

Michigan Alternative Education Organization 44th Annual Spring Conference



**2019
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Anxiety & Intervention

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What is anxiety?

Anxiety disorders

- 1. Anxiety Disorders** (separation anx. disorder, selective mutism, specific phobia, social phobia, panic dis., agoraphobia, & generalized anxiety disorder).
- 2. Obsessive-Compulsive Disorders** (obsessive-compulsive disorder, body dysmorphic disorder, hoarding disorder, trichotillomania, & excoriation disorder).
- 3. Trauma and Stressor-Related Disorders** (reactive attachment disorder, disinhibited social engagement dis., PTSD, acute stress dis., & adjustment disorder).

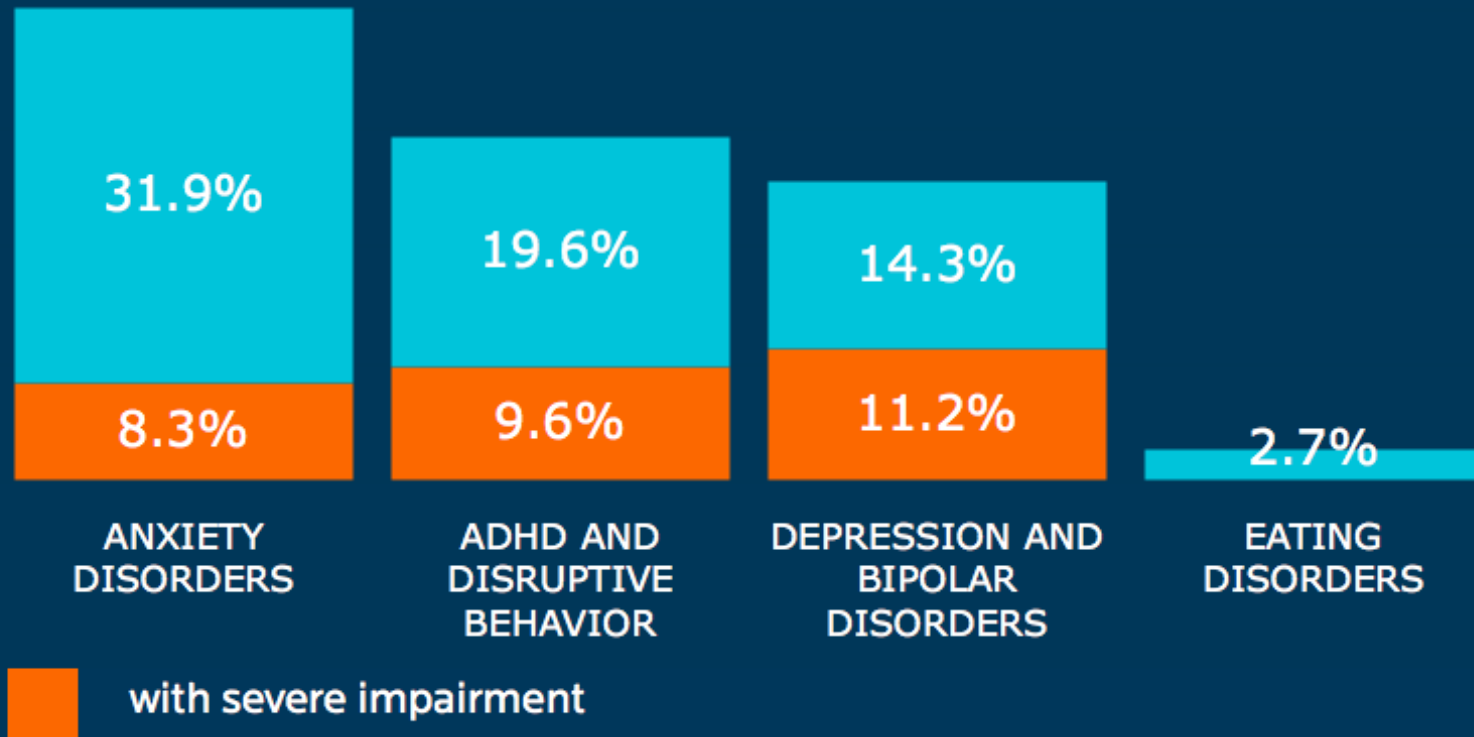
(DSM-5)

Is anxiety more prevalent in today's youth?

