

Coping with Anxiety

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Danger in the Garden

A friend's story

THE ANXIETY EQUATION

$$\text{Anxiety} = \frac{\begin{array}{c} \text{Awfulness of outcome} \\ \times \\ \text{Likelihood it'll happen} \end{array}}{\begin{array}{c} \text{My coping ability} \\ + \\ \text{Rescue opportunities} \end{array}}$$

Anxiety

A normal reaction to stress or difficult times like paying bills, a breakup, landing or losing a job

A case of nerves or sweating before a big test or performance

Has a starting and ending point

Relaxing or breathing techniques often help you feel better

Lessens significantly when the stressful situation is over

Anxiety Disorder

Constant and unsubstantiated worry that causes significant distress

Disproportionate emotional response

Ongoing - lasts weeks or months

Interferes with daily life

Irrational fear or avoidance of an object, place or situation that poses little to no threat of danger

Feels impossible to control or manage



Panic Disorder

Sudden feelings of terror when there is no real danger.



Obsessive-Compulsive Disorder

Uncontrollable, reoccurring thoughts/behaviours (compulsions) that you feel the urge to repeat.



Social Anxiety Disorder

Intense anxiety or fear of being judged, negatively evaluated, or rejected in a social or performance situation.

Different Types of Anxiety



Generalized Anxiety Disorder

Persistent and excessive worry about a number of different things



Phobias

An excessive and irrational fear. You may experience a deep sense of dread or panic.



Post-Traumatic Stress Disorder

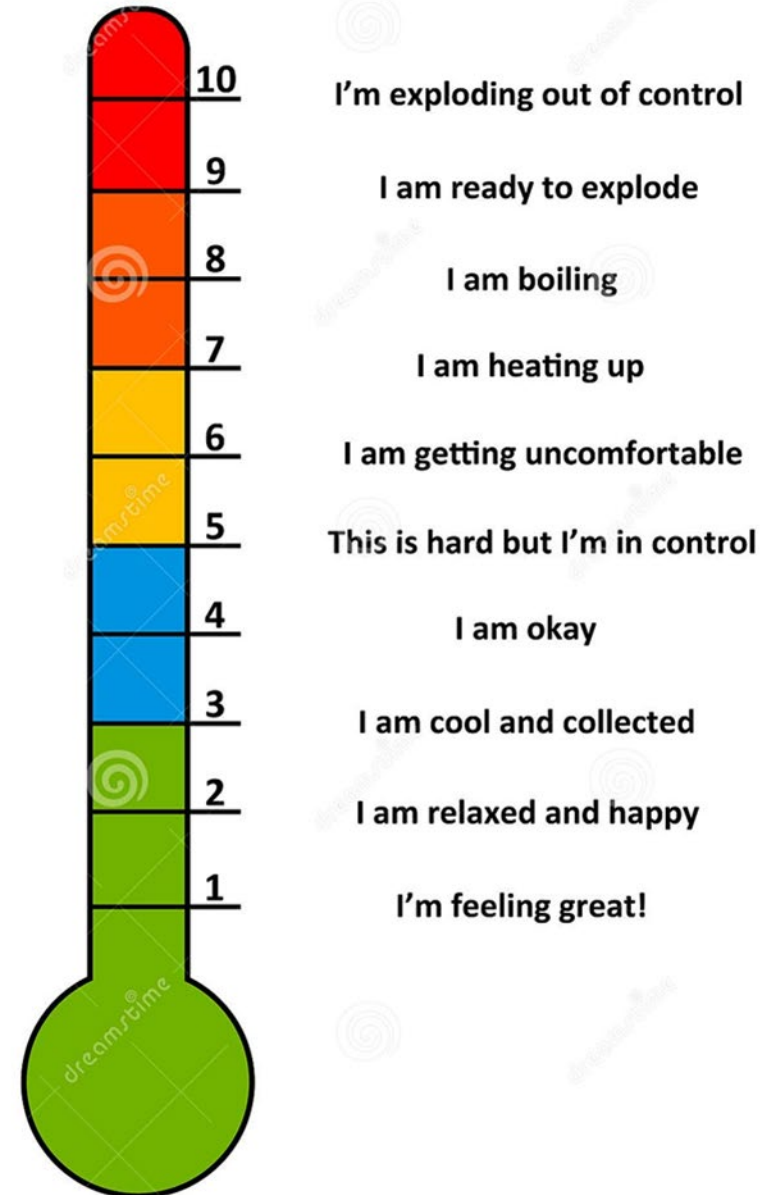
Re-experiencing trauma through intrusive distressing recollections of the event, flashbacks, and nightmares

