



Fundamentals of Anxiety & How to Tame it

A Holistic Approach

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Integrative & Holistic Approach

- ▶ Disease Based vs. Health Based
- ▶ Science + Ancient Wisdom
- ▶ Machine Parts vs. Integrated Network EO

TD



BUP

BIOPSYCHOSOCIAL SPIRITUAL

biological/psychological/social/spiritual

Fear-Based / Trust-Based



Part I: Anxiety: The Fundamentals -> Focus on the Biological

► Learn the major characters:

4 Brain Areas: **Amygdala, Hippocampus, PFC, Hypothalamus**

8 Neuromodulators: **Adrenalin, Cortisol, GABA/ Glutamate, Serotonin, Dopamine, Opioids, Acetylcholine**

Knowing the names - Understanding the Basics
“Name it to Tame it” reduces Amygdala++

Part I: The Fundamentals + Focus on the Biological cont.

- ▶ Learn the 7 Primary Emotions all mammals share
- ▶ Understand the Autonomic Nervous System (ANS) Ladder
- ▶ Learn the 2 Major Stress Response Systems (SRS)
- ▶ Know the 2 Major Highways for Anxiety (Cognitive + Somatic)

Convert the Knowledge into Action (Biological Focus)

- ▶ Learn how to use **Nutrition, Sleep, Supplements & Body Movements** to help balance & tame Anxiety

Anxiety: Stats 4 Concern

- ▶ About 1 in 5 ->Anxiety disorder (19.1%) ~**40 million**
- ▶ About 1 in 3 ->Anxiety disorder sometime in their lives (31.1%)

53.3% Don't seek out treatment

- ▶ Compared to U.S. adults 2019
1st half of 2020 - **3X** more likely to screen positive for anxiety disorder
(Twenge 2020)
- ▶ Anxiety Screening Polls -> jumped up over **600%** from **Jan - Oct 2020**
(MHA 2020)
- ▶ 11,000,000 people - serious thoughts of suicide - up 460,000 from previous year

Anxiety Sensitivity*

Anxiety Disorders

- ▶ GAD 3.1%
- ▶ Panic Disorder 2.7%
- ▶ Specific Phobias 8.7%
- ▶ PTSD 3.5%
- ▶ Obsessive Compulsive Disorders 1%
- ▶ Social Anxiety 6.8%

Anxiety -> An Emotion

- + feelings of tension
- + worried thoughts
- + physical changes like increased blood pressure.

People with anxiety disorders usually have **recurring intrusive thoughts** or concerns. They may **avoid** certain situations out of worry (APA 2021).

DSM5 – **Anticipation** : future threat

2 Major Highways: 1) Cognitive (Worry)
2) Somatic (Spastic Constricting)

Stress // Anxiety vs. FEAR

Anticipation vs. Imminent

No Toilet
Paper???



Emotions Deconstructed

Impulse (Approach vs. Avoid)

Thoughts (Risk vs. Reward)

Sensations (Body Wisdom)

Valence +/-

Intensity (0-10) Struggle (0-10)

Emotions - The Primal 7 (Panksepp)



