



HIGH ANXIETY AND PANIC DISTRESS TOLERANCE SKILLS

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MONTANA PRIMARY CARE ASSOCIATION – BRIEF INTERVENTIONS

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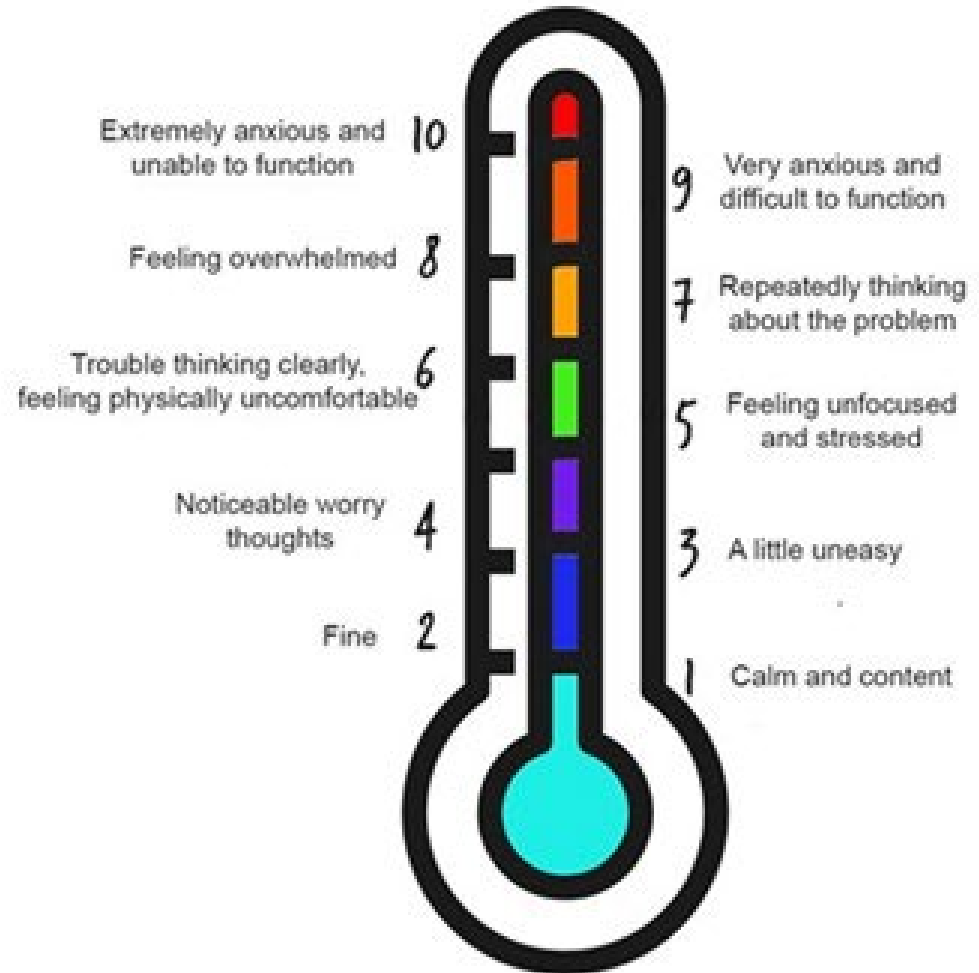
TIPP AND GROUNDING

- SUBJECTIVE UNITS OF DISTRESS
- YERKES-DODSON STRESS-PERFORMANCE CURVE
- **T**IP THE TEMPERATURE / MAMMALIAN DIVING REFLEX
- **I**NTENSIVE EXERCISE
- **P**ACED BREATHING
- **P**AIRED MUSCLE RELAXATION
- 5-SENSES GROUNDING