Enduring issues of adolescents:

- Limited experience
- Limited sense of agency

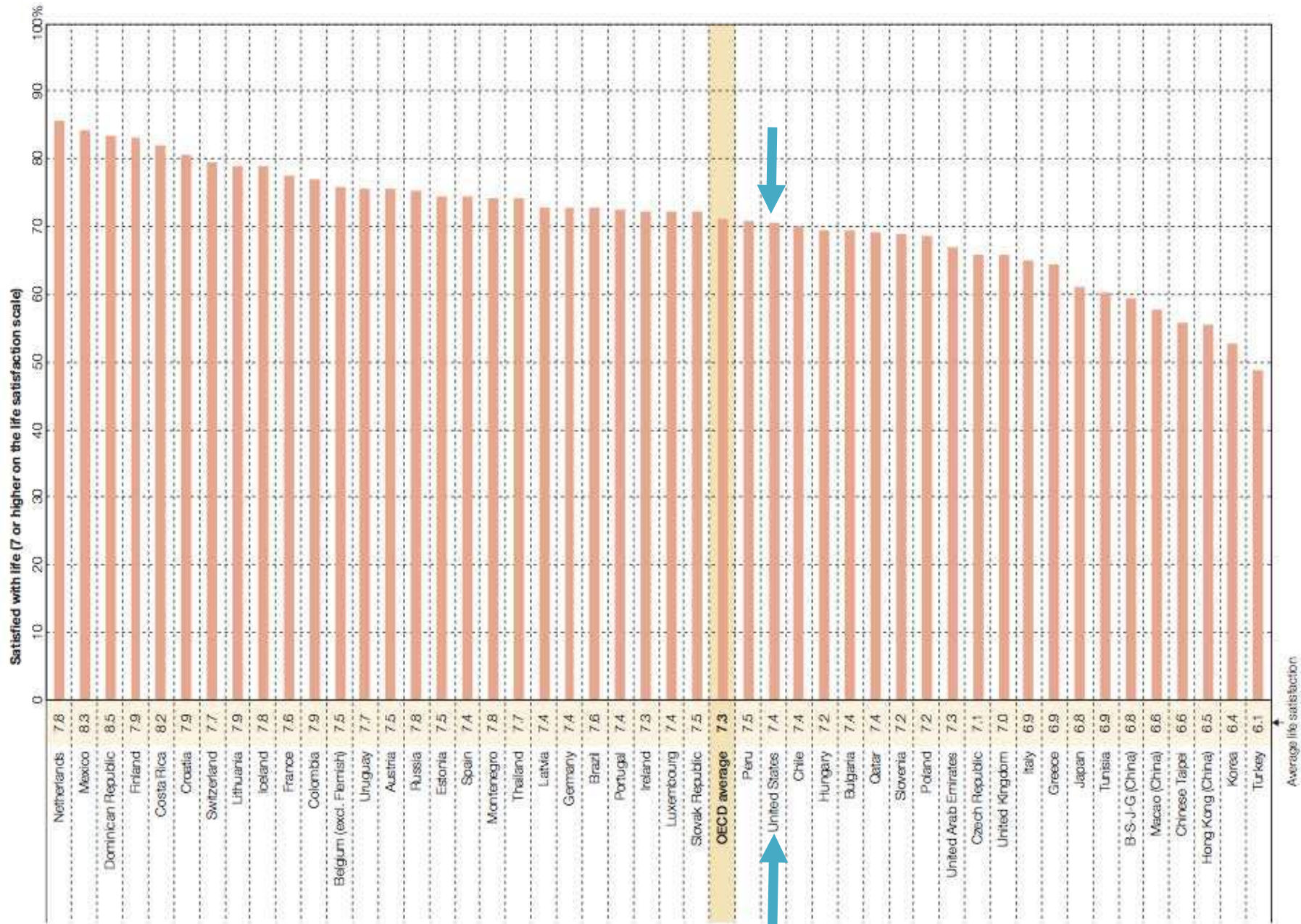
2010 (n=10k)



