



England Therapy

Navigating Life **Anxiety**



Jerred England, LMFT



JERRED ENGLAND

Licensed Marriage & Family Therapist

LIFE EXPERIENCE

Husband, Dad, former Youth Minister & Preacher, never played pickleball

MENTAL HEALTH EXPERIENCE

Licensed since 2015, Masters in 2012, worked in community mental health and private practice. Primary work with adolescents, young adults, couples and I can do Brainspotting and Neurofeedback.

Today's Discussion

Topics to
Cover

- Anxiety
- What's their deal?
- Why can't I stop this?
- You didn't answer that.
- Resources for my anxiety



Eclipse Anxiety?



Anxiety

vs.

Stress

Stress

Stress

Stress

Stress



SYMPTOMS OF ANXIETY



Excessive or persistent worrying that occurs more often than not



Hyperarousal, including palpitations and sweating



Muscle tension and restlessness



Fatigue



Irritability



Headaches



Difficulty focusing



Sleep disturbances (too much or too little)



Nausea and abdominal cramping

HOUSTON
Methodist
LEADING MEDICINE



ANXIETY DISORDERS STATISTICS

Anxiety disorders affect
40 million
adults in the U.S.



For many people, symptoms begin to develop
before they are **21** years old.

Generalized anxiety disorders is the
most common
cause of workplace disability.



Anxious America

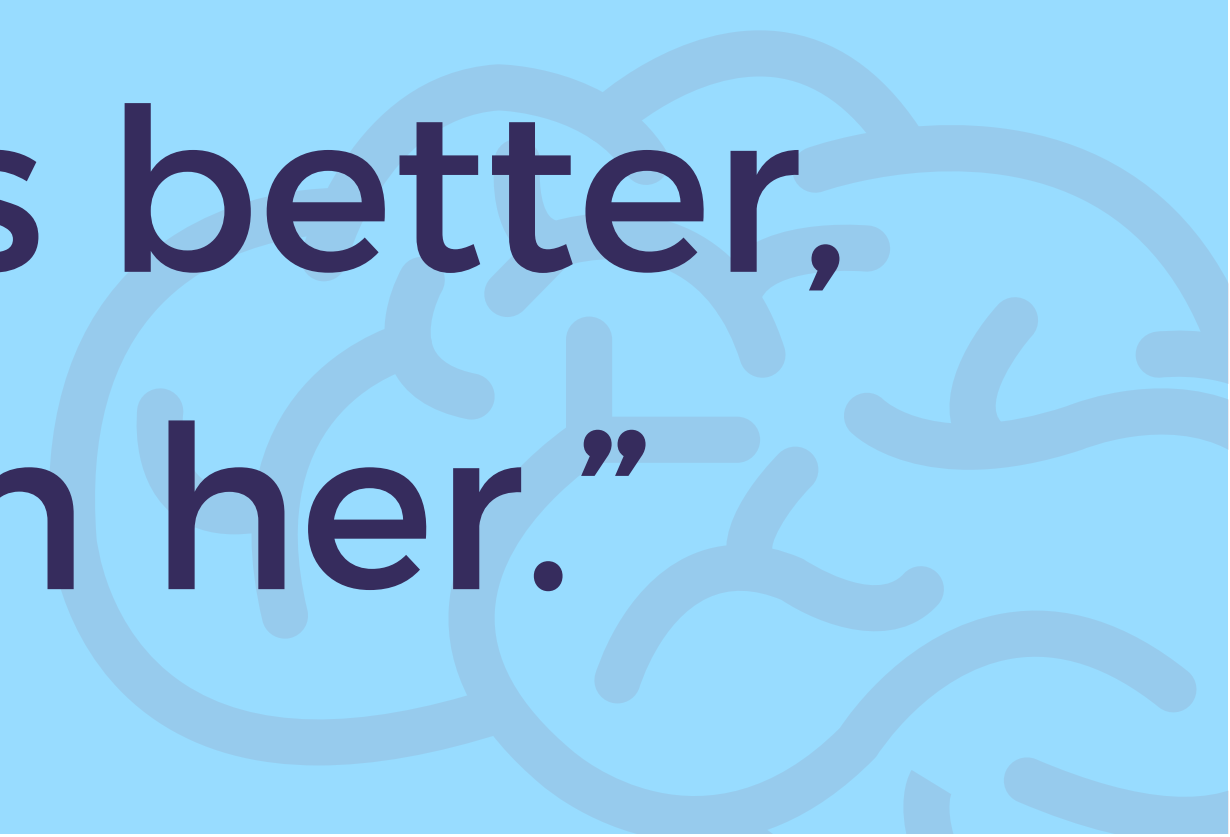


1. The presence of excessive anxiety and worry about a variety of topics, events, or activities. Worry occurs more often than not for at least six months and is clearly excessive.
2. The worry is experienced as very challenging to control. The worry in both adults and children may easily shift from one topic to another.
3. The anxiety and worry are accompanied by at least three of the following physical or cognitive symptoms (In children, only one of these symptoms)
 - Edginess or restlessness
 - Tiring easily; more fatigued than usual
 - Impaired concentration or feeling as though the mind goes blank
 - Irritability (which may or may not be observable to others)
 - Increased muscle aches or soreness
 - Difficulty sleeping (due to trouble falling asleep or staying asleep, restlessness at night, or unsatisfying sleep)