@AnxietyGone



Emotional Thermometer

Feelings thermometer



FEELINGS THERMOMETER

how are you feeling?

HAPPY

SAD

ANGRY

WORRIED

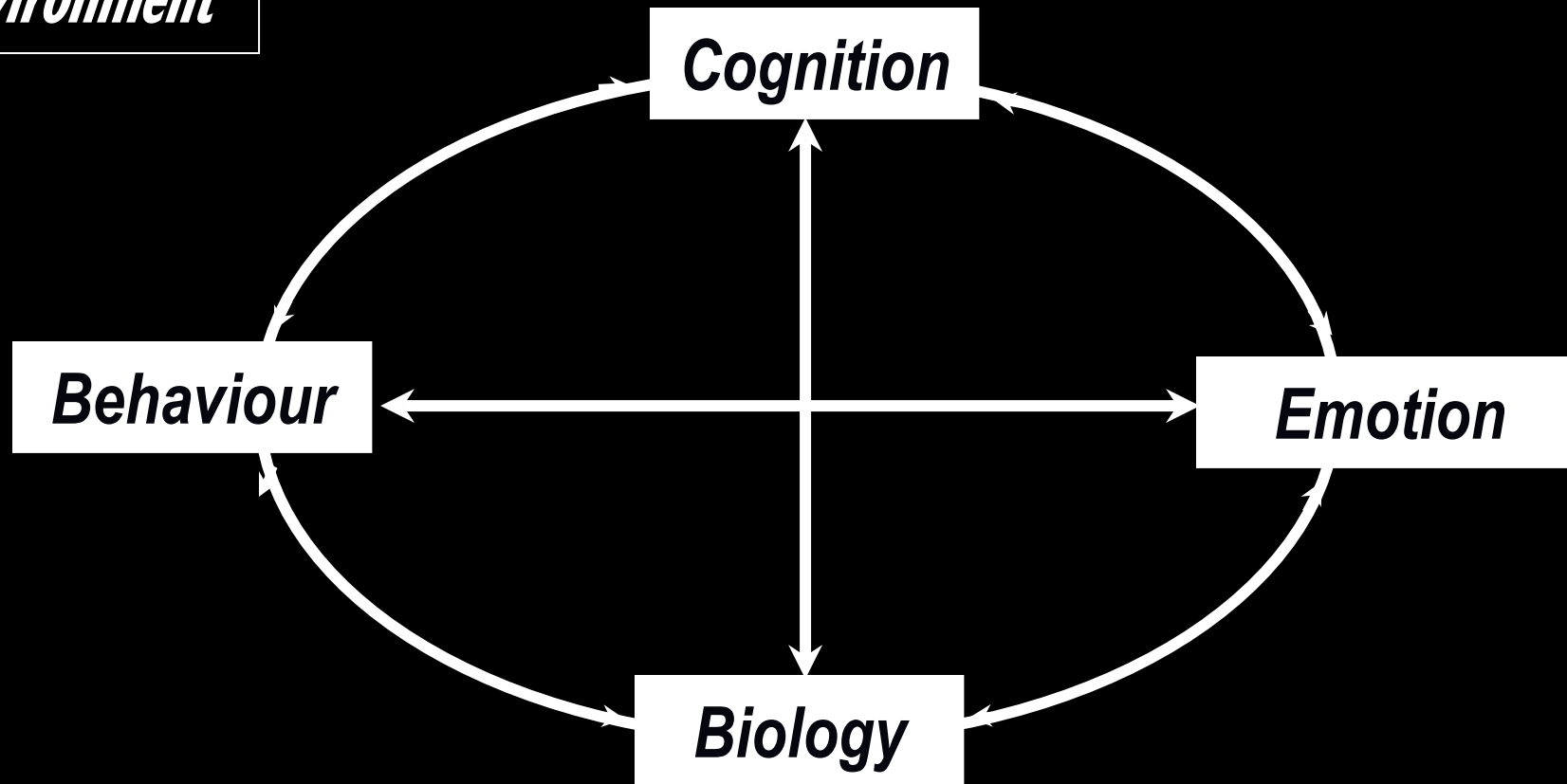
TIRED

ANNOYED



Padesky's Hot Cross Bun Model"

Environment



What we may feel when ANXIOUS

- **Physical**

