

WEBINAR & TELELEARNING SERIES



Workout Your Worries: Exercise and Anxiety in MS



August 9, 2016

Presented by:



Teva Pharmaceuticals | Acorda Therapeutics

Mallinckrodt Pharmaceuticals Autoimmune and Rare Diseases

US Bank | United Way of Eagle River Valley



THE POWER TO BE MORE THAN YOUR MS
www.mscando.org | 800-367-3101

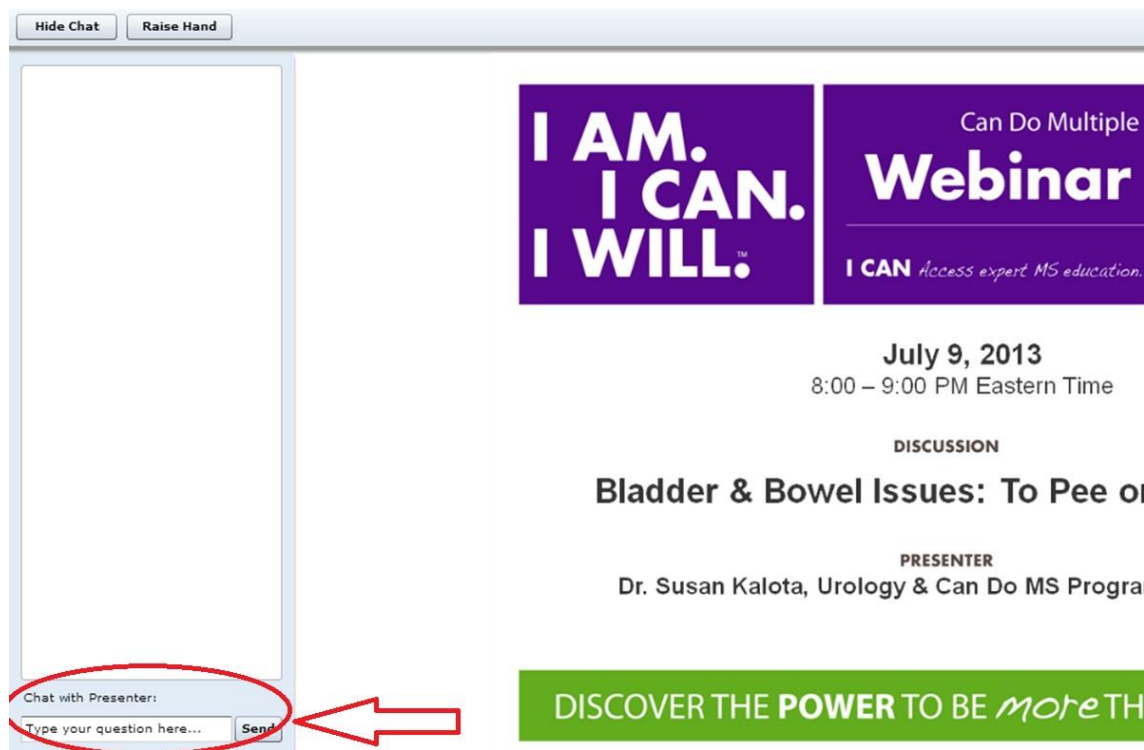


**National
Multiple Sclerosis
Society**



How to Ask Questions During the Webinar:

- **Chat Feature** – Type in your questions using the chat box on the lower left hand side of your screen.



