

Anxiety Strategies

Anxiety Disorder - Best-Practice Intervention Strategies*

- Participate in a medical evaluation to rule out any medical conditions that may be causing or contributing to anxiety
- Participate in a psychiatric evaluation and take all medications as prescribed
- Develop and practice positive coping skills to manage stress and anxiety (such as adequate rest, proper nutrition, physical exercise and recreational activities/hobbies)
- Practice relaxation techniques such as deep breathing and guided imagery
- Learn to recognize the difference between emotional and physical reactions to anxiety
- Participate in systematic desensitization of feared stimuli while practicing relaxation strategies
- Identify a social support team and increase participation in social activities
- Identify negative self-talk and replace with positive statements
- Involve family members in psycho-education about anxiety to increase understanding and support
- Recognize, verbalize and address unresolved emotional issues
- Anxiety

Obsessive Compulsive Disorder - Best-Practice Intervention Strategies*

- Participate in a psychiatric evaluation and take all medications as prescribed
- Use a thought stopping strategy to interrupt cognitive obsessions
- Practice relaxation techniques such as deep breathing
- Consider learning and practicing the Exposure and Response Prevention (ERP) technique by confronting feared situations and objects (exposure) and resist performing compulsive rituals (response prevention)
- Recognize, discuss, and refute dysfunctional beliefs (e.g., magical or catastrophic thinking patterns)
- Develop and practice a daily ritual to interfere with the current compulsive pattern
- Identify, verbalize and address unresolved life issues
- Provide psycho-education for family members and encourage their support for the patient during treatment
- Develop and practice positive self-talk