- rapid breathing
- rapid heartrate
- tense muscles
- 'butterfly in the stomach'

- **Psychological**

- anxious thoughts
- fearful feelings

- **Social/Behavioural**

- avoidant behaviour
- safety behaviour
- positive coping behaviour

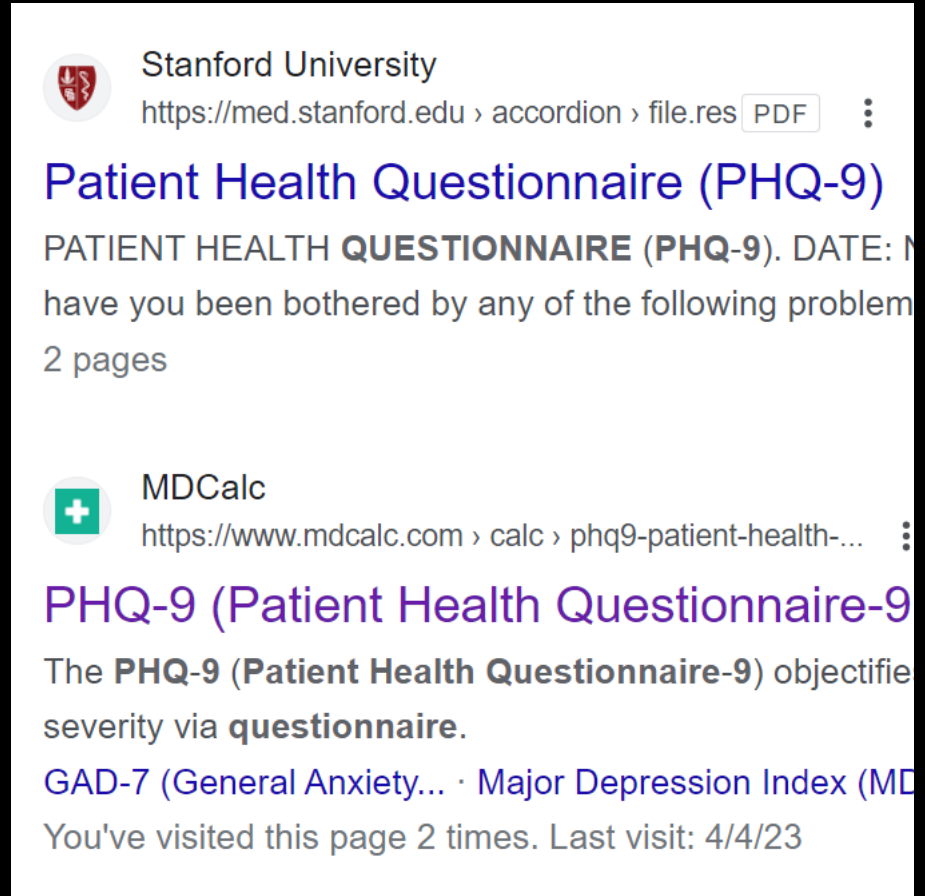
How real is the danger ?