These estimates are based on diagnostic interviews done by professionals with a large, representative sample of young people ages 13–18.

SOURCE ▼

Merikangas, K., Hep, J., Burstein, M., Swanson, S., Avenevoli, S., Cui, L., Benejet, C...Swendsen, J. (2010). Lifetime prevalence of mental disorders in U.S. adolescents: results from the National Comorbidity Survey Replication--Adolescent Supplement (NCS-A). *Journal of American Academy of Child and Adolescent Psychiatry*. 49(10): 980-989. doi: 10.1016/j.jaac.2010.05.017



Countries and economies are ranked in descending order of the percentage of students who reported being satisfied with their life (they reported a level of satisfaction with their life of 7 or higher on a scale from 0 to 10).
 Source: OECD, PISA 2015 Database, Table III.3.1.

What does global teen anxiety sound like?

I haven't had a class in it so I know nothing about it (and it's your fault I haven't had that class).

No kids have ever grown up with the kinds of things we have to worry about (National debt, climate, etc).

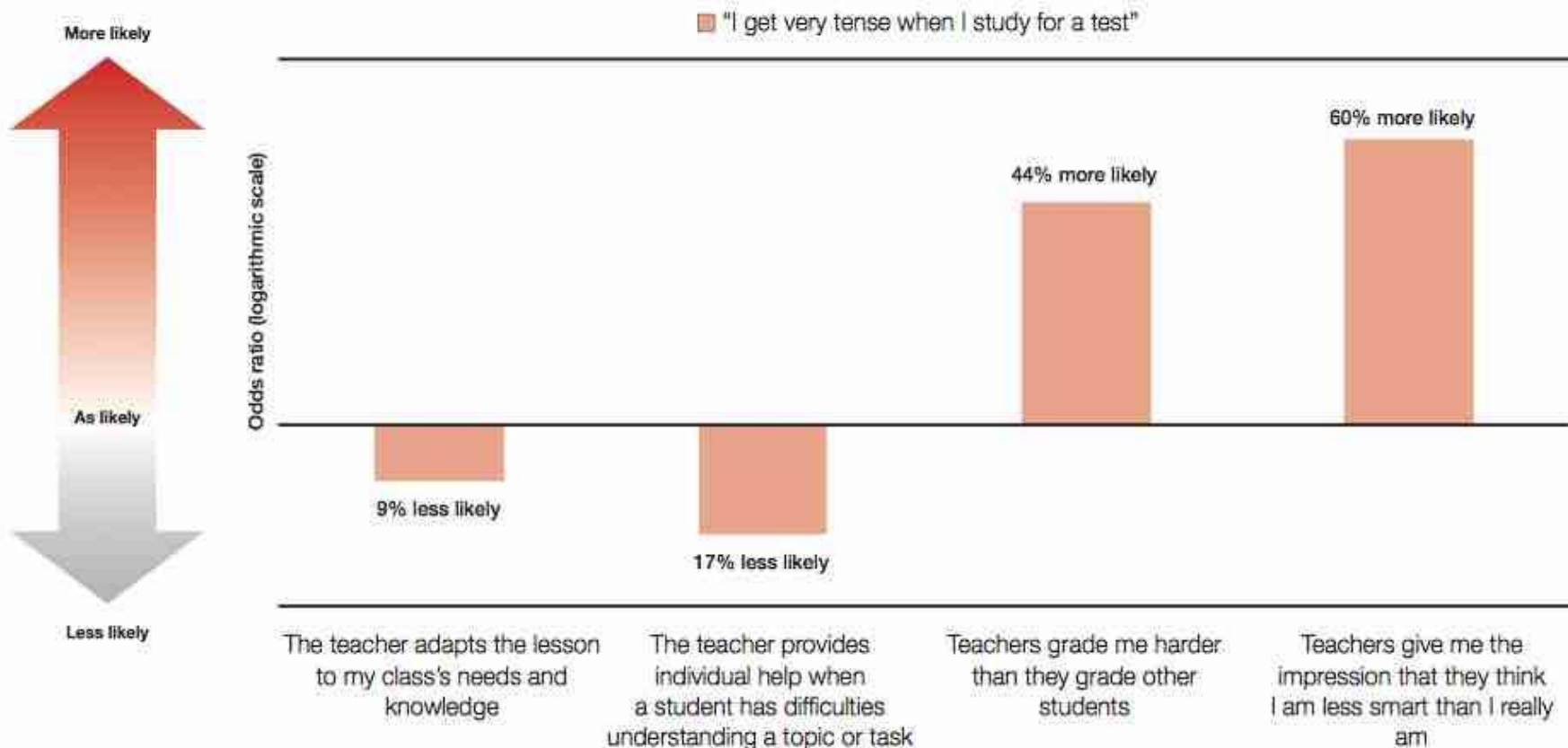
I can't trust anybody (because fake news).

