

SANCTUARY

Carer Anxiety
11 August 2020

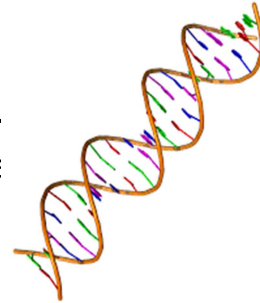
Welcome...

- New members and first time guests
- BPDCo **Dr Cathy Ludbrook (Clinical Lead)** and **Dr Kathy Moores (Clinical Psychologist and Carers SA Helen Brown)**
- Ongoing members
- *As always anyone please feel free to question or comment- just raise your hand*

- This evening...Anxiety: stress, genes and environment
- Podcast: *ABC All in the Mind Anxiety*(Dr Mark Cross)
- Discussion: BPD impacts on Carers
- Validation tips (if time)

In the beginning

- **Genetic** contributions from mother and father
- **Physical** characteristics hair, eye colour, gender, race...
- **Mental** traits IQ, talents.....and *predispositions to illness*
- **Environmental** factors impact child development
 - Family
 - School
 - Socio-economic factors: income, neighbourhood, employment, religion ...
 - Life experiences, perceptions, emotional associations from embryo/infancy, childhood and adolescence **interact with genetic** make up to form Self



Flight Fight and Freeze responses to threats

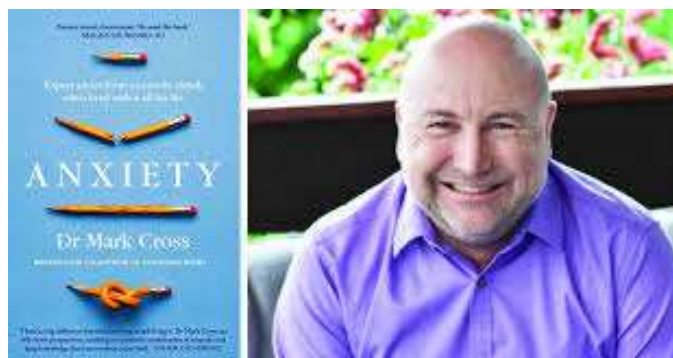
- A natural adaptation needed for life.
- Hormones released to deal with **real** or ***perceived*** threat
- Elevated, heart, respiration rates, muscle tension...often followed by feelings of nausea
- Recalling a threat can also cause stress and hormonal release
- **Elevated** stress hormones, **over time** are **harmful** to health
- Stress hormone's attack body's organs
- Our capacity to deal with **stress is not fixed** ***-we can learn*** **healthy coping skills**

Finished files are
the result of years
of scientific study
combined with
the experience
of years.



All of our senses may be unreliable
when we're stressed

ABC *The anxious shrink* Dr Mark Cross



<https://www.abc.net.au/radionational/programs/allinthemind/ther-anxious-shrink/12320736>

Mark Cross review

- Family turbulence
- Mental illness in family
- Types of anxiety eg
 - Generalised Anxiety Disorder (GAD)
 - Post Traumatic Stress Disorder (PTSD)
 - Obsessive Compulsive Disorder (OCD)
 - Panic Disorder
 - Agoraphobia
 - Health Anxiety



Mark Cross review (cont'd)

- Sexuality/Identity
- Isolation/shame/self doubt
- Internalised/Facades
- Mental health stigma in profession.
- Now 'Open and moving forward'
- Better for patients builds bonds of trust and more empathy
- Manages anxiety. Needs support but will always have anxiety
- Now wiser, more accepting compassionate and caring clinician
- Other comments

Anxiety: the most common...1 in 4 in Australia

So *what's making you* anxious?

In addition ..
we Care
for a Loved One
with BPD...



ANXIETY

BPD carer research

Carers deal with own mental health problems and those of loved one

Carers experience **elevated OBJECTIVE** and **SUBJECTIVE** burden, grief, and impaired empowerment, and that they may also report suffering depression and anxiety." 'Jun 4, 2019

Burden

Grief

Impaired empowerment...*depression and anxiety*

https://bpdfoundation.org.au/images/Jan_Giffin_Family%20experiene%20of%20BPD.pdf

Chronic and Traumatic Stress

Stress associated with **ongoing** worry

*You can't believe how tired, you know, **how tired** you feel ... you **really don't sleep some nights** very much at all'*

How's the sleep?



Phone rings in the night –fearful response

- **Intrusive phone** calls **reinforce** parents **intrusive thoughts** ... hard to put loved one out of their minds.
- *What is this call for? What's wrong? Is she ok?*

Do you **jump** when the phone rings?

PTSD?



Emotional strain, exhaustion

- **Fear** just so awful most of the time nowadays ...
- Not sure what to do about it.
- There's **a tension** ...



Physical health concerns...

- ...for the last three months I have felt **so nauseated**, I just think it's emotional ..
- I've got **arthritis** and **angina** and ... I think they are being just **worsened** by the **extra stress** ...

Do you have **conditions** you think are **related to BPD anxiety**?



Increasing our capacity to deal with anxiety...

- Our 'glass' capacity varies due to personal genetics and experience
- How can we increase the 'sides of our 'glass' to allow us to
 - Catch our breath
 - Take a break
 - Find distraction
 - Build our resilience
 - Maintain our health



What *do we do* to de-stress?

Many resources here

Centre for Clinical Interventions
(WA Gov)

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>

Validation tips

To validate

someone's feelings is first to accept **someone's** feelings - and then to understand them - and finally to nurture them.

To validate is to acknowledge and accept a person.

Invalidation, on the other hand, is to reject, ignore, or judge.

AH YOU'LL GET OVER IT!

I care about you. What can I do to help

YOU TAKE EVERYTHING SO PERSONALLY!

I'm sorry I didn't realise how much this affected you. I want to understand more about how you're feeling

WHY ARE YOU SO ANGRY?

Your feelings matter

Acknowledge how

THEY'RE feeling

NOW

Self Validation tips- *Beware your inner voice*

- It's normal to feel this way.
- My feelings are valid.
- I'm proud of myself.
- This is hard. What do I need to cope or feel better?
- it's okay to cry.
- I'm making progress.
- I gave it my best effort.
- I am worthy.
- Good job!
- I'm more than my accomplishments or failures.
- My self-worth isn't based on other people's opinions.
- Everyone makes mistakes.
- My feelings matter and I will listen to what they're telling me.
- I trust my instincts.
- Not everyone likes me and that's okay. I like myself.
- I like _____ about myself.

<https://livewellwithsharonmartin.com/validate-yourself/>