



Recognizing Anxiety and How to Assist the Student

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ISFAA Conference 2023**



Disclosure

Jim Richter is licensed in Indiana as a mental health counselor. He holds an MS.Ed in Counseling and Counselor Education and an Education Specialist Degree in Mental Health Counseling from the School of Education, IU Bloomington. Jim was also a doctoral candidate in Counseling Psychology at IUB.

Jim has spent 25 years at Sandra Eskenazi Mental Health Center in Indianapolis. He is the director of clinical services and also oversees staff and student education.

Jim is also a professional musician and educator who teaches mandolin at camps, including his own and across the country.

He has no further disclosures to make.



Objectives

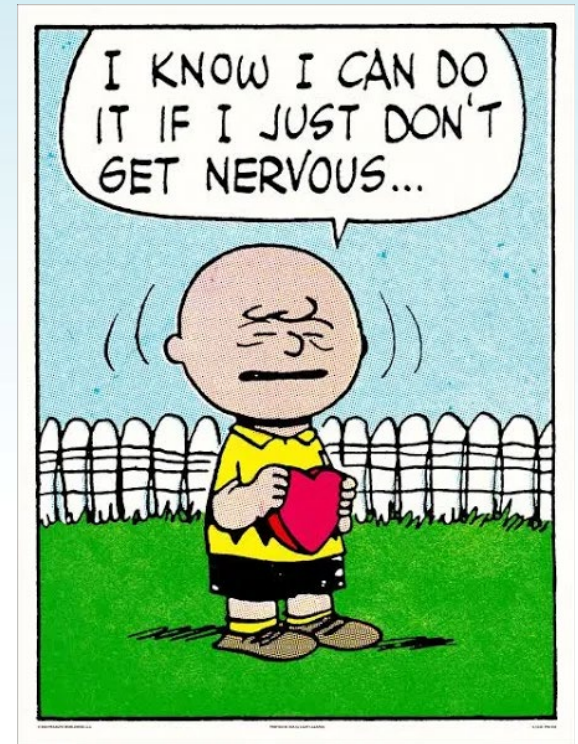
Today you will:

- Learn a little about the symptoms of anxiety and what can trigger them
- Learn about the sympathetic vs parasympathetic nervous systems
- Learn what someone's "baseline" behavior
- Learn the escalation continuum and methods to address points along that continuum
- Learn how to manage one's own emotions/anxiety
- ...and get a good healthy dose of Charles Schulz!

Anxiety

What does anxiety look-like?

How do you know someone (or even yourself) is anxious?



Anxiety

- Excessive worry
- Restlessness or on edge
- Easily fatigued
- Difficulty concentrating
- Irritability
- Muscle tension
- Sleep disturbance (poor or no sleep)



An actual diagnosis of generalized anxiety would be excessive worry for 6 months with three of the above symptoms not attributed to a substance or illness

Anxiety

What causes us to become anxious?

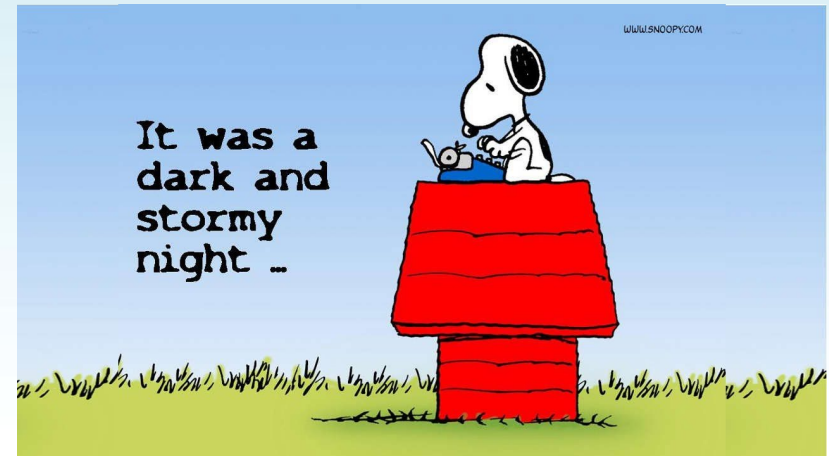
What are things that make you anxious?