Bullying...

Silence...

So what do we do about it?

Relationship with teacher



Notes: A logarithmic transformation of the odds ratio is plotted to make the values below one and above one comparable in the graph. The interpretation of the odds ratio (in terms of percentage change in the likelihood of the outcome) is indicated above or below each bar.

The values account for students' differences in the PISA index of economic, social and cultural status (ESCS), and performance in science.

All values are statistically significant.

Source: OECD, PISA 2015 Database, Table III.4.11.


The Gift of Fear by Gavin de Becker

- Embrace intuition
- Intuition: from A → Z without stopping in between
- “Gut” not logical
- Distinguishes intuitive fear from worry and anxiety

Cognitive Behavioral Interventions

- Well, this is what we do for everything now, right?

Habits of bad feelings
can be reversed by
rebutting the
irrational belief
underlying them.

Beliefs  Feelings

Repeated thoughts actually
cause neural pathways
to be strengthened.

Don't nurture resentments.

Do these thoughts help me
feel the way I want to?

If not, let go.

Pick your thoughts the way
you'd pick flowers.

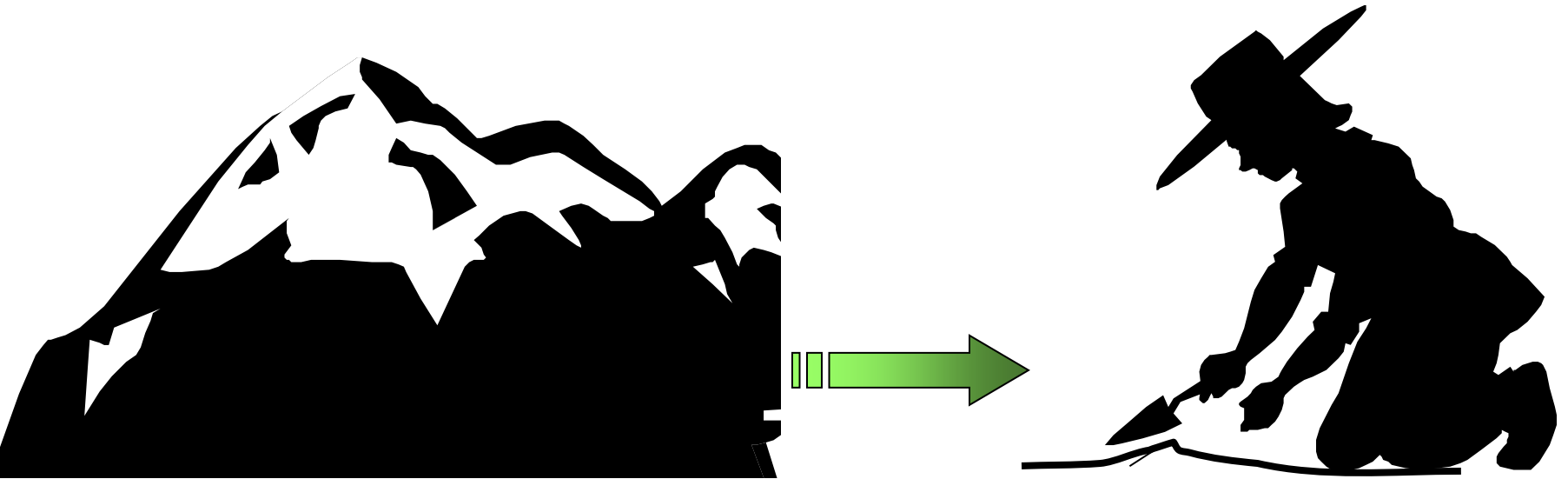
Choose the ones that make
you feel good.



