Coping with Anxiety

Kiwanis
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Dato’ Dr Lai Fong Hwa
- Consultant Child & Adolescent Psychiatrist
- Cognitive Behaviour Therapist
- Family Therapist

Datin Indranee Liew
- Mental Health Advocate
- Mental Health First Aider & Instructor
- Behaviour Management Trainer & Consultant
Danger in the Garden

A friend’s story
THE ANXIETY EQUATION

Anxiety = \frac{\text{Awfulness of outcome} \times \text{Likelihood it'll happen}}{\text{My coping ability} + \text{Rescue opportunities}}
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
Different Types of Anxiety

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.

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

- 10: I’m exploding out of control
- 9: I am ready to explode
- 8: I am boiling
- 7: I am heating up
- 6: I am getting uncomfortable
- 5: This is hard but I’m in control
- 4: I am okay
- 3: I am cool and collected
- 2: I am relaxed and happy
- 1: I’m feeling great!
FEELINGS THERMOMETER

how are you feeling?

HAPPY       SAD       ANGRY       WORRIED       TIRED       ANNOYED

VERY HAPPY   VERY HAPPY   VERY ANGRY   VERY WORRIED   VERY TIRED   VERY ANNOYED

HAPPY       SAD       ANGRY       WORRIED       TIRED       ANNOYED

NOT HAPPY    NOT SAD    NOT ANGRY   NOT WORRIED   NOT TIRED    NOT ANNOYED

Expressions:

😊  😊  😊  😊  😊  😊
Padesky’s Hot Cross Bun Model

- Environment
- Cognition
- Behaviour
- Biology
- Emotion
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
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

Datin Indranee Liew
WhatsApp 012 534 2022

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