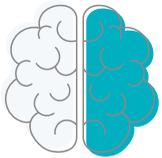




ASSESSING AND MANAGING ANXIETY WITH TOTAL BRAIN

Learn how the Total Brain platform can help users manage stress and anxiety.

About Anxiety



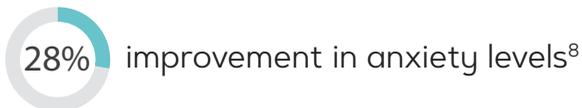
Everyone feels nervous, anxious or worried sometimes. Anxiety becomes problematic when these feelings are being experienced most of the time, often without a specific cause, and are very hard to control. The experience of anxiety can also include finding it hard to calm down, feeling overwhelmed by sudden feelings of intense panic or worry, and having recurring thoughts that continually trigger anxiety but that to others may seem unimportant. Anxiety also interferes with daily activities. It can be hard to think clearly and concentrate, and activities that trigger anxiety are often avoided.

Managing Anxiety With Total Brain

Anxiety disorders are quite common, affecting 18% of Americans every year¹. The good news is that there are also many cognitive strategies and techniques that can be highly effective in helping to manage Anxiety symptoms.

Total Brain offers assessment and insights into the cognitive and emotional states that impact Anxiety, and training exercises that can provide a valuable adjunctive therapeutic tool to other standard clinical treatment practices.

Total Brain can help to increase awareness of stress and anxiety experiences, and can help with strategies for managing stress and anxiety. People with anxiety or depression who train with Total Brain have been found to experience:



Cognitive Behavior Therapy

One of the main aspects of Anxiety involves concentration on threats and dangers. Cognitive Behavior Therapy is the most prominent treatment approach for many types of anxiety disorders (2,3,4). It helps people to identify these thought patterns when they occur, and teaches strategies to help change these patterns in their thinking and behavior.



The Total Brain exercise Thought Tamer has been designed based on classic Cognitive Behavior Therapy techniques. It provides training in several types of negative thought patterns and thought traps, and how to go about challenging and changing these patterns.



Mindfulness and meditation exercises help switch from a state of fight-flight stress and vigilance into a calm and more cognitively flexible state. These exercises have been demonstrated to be highly beneficial for managing and reducing anxiety^{5,6}.

Total Brain's Mindfulness Awareness exercises guide users to change their state of mind so that they can experience what is happening right now. This aids in breaking the cycle of worry thoughts for people with anxiety, allowing space to pay attention to other thoughts and experiences, including cognitive strategies for challenging these thoughts.

GAD-2

is used to screen for the presence of a potential Anxiety disorder.

The DASS-21 scale

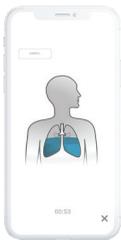
measures current anxiety and stress levels in comparison to other people the same age and gender. These measures are also relevant for people who experience a low level of stress and anxiety but do not have a diagnosable condition.



Total Brain also includes several other mindfulness exercises that have a more general benefit of increasing calmness and boosting activity of brain networks for reward and positive emotion states, and for creating a more accepting and open state of mind.



Heart Rate Variability



Slow rhythmic breathing increases heart rate variability and elicits a calming and cognitive flexible state that has been shown to be beneficial for Anxiety⁷. MyCalmBeat is a Total Brain exercise that has been scientifically designed to provide guided breathing with a visual aid for training at specific slow breathing rates that help to enhance heart rate variability and elicit a more flexible and calm state.

Positivity and Reward

Total Brain offers several activities that are designed to boost activation of brain networks associated with positivity, safety and reward, and to dampen overactivity of fear and anxiety networks, at both conscious and nonconscious levels. Engagement of these networks is helpful in managing and combating Anxiety. These include Bubbletopia, Word Smith, Happy Seeker, Positive Affirmations, Expressions of Gratitude, and Self Regulate.



References

1. Kessler RC, Chiu WT, Demler O, Walters EE. (2005). Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). Archives of General Psychiatry, 62 (6):617-27.
2. Olatunji BO. Efficacy of cognitive behavioral therapy for anxiety disorders: a review of meta-analytic findings. Psychiatric Clinics of North America 2010; 33:557- 577.
3. Stewart RE, Chambless DL. Cognitive-behavioral therapy for adult anxiety disorders in clinical practice: A meta-analysis of effectiveness studies. Journal of Consulting and Clinical Psychology 2009; 77:595-606.
4. Norton PJ, Price EC. A meta-analytic review of adult cognitive-behavioral treatment outcome across the anxiety disorders. The Journal of Nervous and Mental Disease 2007; 195:521-531.
5. Hofmann SG, Sawyer AT, Witt AA, Oh D. The effect of mindfulness-based therapy on anxiety and depression: A meta-analytic review. J Consult Clin Psychol. 2010;78: 169-183.
6. Jorm AF, Christensen H, Griffiths KM, Parslow RA, Rodgers B, & Blewitt, KA (2004). Effectiveness of complementary and self-help treatments for anxiety disorders. Medical Journal of Australia, 181:S29-46.
7. Lee J, Kim JK, and Wachholtz, A (2015). The benefit of heart rate variability biofeedback and relaxation training in reducing trait anxiety. Hanguk Simni Hakhoe Chi Kongang, 20(2): 391-408.
8. Among those flagged as at risk for depression or anxiety, a 28% improvement in anxiety levels was found for those who completed 2 or more hours of training.

Learn More:

To learn more about how Total Brain can benefit you and your organization, visit totalbrain.com/learnmore.