

Anxiety Through the Roof

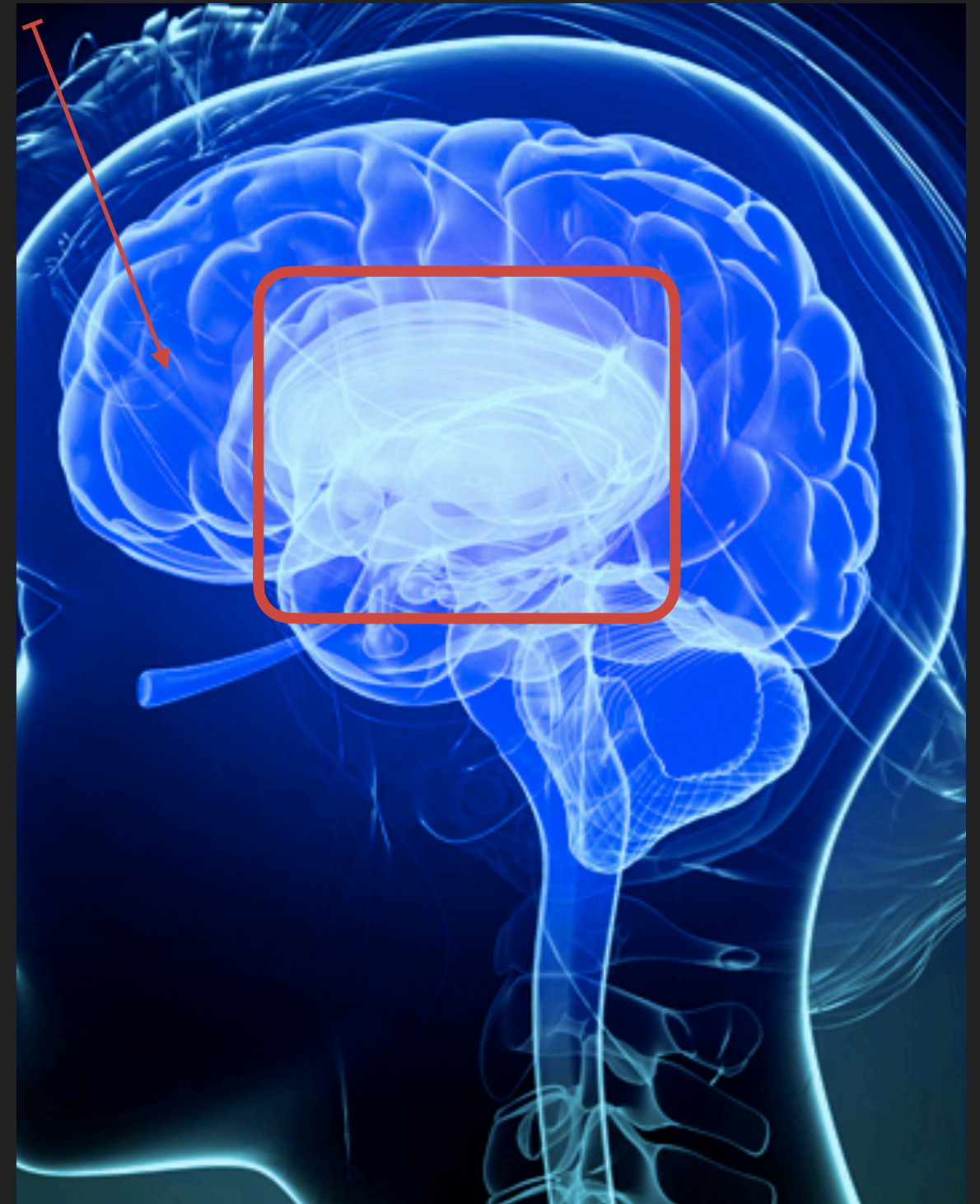
- Recognize different parts of the brain responsible for behavior
- Identify different medications and their effects to enhance, complement, or interfere with anxiety.
- Apply strategies to enhance treatment and comfort of the patient and self