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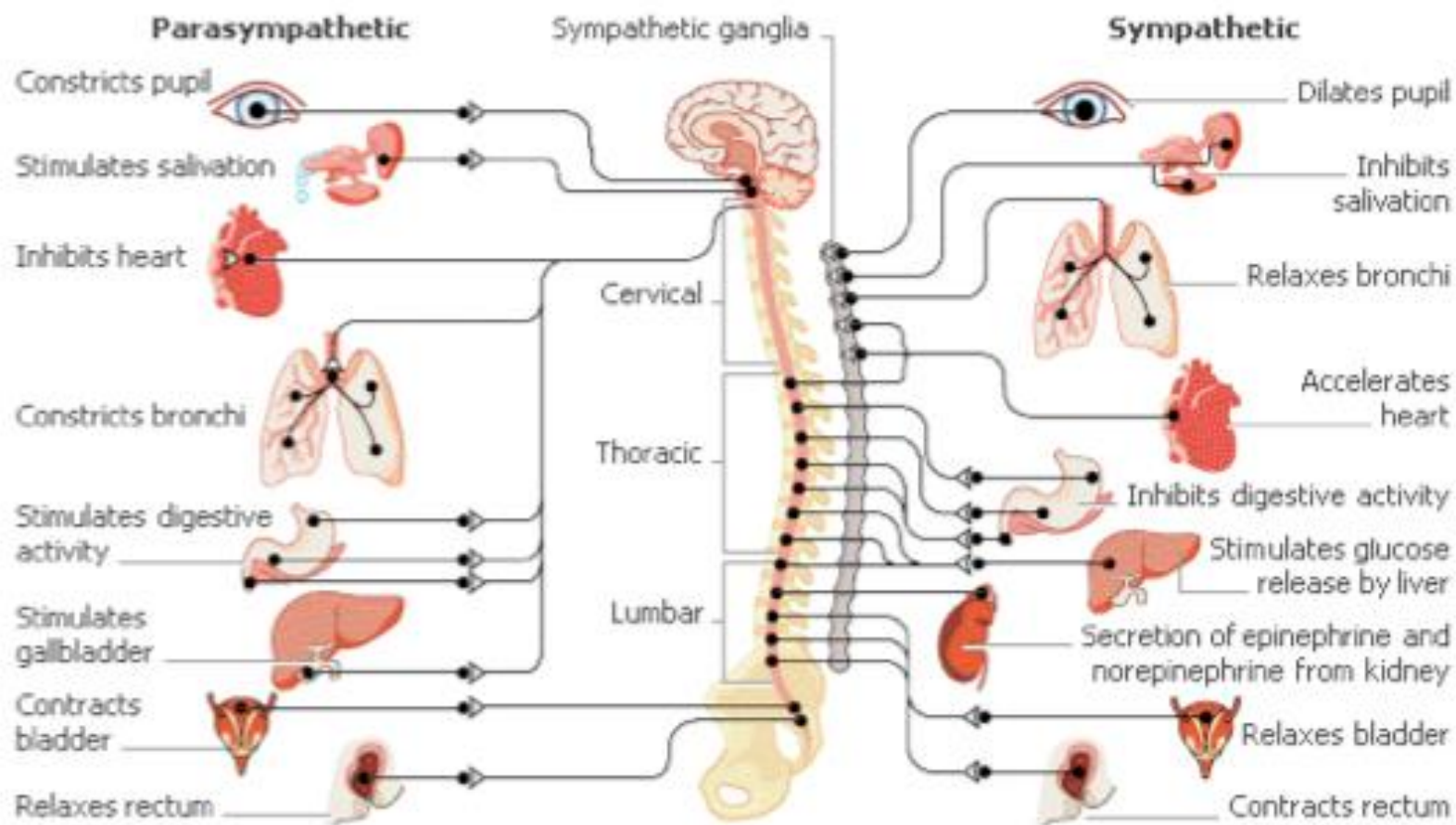
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Anxiety and MS

- An abnormal and overwhelming sense of apprehension and fear often marked by physiological signs, doubt concerning the reality and nature of the threat, and self-doubt about one's capacity to cope with it.
- One of the most common mood-related symptoms experienced by over 54% of MS patients.
- 18.6% of MS patients have general anxiety disorder at any time (compared to 5.1% in the general population).
- Loss of functions and altered life circumstances caused by the disease can be significant causes of anxiety.

Anxiety/Stress Response Vs. Relaxation/Rest Response



Anxiety in the DSM 5

***Generalized Anxiety Disorder (GAD)**

Specific Phobia

Social Anxiety Disorder (Social Phobia)

