

## Anxiety 1.1 Welcome

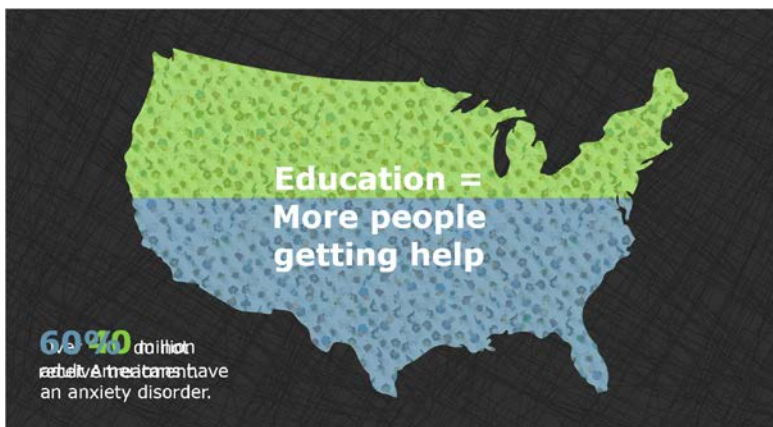


## 1.2 In This Training

### In This Training

- Myths and Misconceptions**
  - What are some common misconceptions about anxiety?
- Anxiety Disorders**
  - What types of anxiety disorders exist?
  - What are the common signs and symptoms?
- Effects of Anxiety**
  - How does living with anxiety affect people with the condition?
- Living and Managing**
  - What treatment options are available for anxiety disorders?
  - What strategies can be used to live with and manage anxiety?

## 1.3 Anxiety in America



## 1.4 Famous People with Anxiety Disorders

**Famous People With Anxiety Disorders**  
▼ Hover over each person to view their name and occupation.



## 1.5 Adaptive Responses

**Adaptive Responses**

**FEAR**  
feeling of direct or immediate danger

**FIGHT OR FLIGHT**

**ANXIETY**  
your body's response to a possible danger or a perceived threat



## 1.6 Anxious Thoughts

“  
Even though things are wonderful,  
I'm always waiting for something  
**HORRIBLE** to happen.  
”

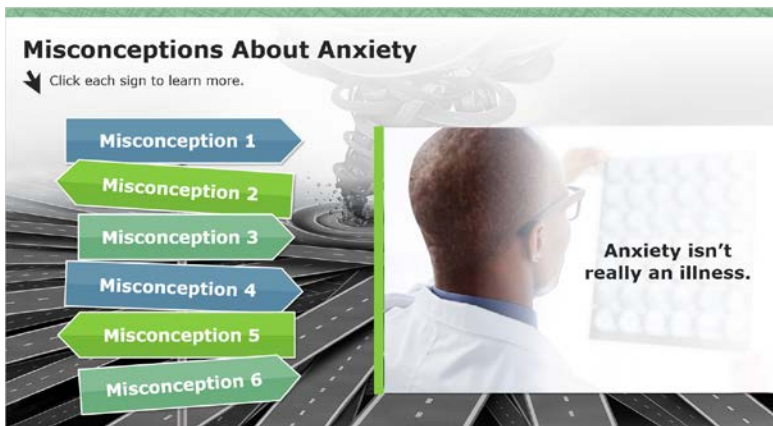
## 1.7 Misconceptions About Anxiety



### 1 (Slide Layer)



### 2 (Slide Layer)




### 3 (Slide Layer)

**Misconceptions About Anxiety**

Click each sign to learn more.

- Misconception 1
- Misconception 2
- Misconception 3
- Misconception 4
- Misconception 5
- Misconception 6

Everyone experiences anxiety the same way.

A person in a light blue shirt is standing at the front of a room, presenting to a group of people seated at desks. The room has large windows and a modern, bright atmosphere.


### 4 (Slide Layer)

**Misconceptions About Anxiety**

Click each sign to learn more.

- Misconception 1
- Misconception 2
- Misconception 3
- Misconception 4
- Misconception 5
- Misconception 6

People can always tell when someone has an anxiety disorder.

A person is sitting at a desk, looking down with a distressed expression. Above their head is a tangled, scribbled thought bubble, symbolizing mental clutter or anxiety.

### 5 (Slide Layer)

**Misconceptions About Anxiety**

Click each sign to learn more.

- Misconception 1
- Misconception 2
- Misconception 3
- Misconception 4
- Misconception 5
- Misconception 6

Social anxiety is the same as being introverted or shy.