Types of Anxiety

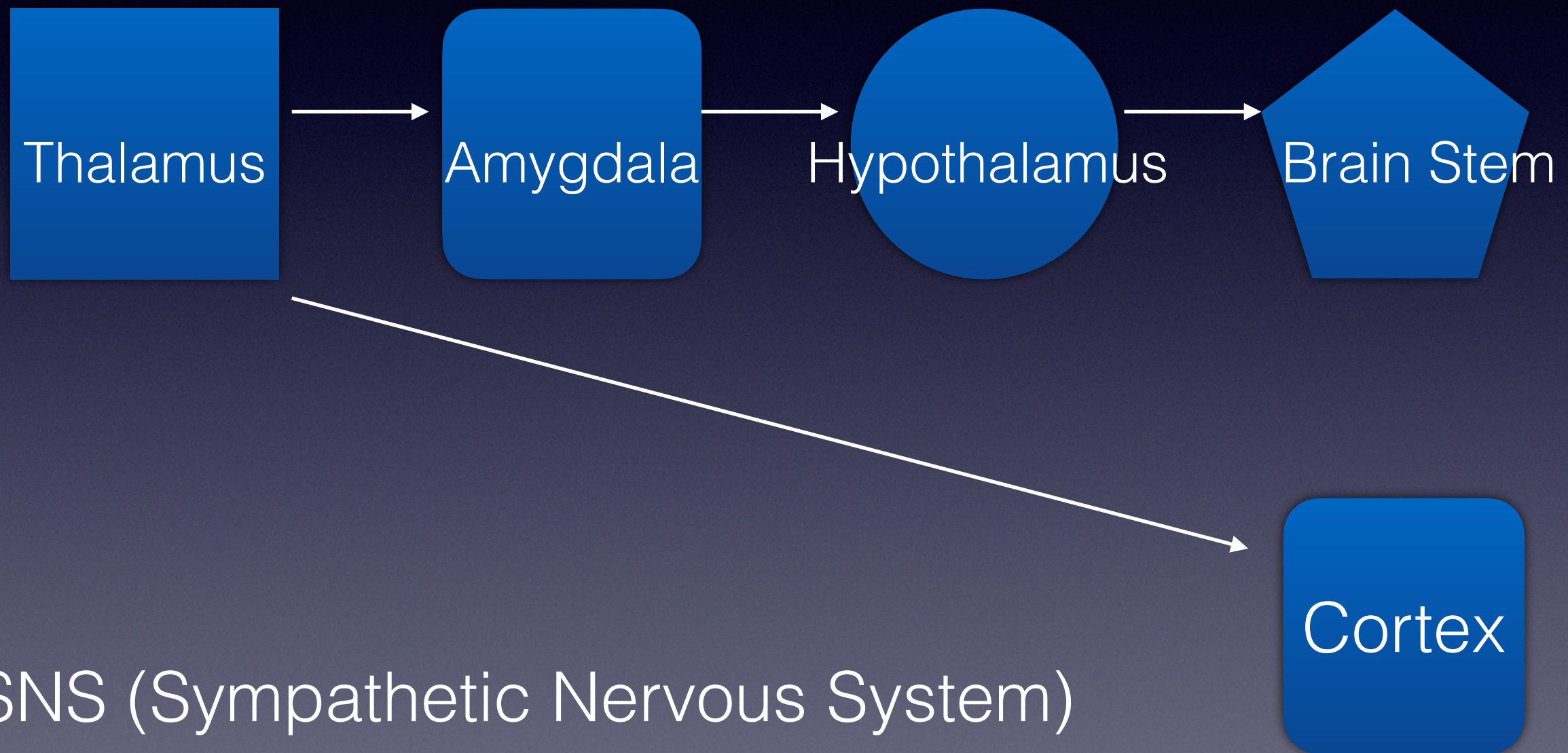
- Generalized Anxiety Disorder (GAD) - 6.8 million
- Panic Disorder - 6 million
- Social Anxiety Disorder (SAD) -15 million
- Specific Phobias - 19 million
 - average onset is age 7
- Obsessive-compulsive disorder (OCD) - 2.2. million
- Post-traumatic Stress Disorder (PTSD) - 7.7 million

THE BRAIN

- ▶ Frontal cortex is the **LOGICAL SIDE**.
- ▶ “Use your Head” part
- ▶ The limbic brain is into the deep part of the brain - amygdala
- ▶ This is your **GUT FEELING**
- ▶ Relies on emotions, hopes and dreams, our **HEART**



Anxiety Pathway



Med Summary

- Benzo/PAM good for situational experiences, doesn't aid in learning or rewiring
- IrINE/RAM promote ability for neural flexibility and helping to change underlying anxiety
- Betty Blocker LOL - don't facilitate or impair the rewiring process but prevent one from experiencing the physical symptoms of anxiety