Agoraphobia

Panic Disorder

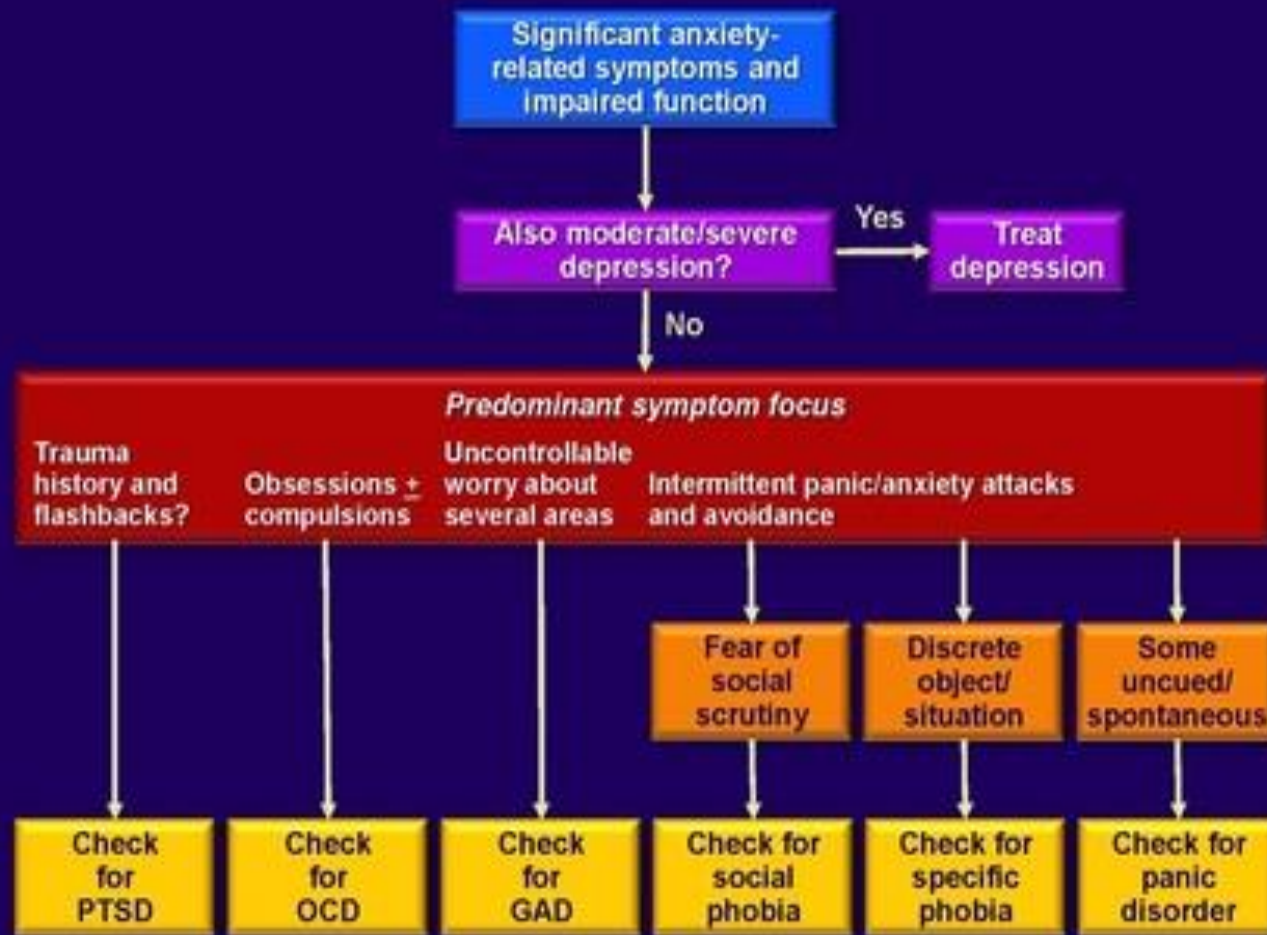
Panic Attack

Post-Traumatic Stress Disorder

Obsessive-Compulsive Disorders

Substance/Medication-Induced Anxiety Disorder

Anxiety Disorder Decision Tree



Baldwin DS, et al. *Journal of Psychopharmacology*, 19(6) (2005) 567–596.