Using "even if" and "anyway"

- Even if I can't sit with my friends, I can stay calm.
- I am o.k. anyway.
- Even if I don't get it, I can be happy.
- I can try anyway.

Don't catastrophize.



Turn the mountain into a molehill.

~~coulda
shoulda
woulda~~

No one should have done anything.

“It is as it is, even though that is not
how I would have it.”

The demands we make are usually a form of the “should” fallacy.

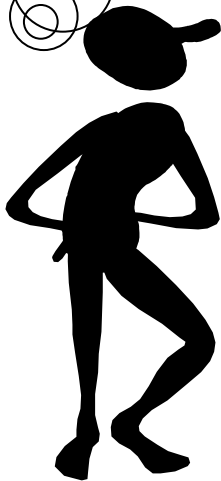
- Should rebuttal: Where’s the law?
- Nothing should be something else.
- It is as it should be, given what it is.
- It is not as I would have it.
- I would prefer it to be otherwise, but this is how it is.

Using Effective Thinking is as easy as ABCD.....

- A. Activating event (what happened)
- B. Belief (what you thought about what happened)
- C. Consequence (what you feel because of your thoughts)
- D. Disputing (talking back to your unreasonable thoughts)

A, B, C....

I don't like
it, but I can
stay calm.



I can't
stand
this.



I am responsible
for my feelings.

I can choose how I feel.

Changing old habits of thought isn't hard, but it does require conscious attention and choosing new habits.

Self-care is everything and it includes mental health.

- This episode really prompted me to go back to some of the great habits I formed in the recent past and that I unfortunately slowly gave up. Meditation, mindfulness, limited media consumption, gratitude practice and healthy eating are now back in my routine; maybe not as much I would like, but I am getting there.
- Ludo Gabriele, 8/39/2018, The Sordid Tale of a Panic Attack. www.wokedaddy.com

References

OECD iLibrary also contains content published by the International Energy Agency (IEA), the Nuclear Energy Agency (NEA), the OECD Development Centre, PISA (Programme for International Student Assessment), and the International Transport Forum (ITF).

OECD (2017), "Are students happy?: PISA 2015 results: students' well-being", *PISA in Focus*, No. 71, OECD Publishing, Paris, <https://doi.org/10.1787/3512d7ae-en>.

Percentage of students who reported a level of life satisfaction of 7 or higher on a scale from 0 to 10

Source: OECD, PISA 2015 Database, Table III.3.1.

Likelihood that students get very tense when they study for a test associated with teachers' practices

The values account for students' differences in the PISA index of economic, social and cultural status (ESCS), and performance in science. All values are statistically significant. Source: OECD, PISA 2015 Database, Table III.4.11.

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