

Anxiety Disorders Note Taking Outline

What is Anxiety?

- Subjective experience of discomfort in response to actual or perceived threat or loss ("stressor")
- Threat may be external or internal
- Anxiety may persist even after threat is gone
- Perception of threat depends on the individual
- Somatic component: Autonomic (Sympathetic) Nervous System activation

Levels of Anxiety

Mild Anxiety

- Increased alertness
- Broad field of perception
- Enhances learning and performance

Moderate Anxiety

- Perceptual field narrows
- Tunes out stimuli
- Focused on one task
- Decreased attention span
- Decrease in problem solving ability

Severe Anxiety

- Narrow or distorted perception, cognition
- Flight of ideas
- Physical symptoms are problematic
- Behavior directed toward relief of discomfort

Panic

- Disorganized and irrational
 - Overwhelmed, out of control
 - May become violent, hysterical or immobilized
- "Fight, Flight or Freeze"*

Nursing Interventions for Anxiety: Some Guidelines

- ◆ Assess level of anxiety via subjective, objective data
- ◆ Assess client's coping methods and effectiveness
- ◆ Planning: can source of client's stress/anxiety be managed or not?
- ◆ Client teaching:
 - Will not be effective if anxiety is severe or panic level
 - OK for moderate anxiety if it is simple and step by step

Anxiety Disorders Note Taking Guide Answers

Brendan G. Carr



Anxiety Disorders Note Taking Guide Answers:

Delve into the emotional tapestry woven by in Experience **Anxiety Disorders Note Taking Guide Answers** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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