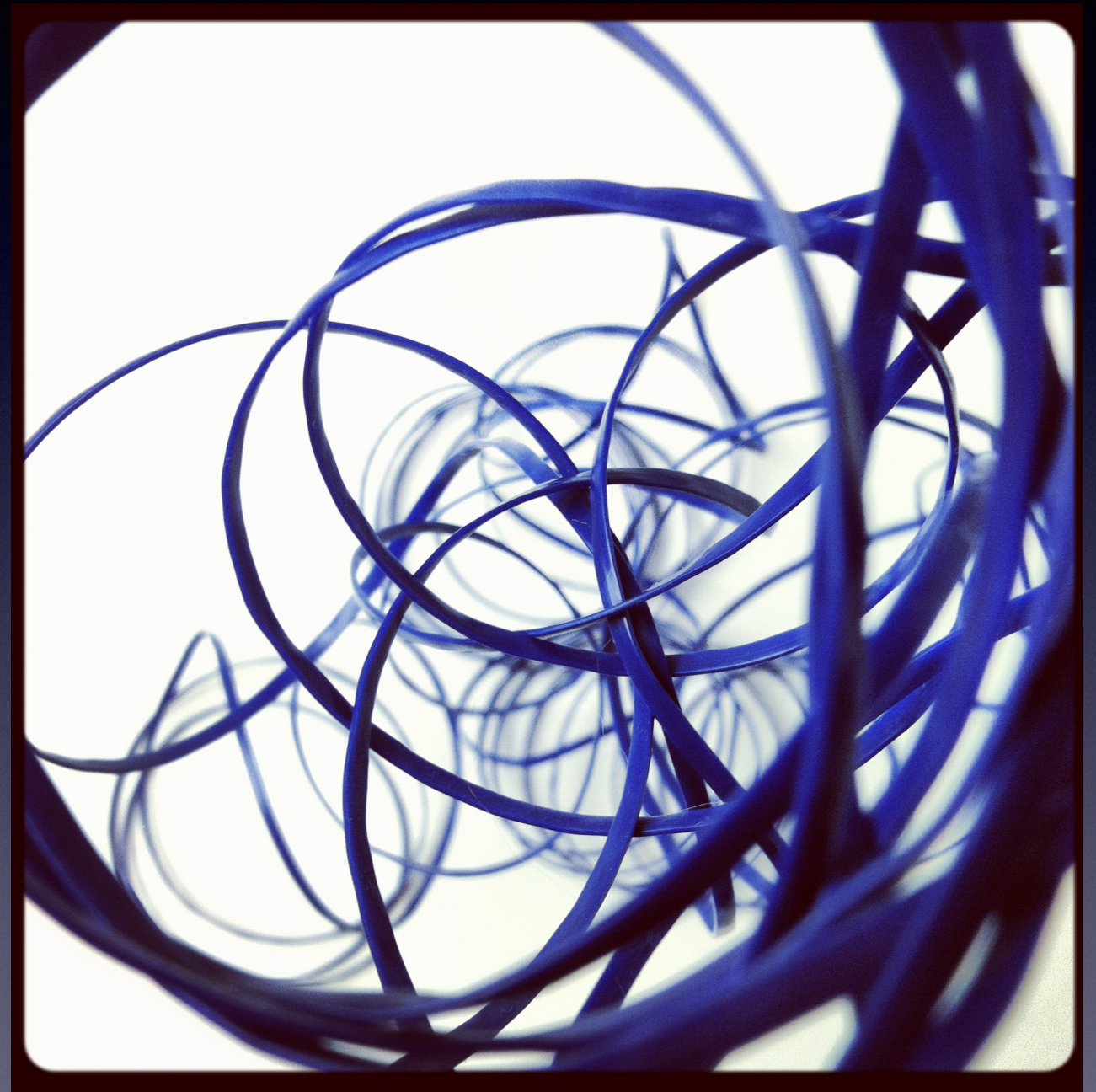
Break the Habit Loop

Reward based learning: Only way to change habit is to update reward value.

MAP IT OUT:

Trigger: Thoughts of needles
Behavior: Avoid dental practice
Result: Oral health gets worse