Anxiety

Examples of anxiety triggers:

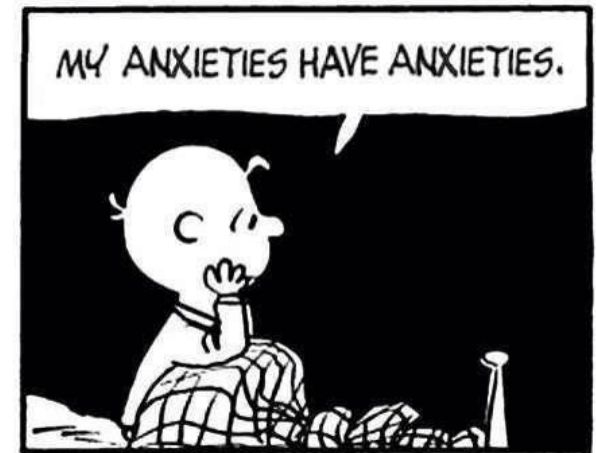
- The Unknown
- Conflict
- Something unresolved
- Complications
- Perceived threat to self
- Feeling pressured
- Anticipating disapproval or disappointment



The Stress Response

Autonomic Nervous System:

- Part of the nervous system that responds to that stress
 - **Sympathetic:** Fight, Flight, Freeze
 - “Reptilian” part of the brain
 - HPA axis: Hypothalamus, Pituitary, Adrenal
 - Adrenaline/cortisol
 - Neurotransmitters: norepinephrine, epinephrine, acetylcholine.



The Stress Response

Autonomic Nervous System

- **Parasympathetic:** Rebalancing, reestablishing control (“rest and digest”)
 - Vagus Nerve(s)—10th cranial nerve
 - Longest in body from brain to intestine
 - Connects with stomach, heart, lungs
 - Activating the vagus nerve(s) aids in bringing the body back in control after activation of the stress response through the sympathetic nervous system



The Stress Response

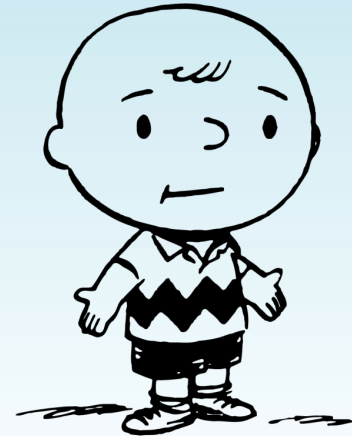
Autonomic Nervous System

- How to activate the Vagus Nerve(s)?
- Meditation
- Diet
- Deep breathing
- Exercise
- Guided imagery
- Good sleep hygiene
- Gratitude



Escalation Continuum

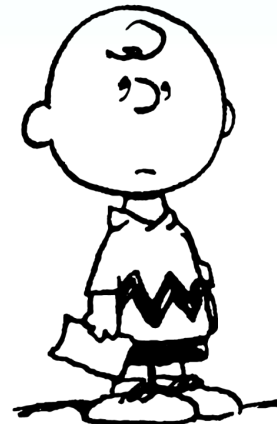
**Someone's
baseline
behavior —
what is it?**



1951



1960



1984



1999

Escalation Continuum

Baseline behavior:

- The average of our typical behavior
- What can affect our baseline behavior?



Escalation Continuum

Student Behavior	Staff Response
Anxiety	



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	



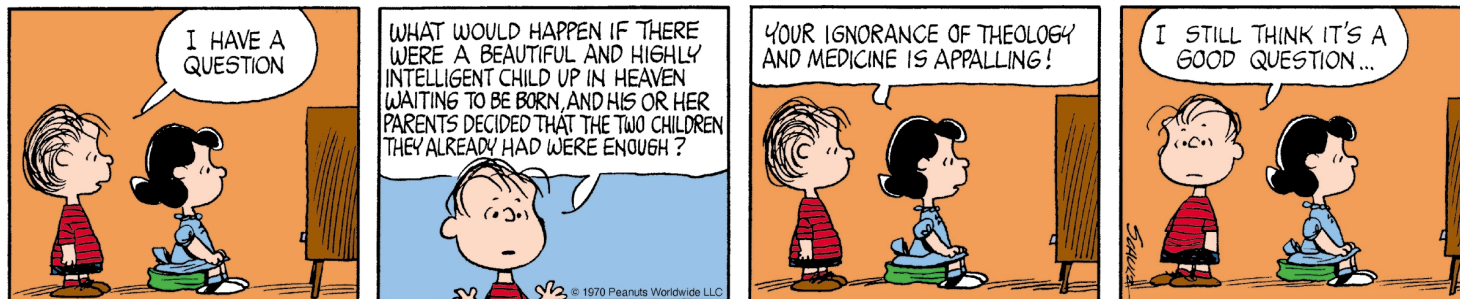
Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	