- As seen by my best friend
- As I perceive it to be

Tools to help Cope with Anxiety

PHQ-9

Anxiety can be made worse
by underlying depression



The screenshot shows search results for the Patient Health Questionnaire (PHQ-9). The top result is from Stanford University, with a PDF icon and a three-dot menu. The second result is from MDCalc, with a plus-in-a-circle icon and a three-dot menu. The text in the screenshot is partially cut off on the right side.

Stanford University
<https://med.stanford.edu> › accordion › file.res PDF ⋮

Patient Health Questionnaire (PHQ-9)
PATIENT HEALTH QUESTIONNAIRE (PHQ-9). DATE: N
have you been bothered by any of the following problem
2 pages

MDCalc
<https://www.mdcalc.com> › calc › phq9-patient-health-... ⋮

PHQ-9 (Patient Health Questionnaire-9)
The **PHQ-9 (Patient Health Questionnaire-9)** objectifie
severity via **questionnaire**.
[GAD-7 \(General Anxiety...](#) · [Major Depression Index \(MD](#)
You've visited this page 2 times. Last visit: 4/4/23

Aladdin's magic lamp

If you get to have one wish...





Facing Your Fears

Exposure & Response Prevention
(ERP)

Downward Arrow Technique

- What if



- So if that happens, so what?



- What is so bad about that?



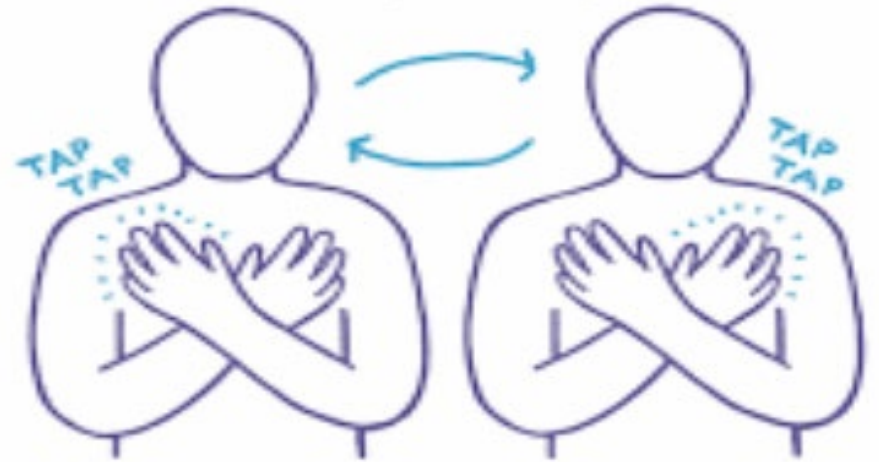
- What is the worst that can happen?

The Butterfly Tap

Bilateral Stimulation

Give myself a butterfly hug using alternate hand taps.

(Left, right, left, right.)

