







HELPING RESIDENTS MANAGE ANXIETY

Anxiety is an emotion characterized by feelings of tension and worry. Residents may experience anxiety due to medical conditions, fear of falling, or lack of independence. Some may have been diagnosed with a specific anxiety disorder such as generalized anxiety disorder, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, or social anxiety.

If a resident is displaying these symptoms, they may be experiencing anxiety.

- Sweating, trembling or shaking
- Talking about feelings of danger or panic
- Trouble concentrating or making decisions
- Trouble sleeping or staying asleep
- Feeling irritable or restless
- Report rapid heart rate

Here are some ways you can help residents reduce anxiety:

 <p>Be Kind:</p> <p>Start each interaction with a warm smile and gentle tone. View each conversation as an opportunity to understand, not judge.</p>	 <p>Encourage Movement:</p> <p>Get the resident involved in daily movement based on their physical ability. Announce "movement moments" throughout the day.</p>	 <p>Teach Mindfulness:</p> <p>Use the 333 Rule to help the resident refocus and relax. Have the resident name three (3) things they can see, touch, and hear. Place colorful 333 reminders in common areas.</p>	 <p>Practice Breathing Balance:</p> <p>Use the "4 -7- 8" breathing technique to help regulate breathing. Guide the resident to breathe in through the nose for 4 seconds, hold the breath for 7 seconds, and exhale through pursing lips for 8 seconds. This cycle can be repeated up to four times.</p>	 <p>Thoughtful Reflections:</p> <p>Make journals and pens available to residents. Have "journal hour" combined with refreshments presented as "worry offloading". Create cozy journal nooks.</p>	 <p>Promote Social Interactions:</p> <p>Encourage "activity buddies" to promote social interactions. Create inviting spaces that encourage conversation and interaction.</p>
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Follow your agency's protocol to immediately report resident symptoms.