

Turn your Anxiety into your Superpower

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- AGENDA -

- Introductions: How do you see issues around stress & anxiety in your school? In yourself? Your questions? Your inspiration?
- Research on Stress & Anxiety: biological factors, what's healthy about anxiety & stress reactions, how attitude changes health effects of stress
- Learn about the biological dynamics of stress & anxiety (Stone age brain design, healthy aspects of stress & anxiety)
- Practical coping skills for mobilizing stone age mechanism of stress & anxiety in our current world
- Toolbox of somatic coping skills for stress & anxiety
- Resources: handouts & helpful literature & videos
- Take Aways

How to Make Stress your Friend

Kelly McGonigal, TED Global 2013

Fill out before the Video:

1) How would you define STRESS? _____

2) How would you rate STRESS in your experience?

Horrible					Neutral					Fantastic
-5	-4	-3	-2	-1	0	1	2	3	4	+5

3) What is the OPPOSITE of STRESS? _____

Fill out after the Video:

1) What is your biggest Take Away from this Talk _____

2) How would you define STRESS now? _____

3) How would you rate STRESS now?

Horrible					Neutral					Fantastic
-5	-4	-3	-2	-1	0	1	2	3	4	+5

4) How do you want to get involved in sharing this knowledge?

What to say to help a friend

Tell me how bad it really is.

I want to hear how you are doing even if it is really bad.

It's ok to feel sad. I am here for you.

Cry until all the pain is out.

Take your time, you don't have to say anything.

Take all the time you need to let me know how you are doing.

I'm ok with you being down, you don't need to pretend with me.

Is there anything I can do to make you feel better (give you a hug, give you space, get outside with you, do something with you, etc.) ?

Is there something we can do to help you take your mind off of it?

I know you are trying so hard – how can I help?

I know you are doing the best you can.

I'm so glad I can be here with you.

It is ok to let other people help you. You are always the one helping everybody else. Now it's your turn to get support.

Nothing is more important to me than being here with you right now.

You will get through this.

Maybe I can help you get help.

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How to turn Anxiety into your Superpower!!!!



- Movement, not staying stuck

Anxiety and panic are high energy states and they get worse when you stay stuck or still. Change your posture, get up, stretch, and move around if you can.

- Get a drink of water or a bite to eat or chew gum

When we drink water or eat a bite our digestive system kicks in which signals to your brain that you are safe. It can help get your body out of the fight/flight/freeze mode. Even chewing gum will send the message that you are safe to the brain.

- Change Eye Focus

When people get severe anxiety or panic attacks their eyes tend to hyper-focus in one spot which signals danger to the brain and intensifies the panic. You can hold up a pencil or a finger and shift your eye spot from the close to a distant spot in a rhythm that feels relaxing to you. Do this for 1-2 minutes and then relax, breathe deeply into your belly and feel relaxation spread out in your body.

- All Senses Exercise

Shift your attention from thinking to sensation by noticing 4 colors in the space around you, then 4 sounds, then 4 sensory experiences, and then 3 colors, 3 sounds, 3 sensory experiences, then 2 colors, 2 sounds, 2 sensory experiences, then 1 color, 1 sound, 1 sensory experience, then relax and breathe into your belly, feel relaxation spread out in your body.

- Power Poses

Fight/flight/freeze are physical experiences and go along with specific postures that are usually constricted. If you get up, make yourself big, stretch, and breathe you change the signal in your brain and you will feel more capable to deal with any situation. Your brain releases Dopamine if you make yourself big and wide and that will help you feel more self-esteem.

- Abdominal Breathing

Abdominal breathing signals to the brain that you are safe. You can put a hand on your belly and breathe in and out slowly. You can imagine a balloon in your belly that slowly expands and contracts with every in- and out-breath. You can use any image that works for you.

- Find the sensation & give it a color & let it move

When you notice intense activation make it as tangible as you can: give it a color, feel where it is most tangible in your body, and allow it to spread out. This is your life-force kicking in and if you don't constrict it and hold it tight but rather let it spread out and move, you can feel it and use it as the good energy it is.

- Connect

Find a way of social engagement to calm the stone age brain: talk to someone, call someone, ask for touch or being held, or if you are by yourself you can help your body feel connected: push against a wall, lay down on the ground with your belly on the ground, lean against a wall, wrap yourself in a blanket. Remember a situation where you felt connected.

- Calming Herbs

You can make tea with herbs that help calm anxiety: Passionflower, Skullcap, Oatstraw, Damiana, Wood Betony, Tulsi/Holy Basil, Lavender, Linden.

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www.Naturalhighs.org Facebook: "Natural Highs Community"

¡¡Como transformar tu ansiedad a tu superpoder!!



- Movimiento – no quedarte atrapado

Ansiedad y el pánico son estados de alta energía y se empeoran cuando te quedas quieto o atrapado. Cámbiate la postura, párate, estira, y mueve el cuerpo si puedes.