Generalized Anxiety Disorder

Two Key Features:

- Excessive or chronic worry, “what if...?” type statements
- High level of physical tension and nervousness

Generalized Anxiety Disorder

For Diagnosis:

- Difficulty stopping or turning off the worry
- Symptoms must be present for at least 6 months
- 3 or more of the following:
 - Restlessness, feeling keyed up, or on edge
 - Easily fatigued
 - Difficulty concentrating or mind goes blank
 - Irritability
 - Muscle tension
 - Sleep disturbance

MS and Anxiety

Up to 40% of persons with MS experience anxiety

**GAD: ~20% (6.2% in general population)
Associated with exacerbations,
pseudo-exacerbations, depression**

**Panic Disorder: 2.1% OCD: 5.7%
Social phobia: 2.1% PTSD: 2.1%
Specific phobia: 2.9%**

Reducing Anxiety:

Exercise

Exercise and Mood

- Elevation of endorphins
- Exercise alone/group, indoors/outdoors, or supervised/unsupervised all may be helpful
- Exercise is not a cure for anxiety
- Active people less depressed than inactive people



Move your muscles.....

Aid your Anxiety

- Exercise may be as effective as anti-depressants or anti-anxiety medications
 - May minimize incidence of depressive relapse
- Resistance training and mixed training may be more effective than aerobic alone for depression management in one study
- Aerobic exercise seems to be most effective type of exercise thus far
- Unclear the exercise intensity required to help with anxiety/depression/stress management

Aerobic Exercise: Research to Real Life

- 20 minutes treadmill walking (light, moderate, or high intensities) resulted in 45 minutes of mood improvements
- Arm Bike reduced depressive symptoms in more advanced MS
- More frequent sessions generally more effective
- Start to feel some short term effect within 5 minutes of the aerobic activity
- 12-13/20 RPE increase to 15-16/20
 - Medications can interfere with HR response
- Duration of 10-15 minutes increase to 20-30 minutes

General recommendation: 2-3x/week for 20-30 minutes at intensity of 12-16/20

Rating of Perceived Exertion Scale (RPE)

RATING OF PERCEIVED EXERTION	
6	
7	VERY, VERY LIGHT
8	
9	VERY LIGHT
10	
11	FAIRLY LIGHT
12	
13	SOMEWHAT HARD
14	
15	HARD
16	
17	VERY HARD
18	
19	VERY, VERY HARD
20	

Young Enterprises, Inc., 1017 N. Main St., Lansing, Kansas 66101, 1-800-775-5875

<http://www.youngposters.com/rating-of-perceived-exertion-620.html>

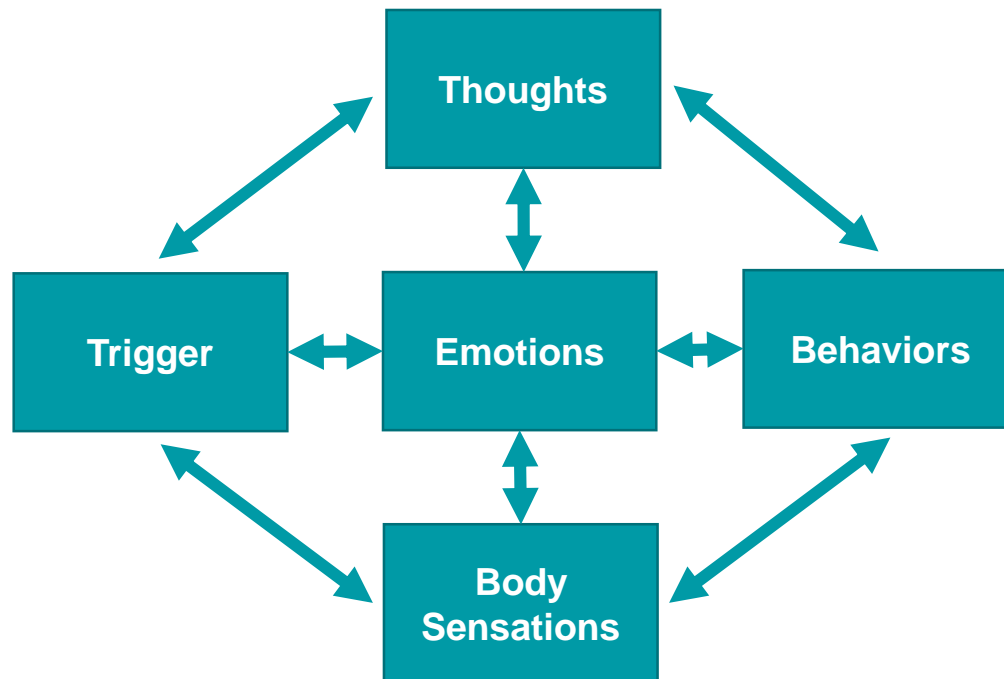
Borg Rating of Perceived Exertion	
0	Nothing At All
0.5	Very, Very Light (Just noticeable)
1	Very Light
2	Light (Weak)
3	Moderate
4	Somewhat Hard
5	Heavy (Strong)
6	
7	Very Heavy
8	
9	
10	Very, Very Heavy (Maximal)