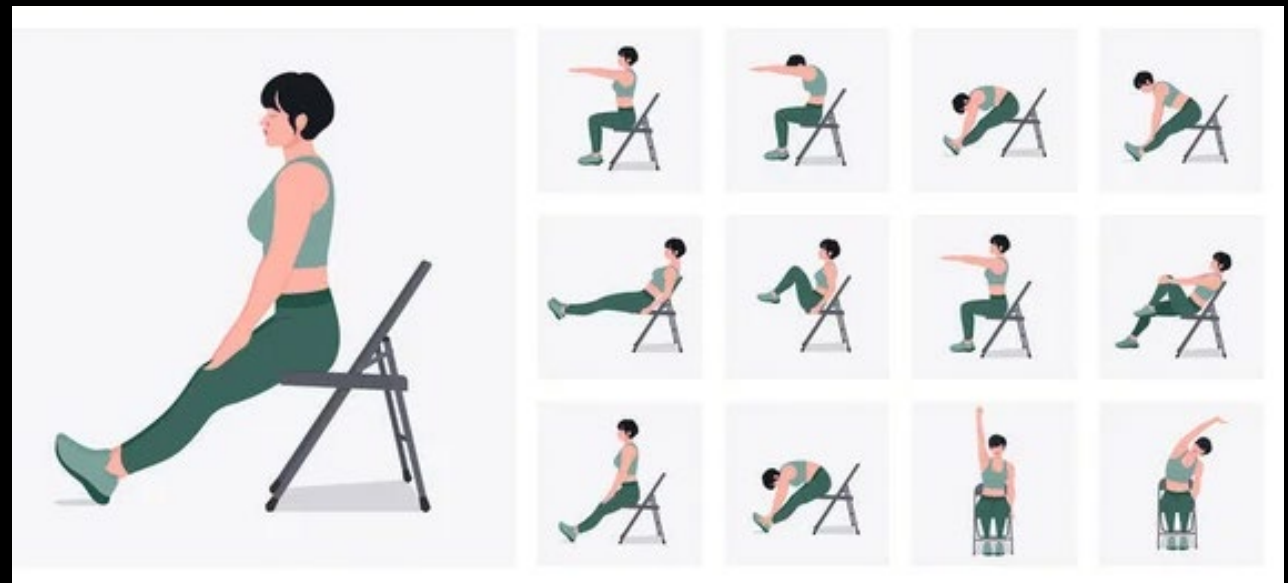
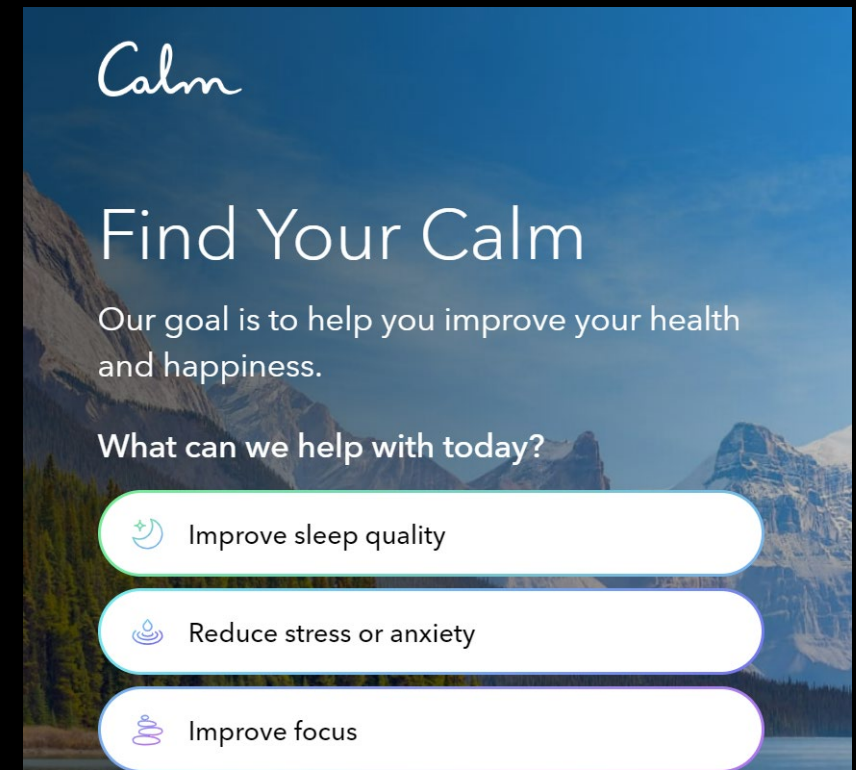


Imagine that your hands are a butterfly, flapping one wing, then the other.



Other Resources

- CALM - Apps
- Neurofeedback
- Exercise
- Spending time with friends



Questions & Discussion

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1. Online ADHD Parent Support Group
2. Online Adult ADHD Support Group
3. WhatsApp Mental Health News Group