- Toma agua o un bocadillo o mastica chicle

Cuando tomamos agua o comemos, comienza a transmitir señales a su cerebro de que está a salvo. Puede ayudar a sacar su cuerpo del modo de lucha / huida / congelación. Incluso el chicle enviará el mensaje de que estás seguro al cerebro.

- Cambia el enfoque de los ojos

Cuando las personas sufran ansiedad severa o ataques de pánico, sus ojos tienden a concentrarse en un solo lugar, lo que indica peligro para el cerebro e intensifica el pánico. Puedes sostener un lápiz o un dedo y cambiar tu punto de vista desde un punto cercano a un punto distante en un ritmo que le resulte relajante. Haga esto durante 1-2 minutos y después relájate, respira profundamente en su vientre y sentir relajación extendida en su cuerpo.

- Ejercicio de todos los sentidos

Cambie tu atención de pensar a la sensación al notar 4 colores en el espacio a tu alrededor, luego 4 sonidos, luego, 4 experiencias sensoriales, luego 2 colores, 2 sonidos, 2 experiencias sensoriales, luego 1 color, 1 sonido, 1 experiencia sensorial. Luego, relájate y respira dentro de tu vientre, sentir relajación extendida en tu cuerpo.

- Poses de Poder

Pelear/volar/congelar son experiencias físicas y van con posturas específicas que usualmente están restringidas. Si te levantas, te haces grande, estírate, y respira, puedes cambiar la señal en tu cerebro y sentirás mas capaz de lidiar con cualquier situación. Tu cerebro libera dopamina si te haces grande y ancho y eso te hará sentir mas autoestima.

- Respiración Abdominal

La respiración abdominal le indica al cerebro que estas seguro. Puedes poner una mano sobre tu vientre e inhalar y exhalar lentamente. Puedes imaginar un globo en tu vientre que se expanda lentamente y contrae con cada inhalación y exhalación. Puedes usar cualquier imagen que funcione para ti.

- Encuentra sensación y dale un color y deja que se mueva

Cuando notas activación intensa, hazlo lo mas tangible que puedas: dale un color, siente donde es más tangible en tu cuerpo, y deja que se extienda. Esta es tu fuerza de vida y si no laa constriñe y la mantiene apretada, sino que la deja extenderse y moverse, la puedes sentir y usar como la buena energía que es.

- Conectar

Encuentre una forma de compromiso social para calmar el cerebro de la etapa de piedra: habla con alguien, llama a alguien, pide que te toquen o te sostengan, o si estas solx puedes ayudar a tu cuerpo sentirse conectado: empuja contra una pared, recuéstate en la tierra (o cama) con el vientre en el suelo (o el colchón), apoyarse contra una pared, envuélvete en una manta o recuerda una situación en la que sentías conectadx.

- Hierbas Calmantes

Puedes prepararte una te con hierbas que ayudan a calmar la ansiedad: Pasiflora, escutelaria, paja de avena, damiana, betony de madera, Tulsi/albahaca santa, lavanda, flor de tilo.

Para mas information:

Naturalhighs.org

Facebook: “Natural Highs Community” -> like!

Instagram: #naturalhighsofficial

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Resources

- ☞ FACEBOOK: “Avani Gudrun Dilger” – connect for neuroscience articles, innovative approaches for mental health & substance abuse
- ☞ FACEBOOK: “Natural Highs Community” – connect for FREE Community events and programs around substance abuse & mental health support
- ☞ www.naturalhighs.org – FREE Daily Emotional Wellness Care Packets by email for teens and adults through Covid-19, Resources for innovative substance abuse & mental health community-based intervention
- ☞ Levine, Peter (1997). Waking the Tiger. Healing Trauma. North Atlantic Books.
- ☞ Mate, Gabor (2010). In the realm of hungry ghosts. Close encounters with addiction. Berkeley, CA: North Atlantic Books.
- ☞ Berenson, Alex (2019). Tell your Children. The Truth about Marijuana, Mental Illness and Violence. New York: Free Press
- ☞ Belsher, Jody (2015). The Other Side of Cannabis. Negative Effects of Marijuana on our Youth. Documentary on www.theothersideofcannabis.com (60 minute version)
- ☞ Cass, Hyla; Holford, Patrick (2002): Natural Highs. Supplements, Nutrition, and Mind-Body Techniques. New York: Penguin Putnam
- ☞ DesMaisons, Kathleen (1998): Potatoes, Not Prozac. A Natural Seven-Step Dietary Plan to control your cravings ... New York: Simon and Schuster
- ☞ Neufeld, Gordon & Mate, Gabor (2006). Hold on to your kids. Why parents need to matter more than peers. New York: Ballantine Books.
- ☞ Young, Emma (2017) Iceland knows how to stop teen substance abuse but the rest of the world isn't listening. <https://mosaicscience.com/story/iceland-prevent-teen-substance-abuse>
- ☞ Milkman, Harvey & Sunderwirth, Stanley (2010). Craving for Ecstasy and Natural Highs. Los, Angeles, CA: Sage
- ☞ Lewis, Marc (2015). The Biology of Desire. Why addiction is not a disease. New York, NY: Public Affairs.
- ☞ Siegel, Daniel (2013). Brainstorm. The power and purpose of the teenage brain. New York, NY: Tarcher/Penguin
- ☞ Levine, Madeline (2006). The Price of Privilege. How parental pressure and material advantage are creating a generation of disconnected and unhappy kids. New York, NY: Harper Collins Publishers.
- ☞ Bradley, Michael (2002). Yes, your teen is crazy. Loving your kid without losing your mind. Gig Harbor: Harbor Press.
- ☞ Acupuncture for PTSD, Addiction & Mental Health Support: <https://acudetox.com/>