<http://www.crossfit1080.com/2014/08/your-hearts-reaction-to-exercise-while-crossfitting/>

Reducing Anxiety:

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT)



Trigger, Situation, or Environment (CBT)

A diagnosis of MS/ Living with MS

Financial Concerns

Negative feedback from a work supervisor

Conflict with a significant other or loved one

Getting honked at by another driver

History of abuse

Death of a loved one

Polling question #1

- What has triggered your anxiety?

A diagnosis of MS/ Living with MS

Financial Concerns

**Negative feedback from a work
supervisor**

**Conflict with a significant other or
loved one**

Getting honked at by another driver

History of abuse

Death of a loved one

Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

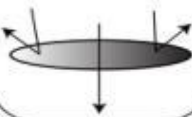
Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

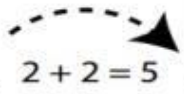
Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions




There are two key types of jumping to conclusions:

- **Mind reading** (imagining we know what others are thinking)
- **Fortune telling** (predicting the future)


2 + 2 = 5

Magnification (catastrophising) & minimisation



Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.


I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

I'm a loser

I'm completely useless

They're such an idiot

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

Thoughts (CBT)

What was going through your mind?

What were the images in your mind?

Behaviors or Actions (CBT)

What did you do? How did you react?

Isolating oneself from others

Crying

Checking your heart rate

Avoiding (specific people, social situations, flying, driving, leaving your house, doctor appointments)

Procrastination

Reassurance Seeking

Avoidance

Suppressing thoughts

Body Sensations (CBT)

How did your body feel?

Tired

Cold Sweats

Pounding heart

Fast breathing, or breathing difficulty

Stomach problems

Insomnia

Dizziness

Pain

Polling Question #2

How does you respond to anxiety?