A person is sitting on the floor, leaning against a wall and reading a book. They are in a calm, indoor setting with a window in the background.


## 6 (Slide Layer)

### Misconceptions About Anxiety

Click each sign to learn more.

- Misconception 1
- Misconception 2
- Misconception 3
- Misconception 4
- Misconception 5
- Misconception 6

Reassurance will help the anxiety go away.

A photograph showing a man in a grey sweater looking thoughtful and slightly distressed, while a woman in a plaid shirt stands behind him, placing her hands on his shoulders in a supportive gesture. The background is a bright, modern interior.

## 1.9 Pauline

### Pauline

A photograph of a woman with reddish-brown hair, wearing a black leather jacket. She has a distressed expression, with her hands clasped over her mouth as if she is crying or about to cry. The background is a plain, light-colored wall.

## 1.10 Generalized Anxiety Disorder

### Generalized Anxiety Disorder

Worrying excessively about life events

6.8 MILLION  
Adult Americans

A photograph of a man in a green t-shirt leaning over a wooden table. He has a thoughtful or worried expression, with his hand resting on his chin. The background shows a wooden staircase.

## 1.11 Reflection on Symptoms

**? Reflection on Symptoms**

After listening to her story, which of the symptoms of generalized anxiety do you think Pauline had?  
*Select all that apply.*

Excessive worrying	Difficulty sleeping
Increased irritability	Increased self-esteem
Increased energy	Restlessness



Correct (Slide Layer)

**? Reflection on Symptoms**

After listening to her story, which of the symptoms of generalized anxiety do you think Pauline had?  
*Select all that apply.*

Excessive worrying	Difficulty sleeping
Increased irritability	Increased self-esteem
Increased energy	Restlessness

✓ **Good Thinking**  
Pauline exhibited excessive worrying, difficulty sleeping, increased irritability, and restlessness.

Continue



## 1.13 Pauline

**Pauline**



## 1.14 Social Anxiety Disorder

**Social Anxiety Disorder**

Intense fear or discomfort in social situations

<b>Usual</b>	<b>Not Usual</b>
Feel self-conscious in new social situations	Completely avoid social situations



## 1.15 Pauline

**Pauline**



## 1.16 Reflection on Panic Attacks

**? Reflection on Panic Attacks**

Pauline started suffering from what is known as "panic attacks." Panic attacks are discrete episodes of severe intense fear with a sense of doom that are associated with physical symptoms. Based on Pauline's story, what are some common symptoms of panic attacks?

Select all that apply.

Headaches	Sweating
Increased heart rate	Dizziness
Chest pain	Shakiness



## Correct (Slide Layer)

**? Reflection on Panic Attacks**

Pauline started suffering from what is known as "panic attacks." Panic attacks are discrete episodes of severe intense fear with a sense of doom that are associated with physical symptoms. Based on Pauline's story, what are some common symptoms of panic attacks?

Select all that apply.

Headaches	Sweating
Increased heart rate	Dizziness
Chest pain	Shakiness

✓ **Good Thinking**  
Increased heart rate, chest pain, dizziness, and shakiness are symptoms of panic attacks.

Continue



## 1.18 Panic Attacks

**Panic Attacks**

Panic attacks are not dangerous.

Can be triggered  
or out of the blue




Can occur once a year  
or multiple times a day




## 1.19 Ways to Manage Anxiety

**Ways To Manage Anxiety**

Click each circle to view more.

