

# **The Learning Company**

## **Ethics and Communication**

### **Mental Health**

#### **Anxiety Disorders**

- Is experienced as a chronic general sense of uneasiness and fear
- Usually there is a lack of clear specific cause for these emotions
- Clients with this disorder tend to startle easily
- Can experience chronic fatigue and headaches
- Tend to be hereditary
- Can also be related to minor cardiac problems
- Fear tends to be specific but not necessarily rational
- When this person is exposed to their fear their anxiety levels increase and anxiety disorder is triggered

#### **Panic Attacks**

- Are much more abrupt and intense compared to anxiety disorder
- Severe anxiety including a sense of impending disaster or death is experienced along with other symptoms including:
  - Heart palpitations, tachycardia, throbbing chest pain, tightness in chest
  - Shortness of breath, hyperventilation, dry mouth
  - Hot flashes, chills, sweating
  - Gastrointestinal disturbances, nausea, diarrhea, frequent urination
  - Muscular tension leading to headache, low back pain, muscle spasms,
  - General weakness and fatigue
  - Sense of apprehension
  - Woman, possible change in menstrual cycle
- Attack may last for a few seconds to ½ hour
- Frequency is variable in
- These types of attacks are more common than once thought
- The causes are similar to those of general stress, except for the result is a stronger physical response

#### **Post Traumatic Stress Disorder (PTSD)**

- In considered an anxiety disorder
- It can occur after one feels physical vulnerability and then experiences a traumatic event that produces an intense emotional response
- This disorder differs from other in the fact that the person has been exposed to a recognizable stressor serious enough to evoke an extreme response
- Physiological trauma may or may not include physical injury
- The person repeatedly experiences flash backs to the traumatizing event
- There are attempts to avoid anything that reminds them of the trauma

## **The Learning Company**

### **Ethics and Communication**

- Other symptoms may include increase SNS firing which contributes to headaches, intestinal problems, decreased appetite, sweating, palpitations, muscle spasms, fatigue, insomnia, anxiety or depression
- There can also be unpredictable outbursts of aggressive behaviour, difficulty completing tasks and problems concentrating
- Duration of this disorder is variable
- Those that have this condition should seek professional help
- Some treatment techniques are relaxation strategies, massage, counseling, and sometimes medication

### **Coping With Stress**

- Body can respond to physical or emotional stress by actively engaging in the stress response or by passively accepting the situation
- It is sometimes better for the person to ignore the situation, therefore suppressing the fight or flight instinct
- Increasing ones ability to cope with stress specifically by improving the ability to relax
- Lifestyle changes include decreasing stimulants, getting adequate sleep, healthy diet, regular exercise
- Anticipating a potentially stressful event is useful since the person can then attempt to control the response

### **Stress and Massage**

- Massage has a positive impact on reducing the effects of stress on the body
- Massage has been found to reduce the levels of cortisol (indicates an increase in SNS firing) and decrease a person's perceived stress and anxiety levels
- It increase the persons awareness of tense areas in the body which enables the person to develop more relaxed posture and better breathing

### **Contraindications**

- Aggressive stimulating techniques
- Pressure on the abdomen

# The Learning Company

## Ethics and Communication

### Treatment

Induce relaxation & Decrease SNS firing	The stress reduction massage is the base of every massage, regardless of the condition being treated Treat the whole body Minimize the movement of the client Apply soothing rhythmical strokes to induce a relaxation state Try to keep a pattern when treating each area ( do the same to each arm) Predictability aids relaxation Educate the client on diaphragmatic breathing
Reduce pain & muscle tension	Using deeper strokes is permitted but try to intersperse light strokes in between to maintain the relaxation focus Use a less invasive way of treating trigger points Hot hydrotherapy can be used as well

### Self Care

- Educate the client on diaphragmatic breathing
- Encourage stress reduction activities
- Encourage exercise and stretching
- Refer the client is necessary