Isolating oneself from others

Crying

Avoiding people and/or situations

Suppressing thoughts

Fatigue

Cold Sweats

Pounding heart

Fast breathing, or breathing difficulty

Stomach problems

Insomnia

Dizziness

Pain

Other

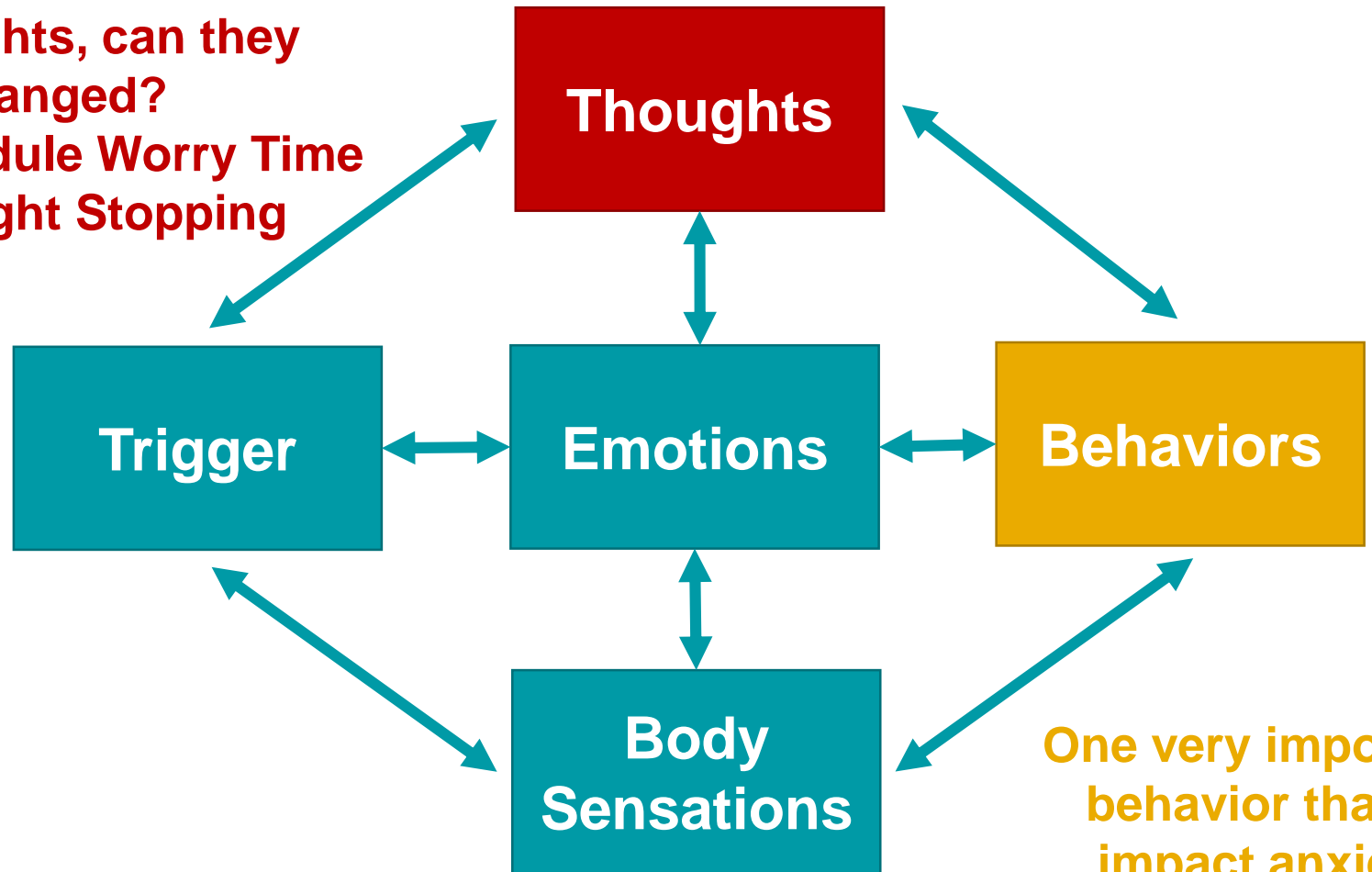
Put It All Together (CBT)

Situation	Thought	Body Sensation	Behavior
Considering a new job or returning to school	“What if my MS symptoms increase and I can’t keep up?”		
At a party	“My father looks too unsteady to carry that plate of food...”		
Just finished yearly MRI, waiting for results	“What if they find something? I won’t be able to cope if my MS symptoms progress”		

Put It All Together (CBT)

Situation	Thought	Body Sensation	Behavior
Considering a new job or returning to school	“What if I have an exacerbation? What if my symptoms progress and I can’t keep up?”	Pounding heart, insomnia	Avoid submitting an application
At a party	“My father looks too unsteady to carry that plate of food...”	Pounding heart, breathing quickens	Run over and grab his plate
Just finished yearly MRI, waiting for results	“What if they find something? I won’t be able to cope if my MS symptoms progress”	Insomnia, cold sweats, stomach pain	Check your medical record daily, call the clinic, read about MRI results and MS online

- Identify what you are thinking
- Evaluate the thoughts, can they be changed?
- Schedule Worry Time
- Thought Stopping



One very important behavior that can impact anxiety is exercise!

Intervention - Body Sensations (CBT)

Relaxation Techniques – Why?

**Engages the Parasympathetic
Nervous System**

Slows the heart rate

Lowers blood pressure

Slows breathing rate

Reduces muscle tension

Reducing Anxiety:

Progressive Muscle Relaxation

Progressive Muscle Relaxation



www.pinterest.com

A Quick Exercise.....Huge Impact

1. SIT
ON A CHAIR.



2. SCRUNCH
UP YOUR
FACE...

THEN
RELAX
IT.



3. TENSE
YOUR
ARMS...

THEN
RELAX
THEM.



4. TENSE UP YOUR
SHOULDERS
AND CHEST...

THEN
RELAX
THEM.



5. TENSE UP
YOUR LEGS...

THEN RELAX!



6. BREATHE
IN
RELAXATION...



BREATHE OUT
TENSION.