-  Medication
-  Psychotherapy
-  Lifestyle Modifications





## Medication (Slide Layer)


**Ways To Manage Anxiety**  
Click each circle to view more.

- Medication
- Psychotherapy
- Lifestyle Modifications

**Medication**  
Decrease time until symptoms are under control and right prescriptions

Antidepressants    Benzodiazepines    Beta-blockers

Help bridge time until antidepressants start working



## Psychotherapy (Slide Layer)

**Ways To Manage Anxiety**  
Click each circle to view more.

- Medication
- Psychotherapy
- Lifestyle Modifications

**Psychotherapy**  
**Cognitive Behavioral Therapy**  
Looks at how thoughts, feelings, and behaviors are related

Looks at how thoughts influence feelings or behaviors

Considers alternative ways of thinking

Decreases anxiety



## Lifestyle Modifications (Slide Layer)

**Ways To Manage Anxiety**  
Click each circle to view more.

- Medication
- Psychotherapy
- Lifestyle Modifications

**Lifestyle Modifications**  
Can help manage or decrease anxiety symptoms

View Strategies



## Strategies (Slide Layer)



### 1.21 Pauline



### 1.22 Ben



## 1.23 You Are Not Alone!



## 1.24 KC INSTRUCTIONS

**Knowledge Check**

*Ryan is a 46-year old man who works as a car salesman. He is very good at his job. He gets to work early and stays late. He worries about whether his customers are satisfied and whether his managers are pleased with his performance. His worrying keeps him up at night. He has always worried. He remembers worrying about his family while he was at school when he was a kid. Because he doesn't sleep at night, he feels tired all the time. Yet, he can't sit still. His worrying interferes with his ability to enjoy his time with his family when he is home. His wife tells him that she is concerned he is going to have health problems because he worries so much. She asks him to go see his doctor for a check-up.*

Are you ready to help Ryan manage his anxiety?

[Get Started](#) [Review Module](#)

Ryan's level of anxiety.

## 1.25 Knowledge Check Question 1

**Knowledge Check** 1 of 5

**Select all that apply.**  
What symptoms of an anxiety disorder does Ryan show?

- His worrying causes him significant distress in his life
- His anxiety is obvious to others in his life
- His worrying leads to difficulty sleeping, fatigue, restlessness
- His worrying interferes with his ability to enjoy his relationships

Click to review Ryan's story.

## Correct (Slide Layer)

**Knowledge Check** 1 of 5

**Select all that apply.**  
What symptoms of an anxiety disorder does Ryan show?

✓ **Good Thinking**  
Ryan's worrying causes him significant distress, leads to difficulty sleeping, and interferes with his ability to enjoy his relationships.



[Continue](#)

[Click to review Ryan's story.](#)


### 1.27 Knowledge Check Question 2

(Pick Many, 10 points, 1 attempt permitted)

**Knowledge Check** 2 of 5

**Select all that apply.**  
What strategies can Ryan use to cope with his anxiety?

- Strive to get enough rest and eat balanced meals
- Meditate or focus on deep breathing
- Take time to withdraw from relationships to focus on treatment
- Exercise regularly




[Click to review Ryan's story.](#)

## Correct (Slide Layer)

**Knowledge Check** 2 of 5

**Select all that apply.**  
What strategies can Ryan use to cope with his anxiety?

✓ **Good Thinking**  
Ryan can strive to get enough rest, eat balanced meals, meditate or focus on deep breathing, and exercise regularly.



[Continue](#)

[Click to review Ryan's story.](#)

## Ryan's Story (Slide Layer)

**Knowledge Check** 2 of 5

**Select all that apply.**  
What strategies can Ryan use to cope with his anxiety?

Strive to get enough rest and eat balanced meals

**Ryan's Story** ✕

*Ryan is a 46-year old man who works as a car salesman. He is very good at his job. He gets to work early and stays late. He worries about whether his customers are satisfied and whether his managers are pleased with his performance. His worrying keeps him up at night. He has always worried. He remembers worrying about his family while he was at school when he was a kid. Because he doesn't sleep at night, he feels tired all the time. Yet, he can't sit still. His worrying interferes with his ability to enjoy his time with his family when he is home. His wife tells him that she is concerned he is going to have health problems because he worries so much. She asks him to go see his doctor for a check-up.*

## 1.30 Knowledge Check Question 3

**Knowledge Check** 3 of 5

Anxiety disorders look similar in every person who struggles with a anxiety condition.

True


False

## Correct (Slide Layer)

**Knowledge Check** 3 of 5

Anxiety disorders look similar in every person who struggles with a anxiety condition.

✓ **Good Thinking**  
This is a common misconception. Anxiety and its symptoms can vary from person to person.



Continue

## 1.31 Knowledge Check Question 4

**Knowledge Check** 4 of 5

Anxiety disorders rarely occur in children.

True


False

## Correct (Slide Layer)

**Knowledge Check** 4 of 5

Anxiety disorders rarely occur in children.

✓ **Good Thinking**  
Actually, anxiety disorders usually develop in childhood or adolescence.



Continue

### 1.33 Knowledge Check Question 5

**Knowledge Check** 5 of 5

It is generally easy to tell if someone is living with an anxiety disorder

True

False


### Correct (Slide Layer)

**Knowledge Check** 5 of 5

It is generally easy to tell if someone is living with an anxiety disorder

✓ **Good Thinking**

This is another misconception. It is not easy to tell if someone is living with an anxiety disorder because the symptoms vary and not everyone with anxiety appears to be anxious.



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