DSM-5 Diagnostic Criteria for Generalized Anxiety Disorder (Simplified)

Luke 10:41-42

“Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”



PTSD

POST-TRAUMATIC STRESS DISORDER



PTSD can happen
from a variety
situations

In children, anxiety can sometimes be a persistent, non-medically related illness.

Food for
Thought



TREATMENT FOR COMPLEX TRAUMA

- **Cognitive Behavioral Therapy**
- **Prolonged Exposure Treatment**
- **Eye Movement Desentization Therapy**
- **Brainspotting**
- **Neurofeedback (Alpha/Theta Training)**





Helping those with Anxiety

Do

Get an understanding of symptoms

Let them know you're here for them

Listen

Keep Communication open

Look after yourself

Don't

Constantly talk about it

Enable their anxieties

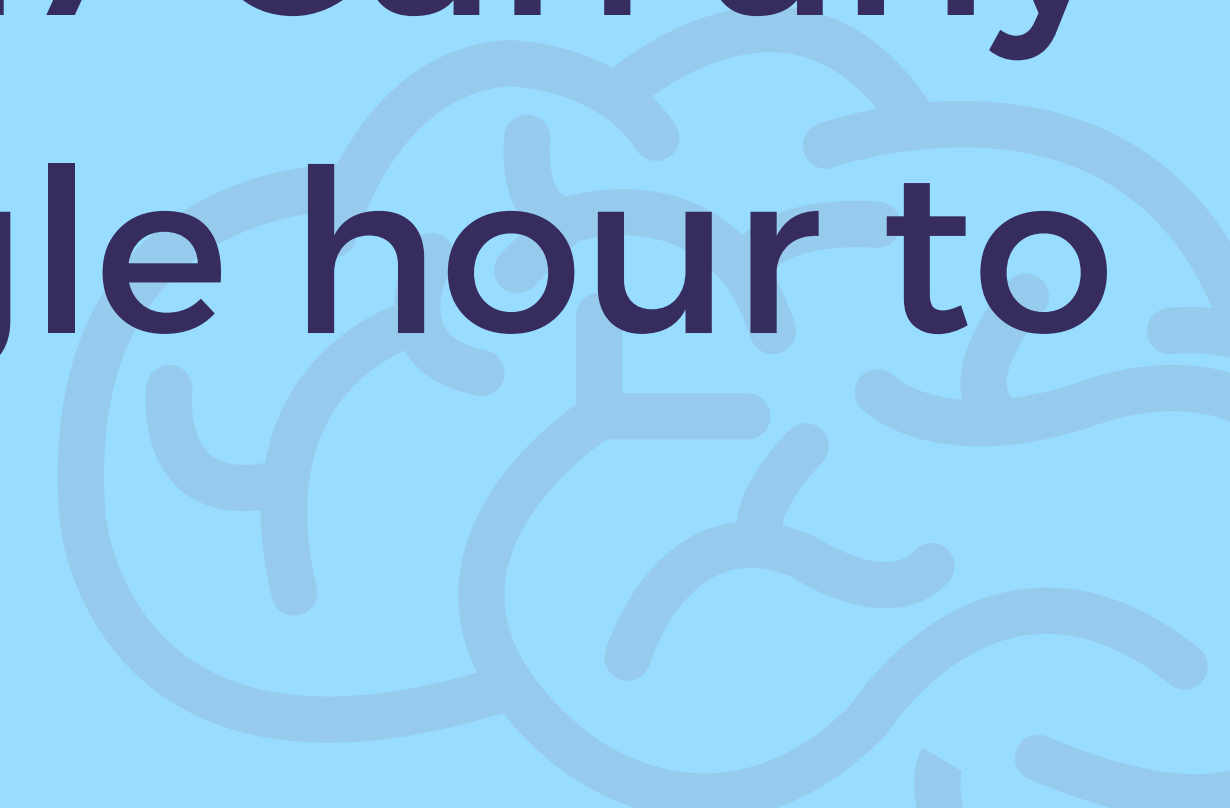
Put Pressure on them

Get frustrated

Expect immediate change

Luke 6:26

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?