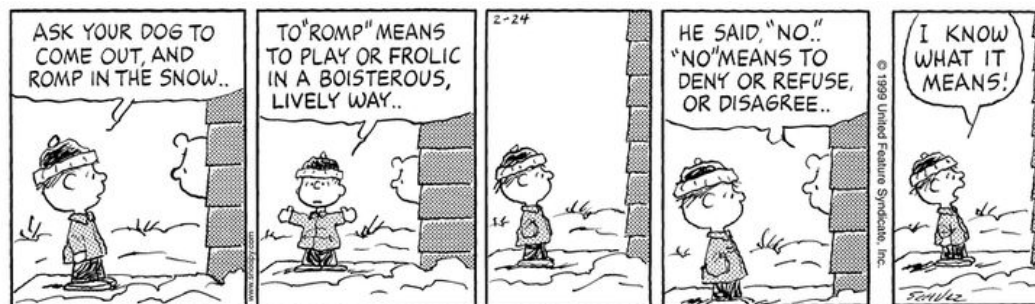
Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	Be directive



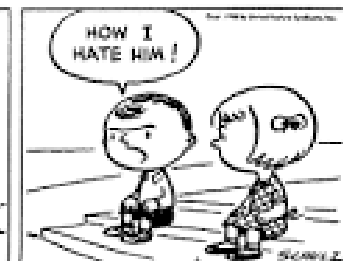
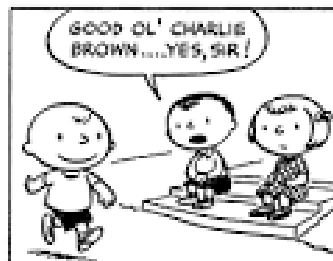
Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	Be directive
• Release	



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	Be directive
• Release	Seek assistance



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	Be directive
• Release	Seek assistance
Acting Out	



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
<ul style="list-style-type: none"> Questioning 	Answer question
<ul style="list-style-type: none"> Refusal 	Be directive
<ul style="list-style-type: none"> Release 	Seek assistance
Acting Out	Security



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	Be directive
• Release	Seek assistance
Acting Out	Security
Reducing of tension	



Escalation Continuum

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	Be directive
• Release	Seek Assistance
Acting Out	Security
Reducing of tension	Debrief (What resources available to the student?)



Escalation Continuum

Behavior influences behavior

Student Behavior	Staff Response
Anxiety	Supportive (Vagus Nerve Activation)
Defensive	
• Questioning	Answer question
• Refusal	Be directive
• Release	Seek assistance
Acting Out	Security
Reducing of tension	Debrief (What resources available to the student?)



Escalation Continuum

How do we manage our behavior?

- **Activating the Vagus Nerve(s)**
 - Meditation
 - Diet
 - Deep breathing
 - Exercise
 - Guided imagery
 - Good sleep hygiene
 - Gratitude



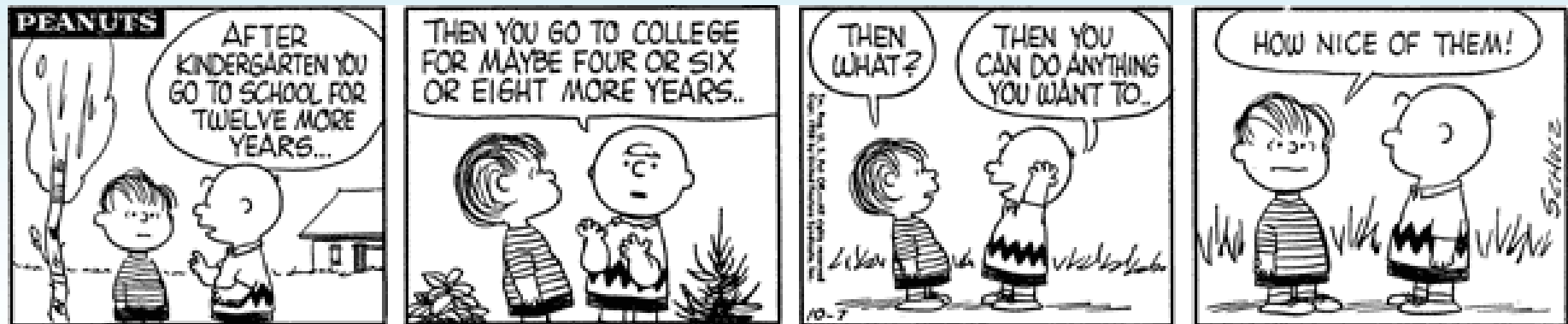
Escalation Continuum

How do we manage our behavior?

- Staff debriefing
 - What happened?
 - Why did it happen?
 - What went well?
 - How could it have been handled differently?
 - What needs to change?
 - Who needs ongoing support?



Thank you!





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