Favorite TED Talks & Videos

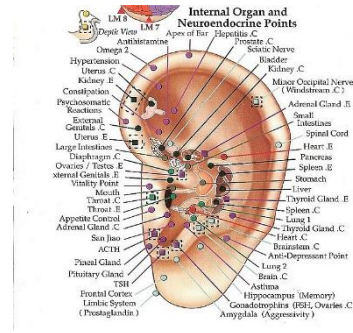
- Kelly McGonigal: How to make stress your friend | TED Talk | TED.com: Change your thinking to change your stress health
https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend
- Amy Cuddy: Your body language may shape who you are | TED Talk, Powerposes: https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are
- The Power of Addiction and The Addiction of Power: Gabor Maté <https://www.youtube.com/watch?v=66cYcSak6nE>
- Johann Hari: Everything you think about Addiction is wrong: https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong
- The surprisingly dramatic role of nutrition in mental health | Julia Rucklidge | TEDxChristchurch, Micro-Nutrient Therapy <https://www.youtube.com/watch?v=3dqXHHc5IA>
- The demise of guys? Philip Zimbardo – On addiction to videogames, technology & porn: <https://www.ted.com/talks/zimchallenge>
- The Natural Highs Story:
https://www.youtube.com/watch?time_continue=1&v=xZOW4GqW9bl

Podcasts

- Natural Highs and the Complexities of Addiction with Avani Dilger, Heartseed Health Podcast: <https://podcasts.apple.com/us/podcast/natural-highs-complexities-addiction-avani-dilger/id1236956022?i=1000409048763>
- Natural Highs – Avani Dilger on Healthy Alternatives to Substances, Beyond Risk & Back with Aaron Huey:
<https://www.blogtalkradio.com/beyondriskandback/2017/10/05/the-circle-natural-highs-avani-dilger-on-healthy-alternatives-to-substances>
- Marijuana Madness Part I with Avani Dilger, Beyond Risk & Back with Aaron Huey:
<https://podtail.com/podcast/beyond-risk-and-back/marijuana-madness-part-i-with-avani-dilger/>
- Substance Use, Addiction & Healthy Alternatives to Drugs & Alcohol with Parent Engagement Network, Boulder, Dr. Shelly Mahon interviews Avani Dilger:
<https://play.google.com/music/listen?u=0#/ps/Ikh6zmlsjnfkwpqhz4kw2gs44kq>

FREE AcuDetox/AcuWellness

Trauma/Resiliency Support For the Boulder Community



Every Tuesday, 5.30-6.30pm
2639 Spruce Street, Boulder

AcuDetox/AcuWellness, Auricular Acupuncture Detoxification, is a specific acupuncture protocol that is used after trauma to reduce mental health symptoms such as anxiety & depression, or sleep problems, stress, PTSD, trauma and to support general well-being. AcuDetox is used as a crisis intervention treatment following disasters world-wide to prevent PTSD and to support resilience. The NADA (National Acupuncture Detoxification Association) protocol involves the placement of 5 sterile needles in each ear, which are retained for approximately 20-40 minutes. For more information & research: www.acudetox.com

For more information & Consentform:

www.Boulderacudetox.org and www.naturalhighs.org

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For more info & research on AcuDetox/AcuWellness: www.acudetox.com



FREE Natural Highs for Teens

Every Tuesday, 4.30-6.30pm
MADELIFE,
2639 Spruce Street, Boulder

Come hang out with a community of teens who are experimenting with the smartest ways to feel good without the use of drugs and alcohol. We will explore the desires underneath substance use and addiction of all kinds and look for ways to get to the “real thing”. The class includes cutting-edge brain chemistry, herbs that are truly good for you, creative stress management, healthy alternatives, arts & crafts, non-judgmental dialogue, healthy rituals, AcuDetox/AcuWellness, and inspiration to examine your life. Anyone is welcome - whether you want to examine your relationship with substances, learn about mental health, or whether you are just looking for support and a non-judgmental environment –
You are welcome!

More info & Consent form: www.naturalhighs.org
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