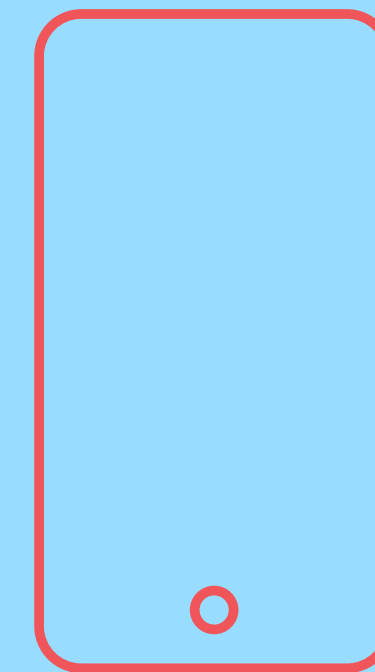
Being Mindful



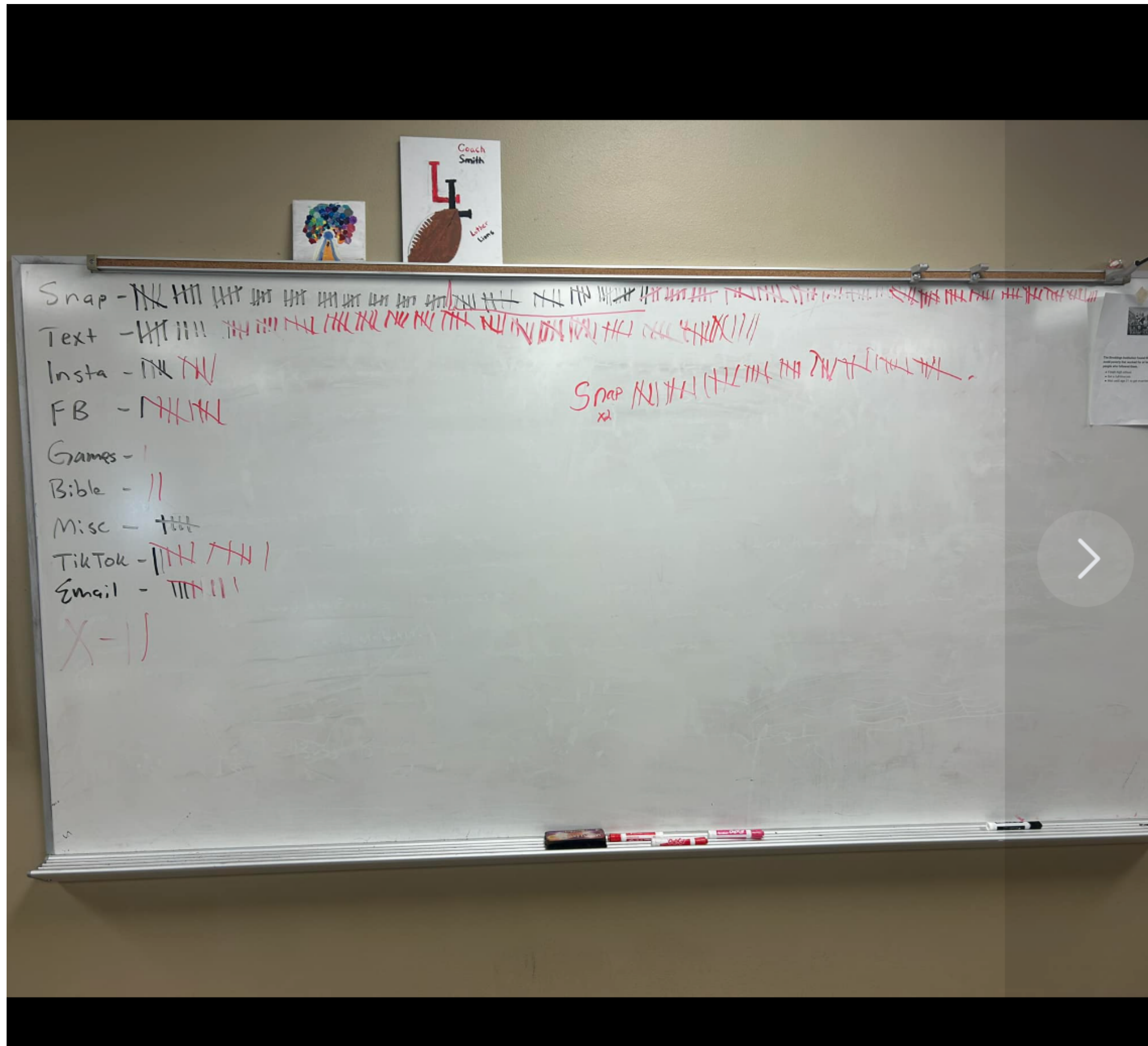
Avoid
Multitasking



Get in touch
with your senses.



Veer away from
distractions.