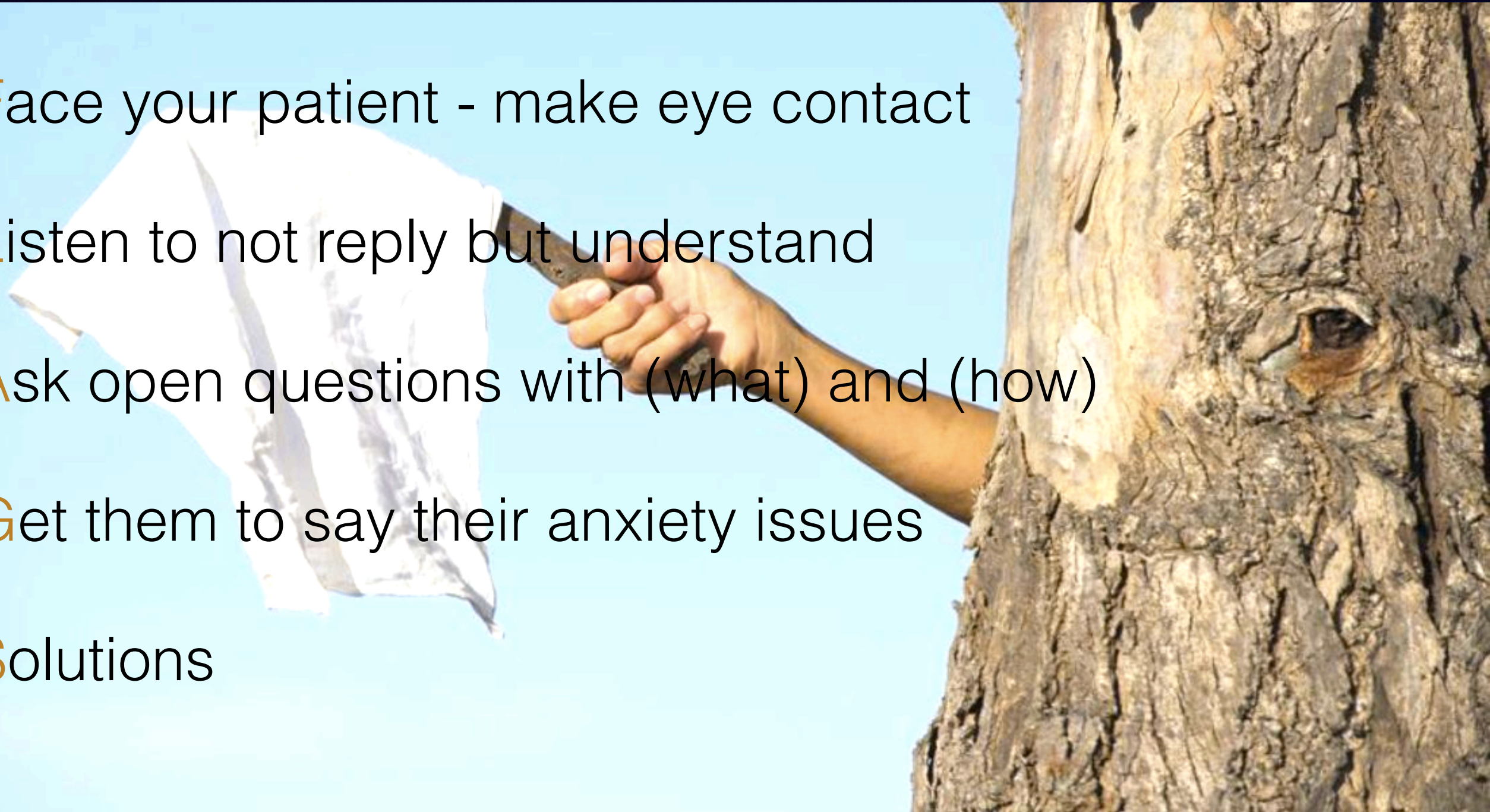
Trigger: Starts to struggle
Behavior: Think it will suck (Fixed mindset)
Result: Increased likelihood of it sucking!



“Watch your thoughts. They become words. Watch your words. They become actions. Watch your actions. They become habits. Watch your habits. They become character. It becomes your destiny.”

Communication Flags!

- Face your patient - make eye contact
- Listen to not reply but understand
- Ask open questions with (what) and (how)
- Get them to say their anxiety issues
- Solutions



Rutar Meditation Toothbrush Technique

- Electric toothbrushes make a nice hum noise when operating.
- Close your eyes and focus on the feel of the brush on the teeth
- Think only of what the tooth brush is doing, and are you angling correctly?
- 2 min medication/relaxation right there
- Map it. Trigger - Anxiety for the day, Behavior - 2mm brushing quiet time, Result - feel more relaxed and teeth are brushed.



Beta Waves

- Low range Beta - Reading a book or you know the info
- Mid range Beta - Firmly defined as high engagement, learning new info
- High range Beta - anxiety or excitement. Too amped up and the body is out of order. Anger, worry, pain, suffering, frustration, fear, competitive state. Maintaining requires energy



MAKE PEARLS

- We are here to help with COACHING
- We walk you through the steps
- Sometimes even show up at your office to CONSULT
- We want you to be happy, and strive to empower others
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