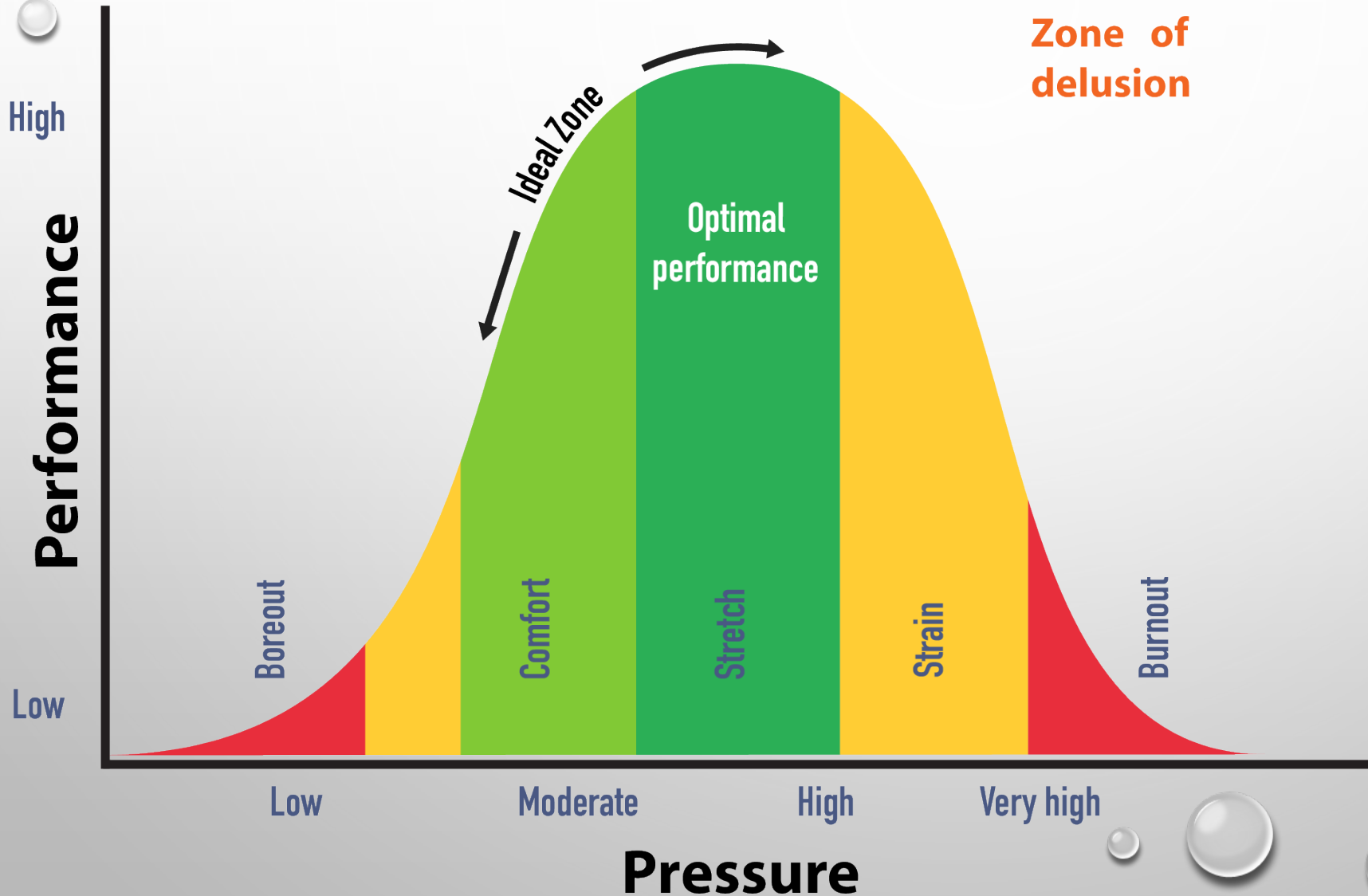
SUBJECTIVE UNITS OF DISTRESS SCALE (SUDS)

- LETS GET ON THE SAME PAGE
- WHEN YOU SAY A 5 I WANT TO KNOW WHAT A 5 IS FOR YOU
- YOUR 5 IS NOT MY 5
- ALSO INCREASES SELF-AWARENESS
- DISTRESS TOLERANCE SKILLS ARE USED FOR DISTRESS LEVELS 8-10

Anxiety Thermometer



YERKES-DODSON STRESS PERFORMANCE CURVE



PRESSURE:

- ANXIETY
- STRESS
- AROUSAL
- LOAD
- DRIVE
- SUDS
- ETC.