Zack Smith

Yesterday at 10:10 AM · 🌐



I stole this experiment from my friend **Eric Litherland** and it was eye opening to see how many distractions occur every minute of the day in our lives. If you are wondering why your kid is on their phone 24/7 it's because they are engaged with apps all the time. If they are a teenager it's most likely Snapchat. (We had to add a second Snapchat line) This was the amount of notifications in the last 20 minutes in 2 classes. 32 total students in 40 minutes total time. 354 notifications.



52

11 💬 8 ➦



Wow

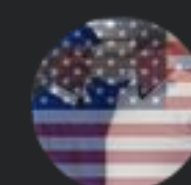


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Brad Robertson

The kids don't even think anything about this is the scary part!

1d

Like

Reply



Set a daily intention.

Spend time on being present.

Increase your awareness.

Look around and notice

Monitor your moods.

Keep track of how you feel and where.

Take a music break.

Listen to things that make you feel better.

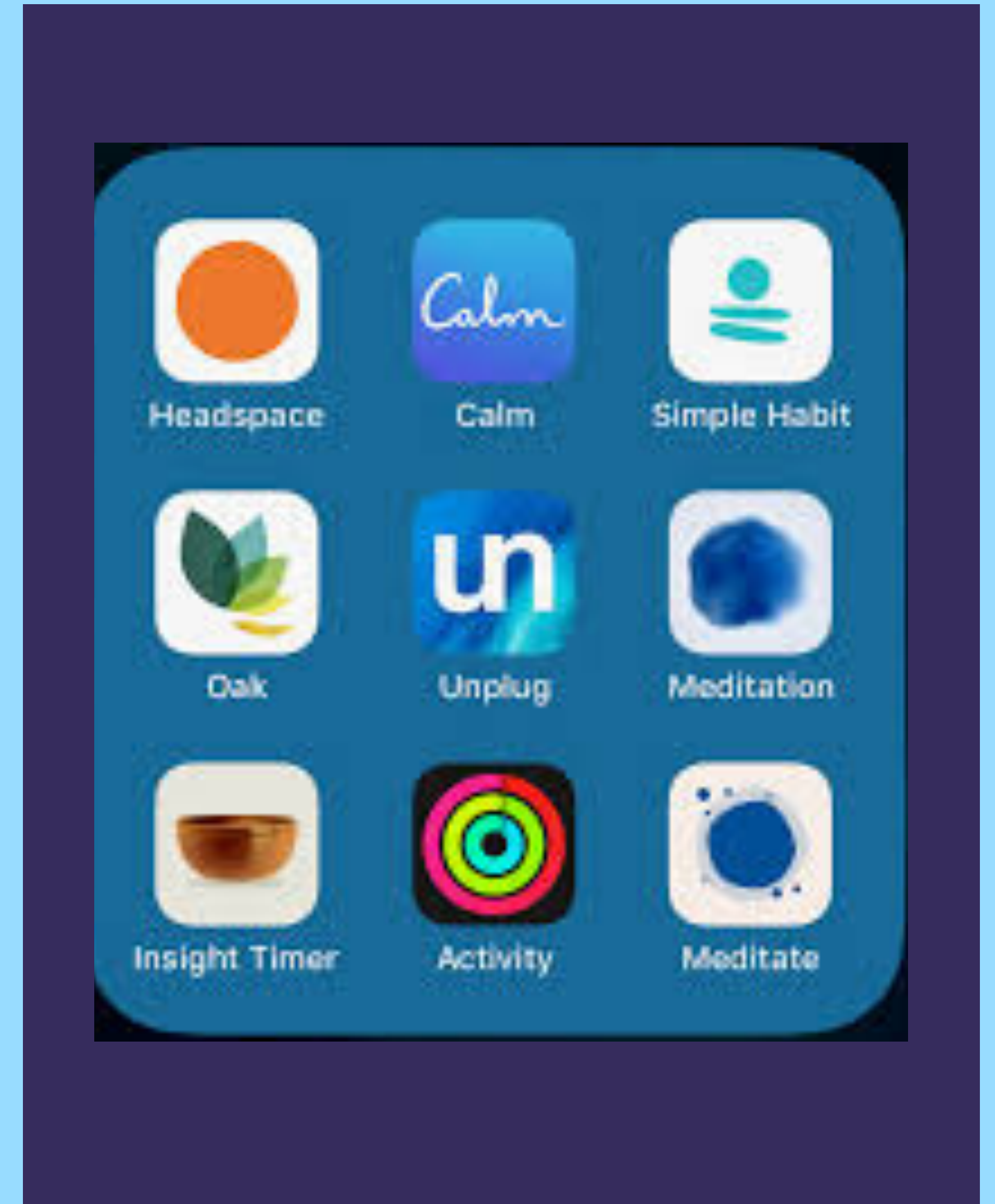
Breathe with focus

Belly breath, hand breathing

Engage in handwork.

Partake in a hobby

Mindfulness Tools



Let's Connect

