Transforming Generalised Anxiety Disorder and Panic Attacks

With

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www.mindbodybreakthrough.net
Course Outline

• Introduction

• The Amygdala Paradox and the Biochemistry of GAD and Panic

• Recovery Tips
Introduction
What is Generalised Anxiety Disorder?

GAD is a condition that causes people to feel anxious about a wide range of situations and issues, rather than one specific event.
What Causes GAD?

GAD is understood to be caused by a combination of many factors which may include any one or more of the following:

- A history of stressful or traumatic experiences, such as domestic violence, painful long-term health conditions, child abuse, bullying, etc.

- A history of drug or alcohol abuse

- Overactivity in the brain areas involved in emotions and behaviour.

- An imbalance of the brain chemicals which are involved in the control and regulation of mood

- Genetic predisposition

- Head injury
Session 1
The Amygdala Paradox and the Biochemistry of GAD and Panic
MacLean P, 1949; Ploog D.W et al. (2003)
Brühl A.B. et al., 2014: Nakao T, et al., 2011
SPECT Brain Imaging Study on GAD and Panic

www.amenclinics.com
SPECT Brain Imaging Study on Anxiety and Depression

3-D Active SPECT Healthy Brain vs Anxiety and Depression

3-D Active SPECT of a Healthy Brain

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3-D Active SPECT of Brain With Anxiety and Depression – increased anterior cingulate and deep limbic activity.

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Session 2

Recovery Tips
First Aid Treatment During a Panic Attack Episode

❖ Reassure the sufferer
❖ Regulate the breathing
❖ Reach out and hold hands
❖ Resist struggling
❖ Ride out the attack

❖ For hyperventilation, reduce the oxygen intake by increasing the amount of carbon dioxide in the lungs. Breathe into cupped hands if no paper bag is available (avoid plastic bag)
1. Diaphragmatic breathing: Breath slowly and deeply with your belly. Take 5 seconds to inhale, then hold it for 2 seconds. Then 5 seconds to exhale, and 2 seconds to hold your exhalation. Repeat for 10 breathes. Do this several times a day.
Anxiety Recovery Tips

2. Learn to warm your hands with your brain. Use the power of imagery to warm your hands by imagining activities that warm your hands (such as putting your hands in front of a warm fire, holding a cup of hot green tea, sitting in a hot tub, putting your hands in the warm sand etc).
Anxiety Recovery Tips

3. Write down your automatic negative thoughts (ANTS). Talk back at them, and kill them by reframing them into positive.
4. Eat small meals throughout the day to stabilise insulin (Bruggink S.M et al., 2019)

5. Quit smoking and reduce alcohol and caffeine intake (Espinosa Jovel C.A et al., 2017; Fluharty M et al., 2017)

6. Find purpose and passion or deep spiritual belief (Musumari P.M et al., 2018; Strinnholm S. et al., 2019)

7. Exercise regularly (aerobic (4 times a week), anaerobic (once a week)) (Carek PJ et al., 2011)

8. Helpful supplements. Supplements for high basal ganglia and anxiety include, magnesium, L-theanine from green tea, B complex vitamins, calming scents from essential oils of lavender and chamomile, and fish oil/omega 3 fatty acids (Dagnino-Subiabre A. 2019; Pérez M.A. et al. 2018)

9. Stimulate the vagus nerve regularly
Guided Meditation and Brain Rewiring

- Starting with ‘I’ or ‘I AM,’ write down in a short paragraph about how you would like your brain to wire itself in the next 21 days.

- Express your intentions as though they are already your realities.

- Feel the feeling for at least 21 days to rewire the brain for calm and confidence.
Q&A Session
Darlington Workshop:
Treating Generalised Anxiety & Panic Attacks

Tuesday 5th May, 10 am - 12:30 pm

@ Mercure Darlington Kings Hotel

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• Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
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We are running this workshop here again...

Workshop Gateshead: Treating Trauma

Friday 15th May, 1 pm - 6:30 pm

@ Hilton Gateshead

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Other workshops in this region...

Durham Workshop: Treating Trauma

Saturday 28th May, 10 am - 4:30 pm
Friday 17th April, 1 pm - 6:30 pm

@ Durham Marriott Royal County

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WEBINARS

Treating Generalised Anxiety and Panic Attacks
Wednesday 29th April, 7 - 9 pm

ADHD, Anxiety Disorder and Recovery
Tuesday 12th May, 7 - 9 pm

Treating Intrusive Thoughts & the Inner Critical Voice
Thursday 2nd July, 7 to 9 pm

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“There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.”

—Ronald Reagan, 40th U.S President