



Anxiety and Mindfulness

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What is Anxiety?

- A state of fear resulting from a realistic or imaginary threatening situation
- May have emotional, cognitive and physical components
- Anxiety can be a normal and healthy response to a situation

Anxiety vs. Anxiety Disorders

- Difficulty functioning in daily life
 - Occupational, academic, social/relationships
- Feel frequently overwhelmed or unable to cope with the anxiety
- Anxiety is excessive
- Using drugs/alcohol to deal with anxiety

Common Anxiety Disorders

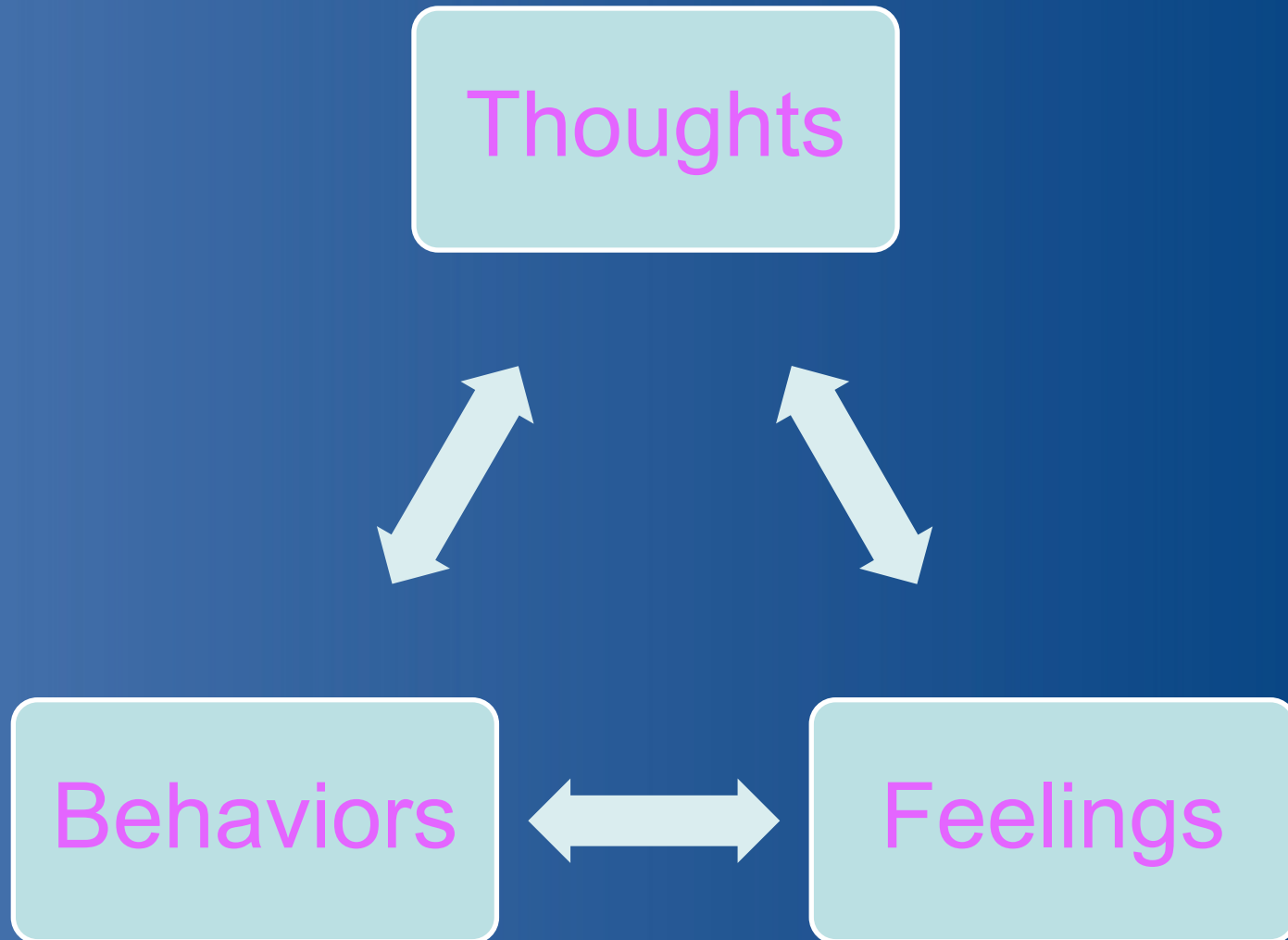
- Panic Disorder (with Agoraphobia)
- Obsessive-Compulsive Disorder
- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Specific Phobia
- Post-Traumatic Stress Disorder