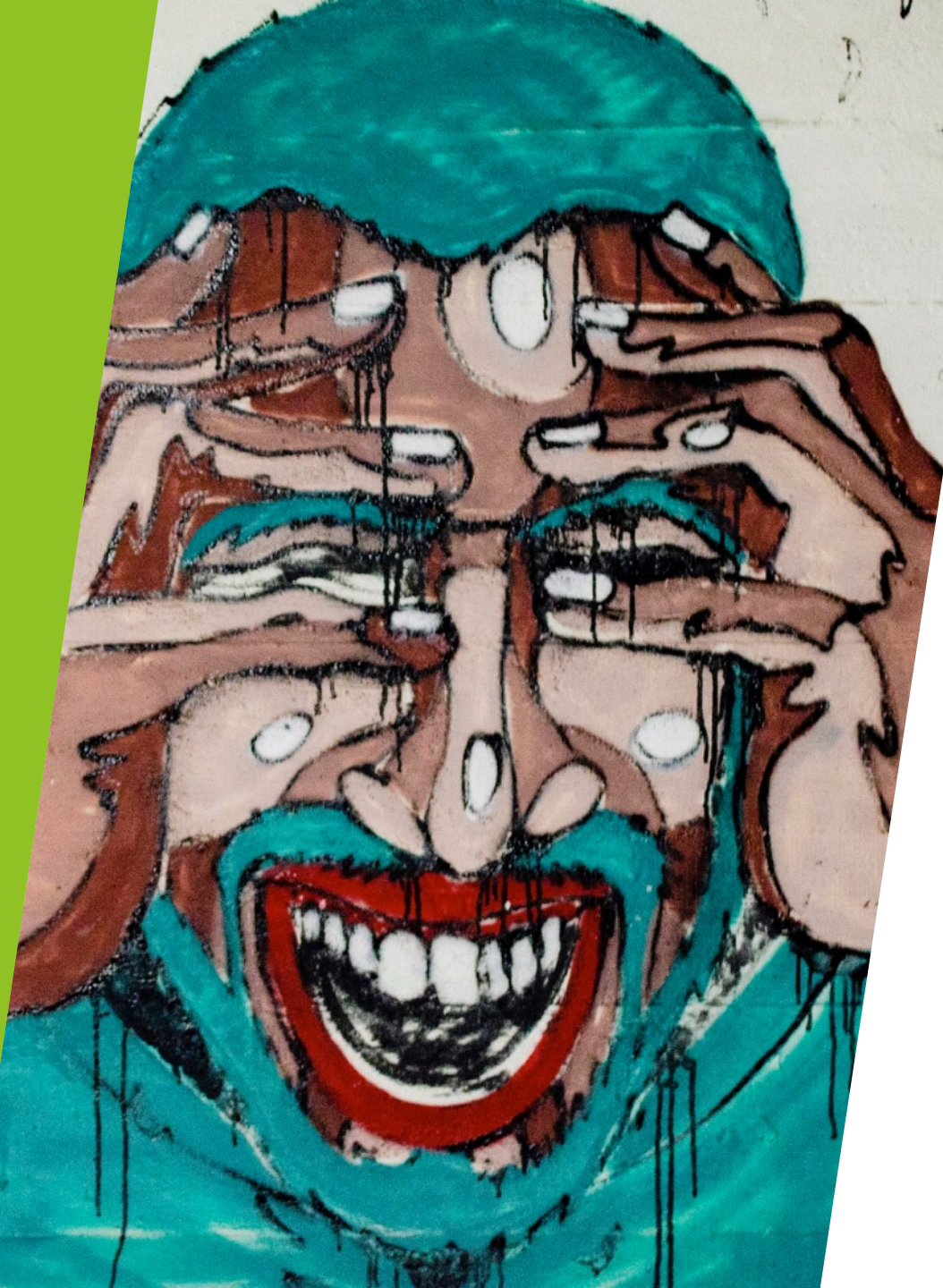
PANIC-GRIEF -> Unprocessed ->Major Source of Anxiety

PLAY MORE!!!!



Foundation of Anxiety: Stress

- ▶ ↑ENERGY mobilization
- ▶ ↑IMMUNE system
- ▶ ↓DIGESTIVE & REPRODUCTIVE systems
- ▶ Healthy relationship -> PAIN
 - ↑acceptance AGENCY↑
 - ↑ADAPTIVE CAPACITY
 - ↑Growth
- ▶ Unhealthy relationship ->
 - ↑PAIN sensitivity ↓SELF-EFFICACY
 - ↑rigidity & chaos



Two Paths of Stress:

- 1) SAM: Fast
- 2) HPA: Slow

- ▶ Amygdala -> Hypothalamus -> Brainstem -> Spinal Cord -> Adrenal Glands -> **Adrenalin**

- ▶ Continued threat -> Hypothalamus -> **CRH** -> Pituitary -> **ACTH** -> Adrenal Glands -> **Cortisol**



Adrenalin

100% Pure

- ▶ Cardiac stimulant (Rate & Contraction)
- ▶ Bronchodilator
- ▶ Blood Transfer -> Vital Organs & Limbic System
- ▶ Alertness/Agitation

