

Is Anxiety Affecting Your Health?

(Sample)

Presenter:

Organization:

Logo of the
presenter's
organization



Introductions



Does emotional health improve with age?

With age, we

- can sense and manage emotional changes better
- choose to join activities that mean most to us
- value and remember events more positively
- seek to reduce negative situations
- create positive personality changes

Source: Laura Carstensen



What is anxiety?

As many as half of older adults may experience anxiety that may affect their quality of life.

Anxiety is

- the most common behavioral health condition across the lifespan
- a reaction to stress
- mild, brief, a normal part of life
- normally lasting no longer than six months

ADAA, 2015
NIMH, 2015
Mental Health America, 2015
Yochim, Mueller, & Segal, 2013



What are some symptoms of anxiety?

Some physical/body symptoms include

- racing heart
- difficulty sleeping
- muscle tension
- fatigue
- restlessness
- headaches
- breathlessness
- memory impairment
- irritability
- nausea



What are some symptoms of anxiety?

Some mental/mind symptoms include continuous concerns about:

- the source(s) of anxiety
- the worst possible outcomes
- options related to the concern



What are common sources of anxiety in old age?

- Falls
- Health concerns
- Medications
- Financial concerns
- Forgetting things
- Large crowds of people
- Being home alone
- Driving
- Other changes in life (example: moving)



Why be concerned?

When anxiety is left unrecognized, it can cause

- increased use of alcohol or other self-medication
- depression
- social isolation
- less physical activity
- physical consequences
(poor sleep, fatigue, difficulty managing pain or illness)



Do you or someone you know have anxiety?

Ask the following questions:

- Do you worry more than other people you know?
- How much time do you spend worrying?
- Do your family or friends say that you get too nervous or worry too much?
- Do you avoid doing certain things because they make you worried or anxious?



How can I manage anxiety?

- Anxiety is common and manageable.
- Make adaptive changes with your situation.
- Use positive self-talk.
- Talk to someone you trust.
- Sleep, eat well, and exercise.



When is it time to ask for help?

If...

- None of the strategies have helped
- Anxiety occurs most days
- Anxiety has continued for a long time (six months or more)

Then...

- Talk to your primary care provider



Some mental tips might also help

“Run toward, not away from your anxiety”



Image courtesy of Pixabay

Discussion

- What makes you anxious?
- What are some ways you can adapt?
- What are things you should avoid?



Where can you go
in your community for help?



Resources

- Behavioral Health Options, Seniors and Anxiety
- ADAA, Tips to Manage Anxiety



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