MAMMALIAN DIVING REFLEX



: A PROTECTIVE, MULTIFACETED PHYSIOLOGIC REACTION THAT OCCURS IN MAMMALS INCLUDING HUMANS IN RESPONSE TO WATER SUBMERSION.

- (DO NOT USE: PREGNANT WOMEN, BRADYCARDIA <60 BEATS/MIN, KNOWN CARDIAC PROBLEMS OR ANYONE WITH AN EATING DISORDER AS THEY HAVE VULNERABILITY TO CARDIAC CONDITIONS)
- STEP 1: FILL A LARGE SALAD BOWL WITH ICE AND COLD WATER
- STEP 2: PLACE WATER BOWL AT LOW SPOT TO BEND/LEAN OVER
- STEP 3: SUBMERGE FACE INTO WATER AND HOLD BREATH FOR 30 SECONDS
- MAKE SURE THE AREA UNDER THE EYES AND ABOVE THE CHEEKBONES FEEL THE ICY WATER
- NO BOWL? SPLASHING COLD WATER OR USING AN ICE PACK ACROSS THE EYES AND TEMPLE
- NO WATER OR ICE? IF IN WINTER STEP OUTSIDE AND PLACE HEAD BETWEEN LEGS WITH DEEP "BOX" BREATHING (DIAPHRAGMATIC BREATHING)...
- WEIGHTED BLANKET? CHAMOMILE TEA?

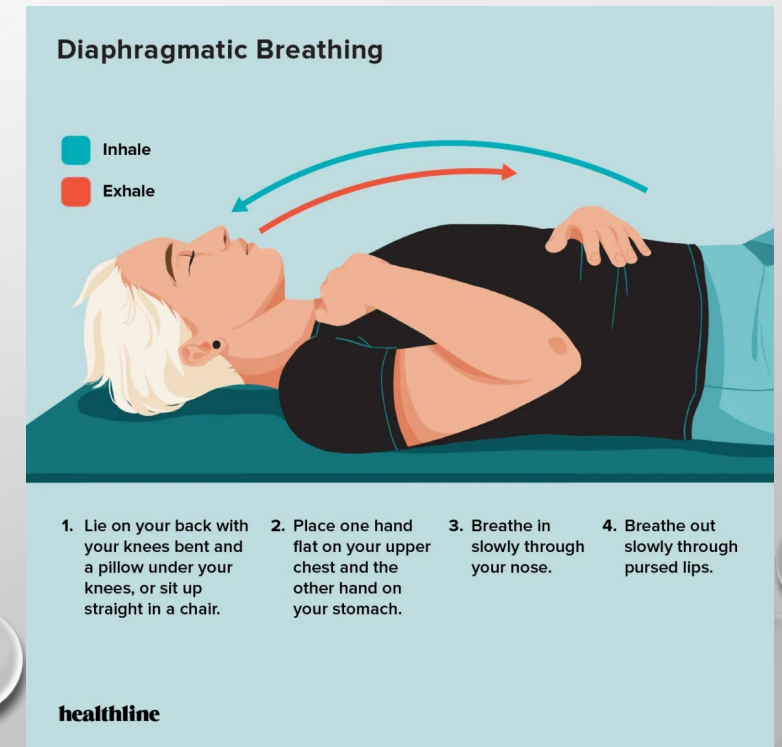
INTENSIVE EXERCISE

- EXPAND YOUR BODY'S STORED UP PHYSICAL ENERGY
- JUST 5 MINUTES OF EXERCISE RELEASES ENDORPHINS
- ENDORPHINS HELP COMBAT NEGATIVE EMOTIONS LIKE ANGER, ANXIETY, AND SADNESS