- ▶ Liquidates your stored energy into ready to use energy (catabolic)
- ▶ Boosts adrenaline (epinephrine)
- ▶ Anti-inflammatory
- ▶ Memory
- ▶ Gets your butt out of bed

CORTISOL

THE AUTONOMIC LADDER (Polyvagal)

Safety -> Calm Connection (Ventral Parasympathetic)

Danger -> Alert Mobilize (Sympathetic) Fight or Flight

Life Threat-> Immobilize Shut Down- (Dorsal Parasympathetic) Freeze or Feint



Brain: 3 Layers + 3 Characters + 1 System

- ▶ Amygdala “Amy G” - Fear/Rage/Lust, Emotional Learning, Novel stimuli

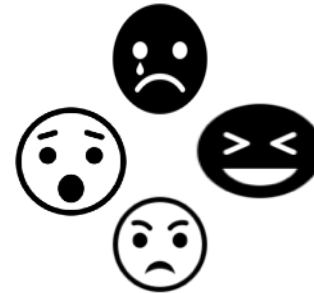


- ▶ Hippocampus “Hippo” - Memory, Context, Orientation, Narrative



- ▶ PFC “Police and Fire Chiefs” - selective inhibition / brakes for the limbic system

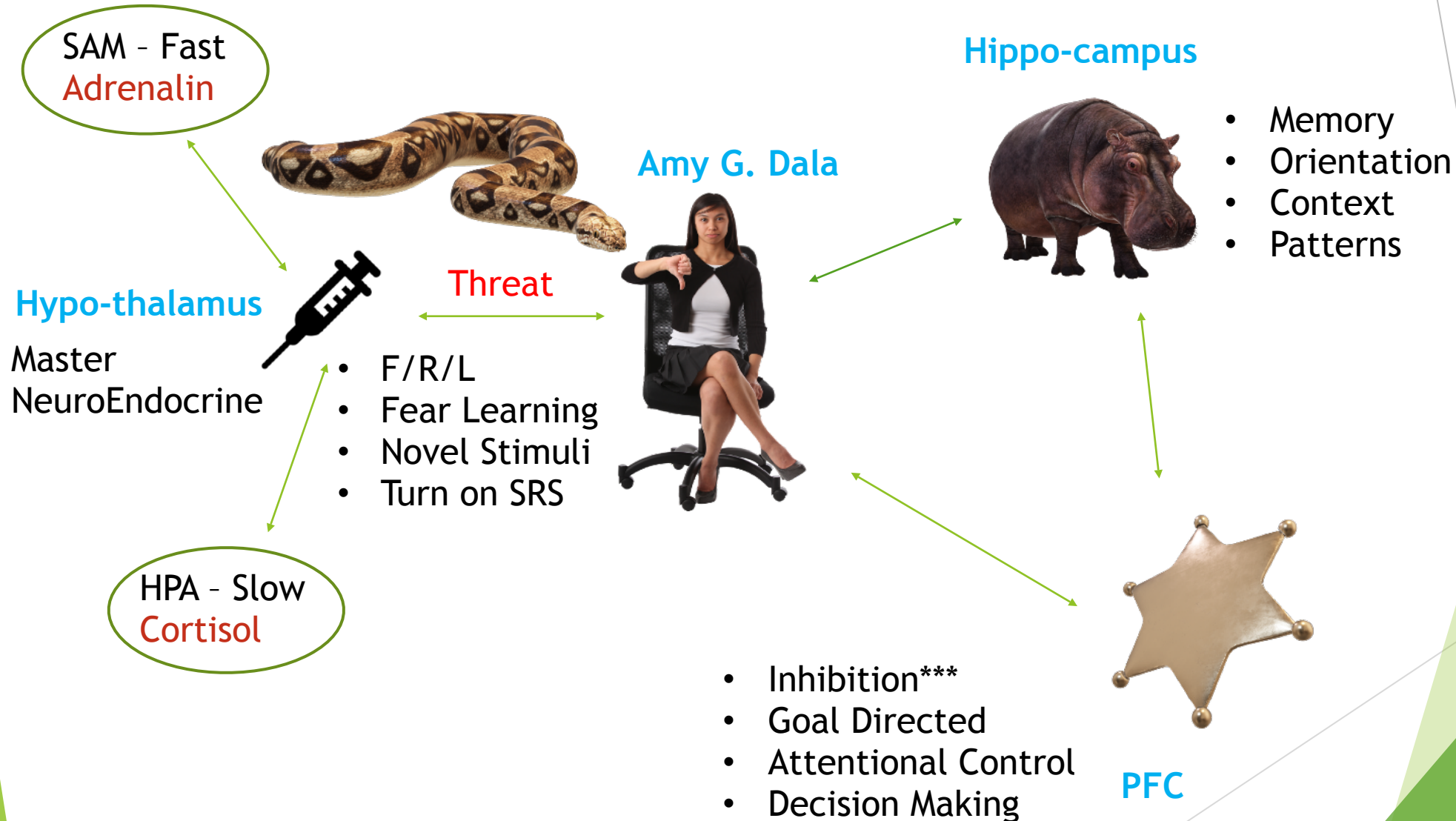
- ▶ Limbic System - Major emotional processing center
2nd Layer



