Counselling**
- **Avoiding Alcohol, Cannabis, etc.**
- **Meditation (Mind/ Body Techniques)**
- **Aromatherapy**
- **Fresh Air**
- **Massages**

- **Being Aware of When One Is :**

- ✓ Hungry

- ✓ Angry

- ✓ Lonely

- ✓ Tired

- **Mindfulness**



Mind Full, or Mindful?

What is Mindfulness?

Doing One Thing at A Time with Full:

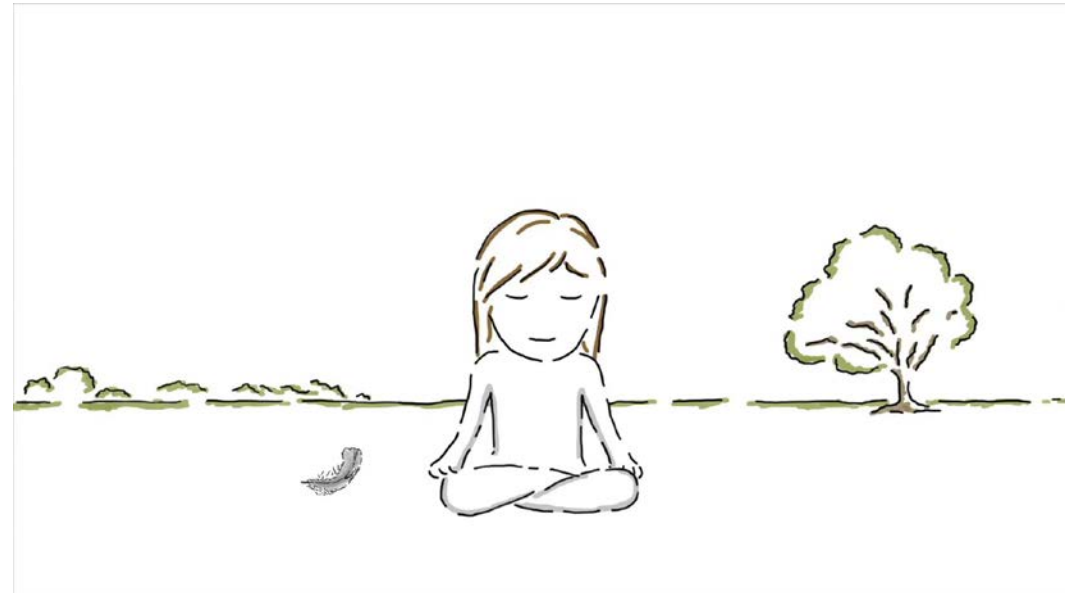
❖ Attention (Awareness)

❖ Acceptance (Being Aware of Experience without Judging It!)

Mindfulness Techniques Help with:

- Taking Control Of Mind
- Emotion Regulation
- Behavioural Control
- Improving Concentration
- Improving Memory

- **Impulse Control**
- **Engaging in Life**
- **Relaxation**
- **Brain Development**



Anxiety Treatment

- **Balancing Body Chemicals by:**
 - ✓ **Medications (GPs/ Specialists)**

No Self-Medications!

- **Talk Therapy (Counselling):**

- ✓ **Cognitive Behaviour Therapy (CBT)**

- ✓ **Dialectical Behaviour Therapy (DBT)**

- **Mindfulness Based Meditation/
Relaxation Techniques:**
 - ✓ **Deep Breathing Techniques**
 - ✓ **Calm/ Safe Place Exercises**
 - ✓ **Container Exercises**

Burnaby RCMP Youth Services



**Prevention and
intervention-focused
support through
Counselling and
Restorative Justice
Programs**

**Nora No, MA, RCC
Supervisor**

Burnaby RCMP Youth Services
Phone: 604.646.9783
burnaby_youth_services@rcmp-grc.gc.ca



"Partners for a safe community"