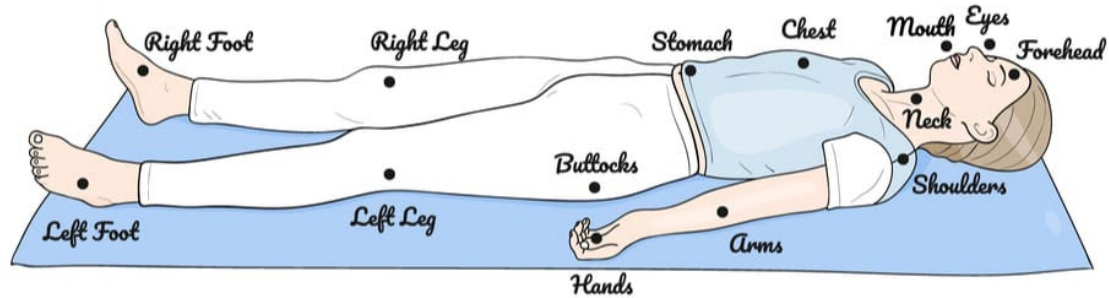


PACED BREATHING

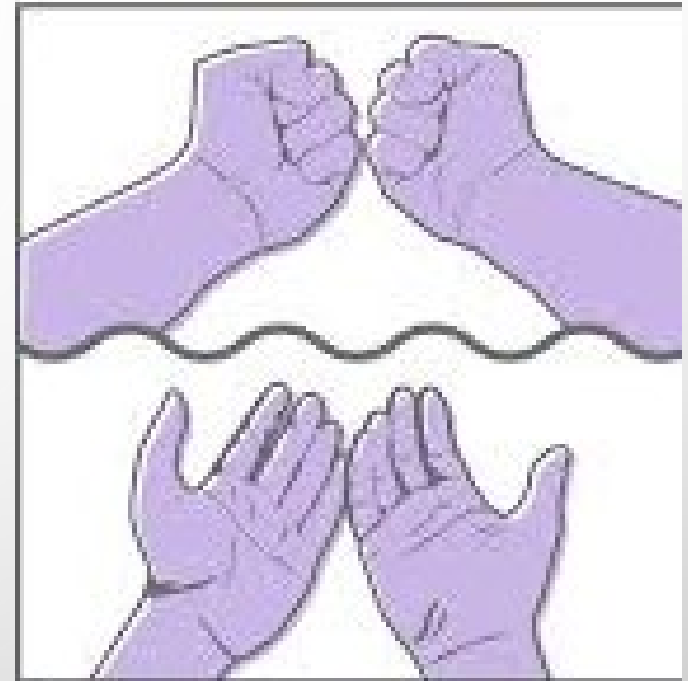
- A.K.A.
 - DEEP BELLY BREATHING
 - 5 FINGER BREATHING
 - BOX BREATHING
 - DIAPHRAGMATIC BREATHING
- CUES YOUR PARASYMPATHETIC NERVOUS SYSTEM
- BREATH DEEPLY INTO YOUR STOMACH
- SLOW DOWN THE PACE OF INHALES AND EXHALES
- 5-6 BREATHS PER MINUTE



PAIRED MUSCLE RELAXATION



Progressive Muscle Relaxation



- A.K.A. PROGRESSIVE MUSCLE RELAXATION
- LEARNED SKILL THAT NEEDS PRACTICE DURING TIMES OF LOWER DISTRESS
- WHILE DEEP BREATHING DEEPLY TENSE EACH INDIVIDUAL MUSCLES
- NOTICE THE TENSION THEN BREATH OUT AND LET GO OF THE TENSION

5-SENSES GROUNDING

5 - 4 - 3 - 2 - 1

GROUNDING TECHNIQUE

A calming technique that connects you with the present by exploring the five senses.



5 things
you can
see



4 things
you can
touch



3
things
you can
hear



2
things
you can
smell



1
thing
you can
taste