- ▶ 3 Brain Layers - Reptilian -> Early mammalian -> Late mammalian



Anxiety on the Brain



3 Basic Processes -> Road to Pathology

- ▶ 1) **Sensitization** - “neurological sunburn”- more raw - more easily triggered - ***slower to return to baseline
- ▶ 2) **Elaboration** - learning -> this test makes me anxious -> math makes me anxious -> school makes me anxious
- ▶ 3) **Dysregulation** - HPA stress axis-> over responsive + under responsive.

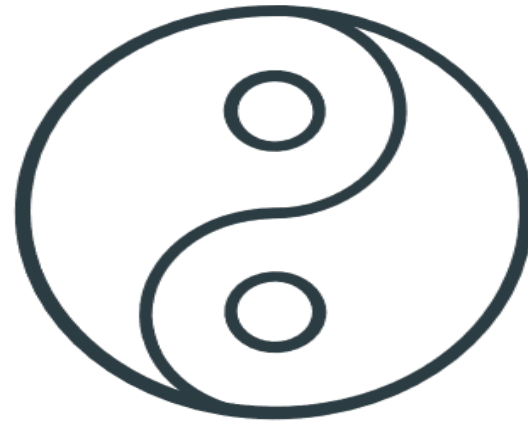
5 Key Neuromodulators

► Glutamate/GABA

Fire



ICE



- Serotonin -> feelings of contentment - thoughts less sticky
- Dopamine - wanting - desire - anticipation of reward
- Opioids - security, pain relief, connection

The Birth of Anxiety - (Epi)Genetics + Early Development

- ▶ 25% Women -> Pathological Anxiety/Depression Perinatal Period
- ▶ **Fetal Programming Effect???** Programmed to Face a Threatening World
- ▶ **Attachment Insecurity** - Neglect / Hypercritical / Punitive

- ▶ **XXX Vulnerability**
 1. Genetic (**Amygdala** Jacked up + low brakes from **PFC**)
 2. Psychological (Adverse Early Exp -> Uncontrollability/Unpredictability)*
 3. Specific Psychological

- ▶ **Neuroticism: ELOC** Agency + NAS (Global, Stable, Internal)
- ▶ **Kindling & Sensitization & Stress Axis Dysregulation**

Anxiety Recipe: Key Ingredients

2 Major Highways **Thinking** (Worry) + **Sensations** (Spastic Constriction, Agitation)

- ▶ **AVOIDANCE** (Dissociation/Distraction) recursive - “chasing your own tail”
- ▶ **ANTICIPATION** - Future Orientation/Lack of Presence
- ▶ **AMBIGUITY/CONFUSION** - Look - Don't Look // Go - Stop // Wobble



2 BASIC PRINCIPLES

INCREASE +NEUROPLASTICITY
DECREASE INFLAMMATION

1)

2)