Anxiety Disorders are Treatable...

Cognitive-Behavioral Therapy (CBT) JOHNS HOPKINS MEDICINE

- Short-term (6 to 20 sessions)
- Present-focused
- Can be equally effective as medication for anxiety disorders
- Combination Meds + CBT often used

Cognitive-Behavioral Therapy (CBT)



Cognitive-Behavioral Therapy (CBT)

1) Thoughts

– Challenging Automatic Thoughts:

- Am I 100% sure that _____?
- What evidence do I have that _____?
- What is the worst that could happen? How could I cope with that?

Cognitive-Behavioral Therapy (CBT)

2) Behaviors

- Exposure-based Interventions
- Relaxation or Mindfulness Exercises

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What is Mindfulness?

What is Mindfulness?

- Bringing attention to the present moment
- Not focusing on what things should or could be like
- Turning towards our experiences, even if they are difficult
- The opposite of mindfulness? → Mindlessness and Auto-pilot

What gets in the way of mindfulness?

- Thinking
 - To do list
 - Worrying
 - “Stories”
 - Catastrophizing
- Multi-tasking
- Technology (CELL PHONES)
- COVID-19...

When can we practice mindfulness?

- In every moment...
- Formal mindfulness
 - Using an “anchor” to bring attention to the present
- Informal mindfulness
 - Noticing when you are on “autopilot”
 - Bringing awareness to the present

Why Practice Mindfulness?

Benefits of Mindfulness Meditation

System	Effect
Psychological	<ul style="list-style-type: none"> • Decreased stress, anxiety, depression • Improved focus and memory • Improved quality of life
Psychiatric (Brain)	<ul style="list-style-type: none"> • Changes in brain structure and function
Neurological (Chronic Pain)	<ul style="list-style-type: none"> • Decreased pain severity • Decreased disability • Increased pain acceptance
Cardiovascular	<ul style="list-style-type: none"> • Decreased blood pressure
Immune	<ul style="list-style-type: none"> • Improved immune function
Digestive	<ul style="list-style-type: none"> • Inflammatory Bowel Syndrome
Metabolic	<ul style="list-style-type: none"> • Sustained weight loss • Diabetes—mixed findings

Benefits of Mindfulness Meditation

- Tunes us into the present
- Makes it easier to be mindful during activities
- Allows us to listen to our bodies
 - e.g., noticing stress, tension
- Allows us to be more open and flexible
- Increases our ability to tolerate discomfort and uncertainty
- Allows us to notice thoughts without reacting to them

How to incorporate mindfulness into your day...



- Take a 3-breath break
- Label your emotion
- Accept your emotions without judgement
 - “What we resist, persists”

Label your thoughts (e.g., catastrophizing)

- Bring attention to your senses

5-4-3-2-1

Reground Yourself

Connect with the present moment.

Identify:



5 things you can see



4 things you can feel



3 things you can hear



2 things you can smell



1 thing you can taste



Self-Care is Health Care
a project of the Healthy Capital District Initiative

“Drop the Story”

- 1) State the facts of an event in one sentence
- 2) Notice “add-on thoughts” that take you away from the facts
- 3) Return to the facts





Welcome to Calm Hopkins

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Daily Mindfulness Sessions



Daily Mindfulness with Dr. Neda Gould

- 12 PM Wednesdays

<https://jhjhm.zoom.us/j/747490420>

Meeting ID: 747 490 420

Let's Practice...