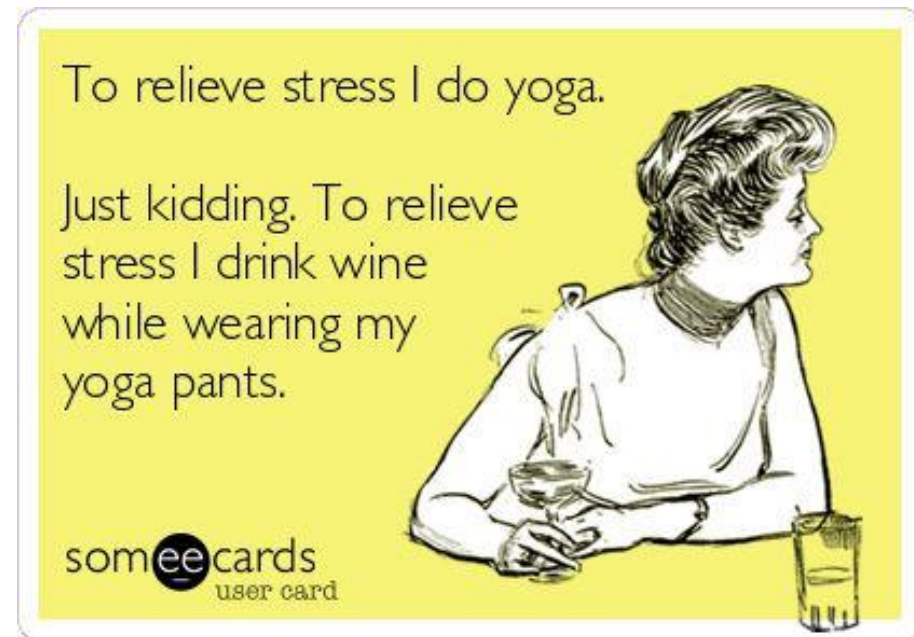
<http://www.dummies.com/how-to/content/reduce-stress-and-belly-fat-with-progressive-muscl.html>

Reducing Anxiety:

Yoga & Breathing Exercises

How Does Yoga Help?

- Decreases heart rate
- Decreases respiration rate
- Lowers blood pressure
- Improved heart rate variability

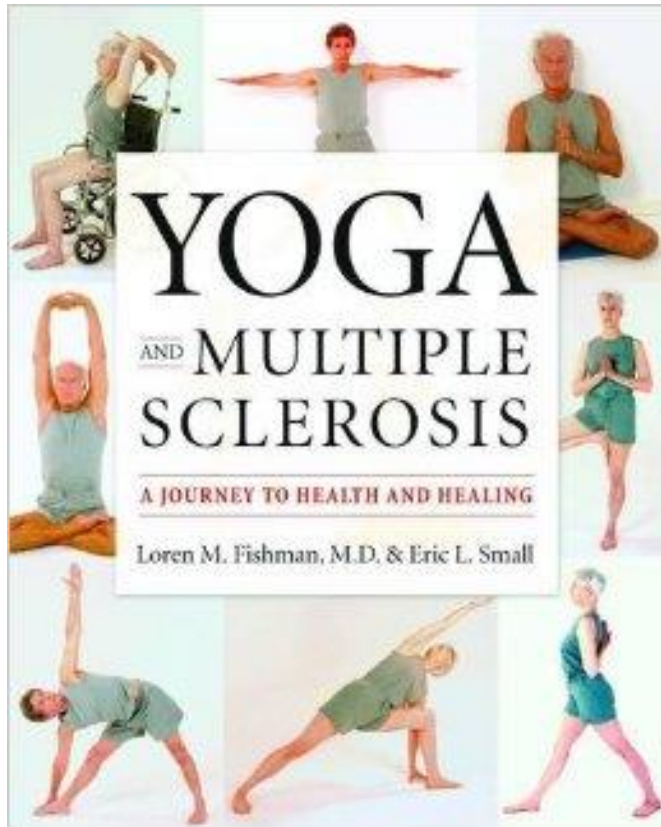


www.pinterest.com

Yoga: Research to Real Life

- **3x/week for 8 weeks positively impacted depression, fatigue, and anxiety in people with MS**
- **Large review suggested that yoga had positive short term effect on mood in people with MS**

Yoga: Real Life

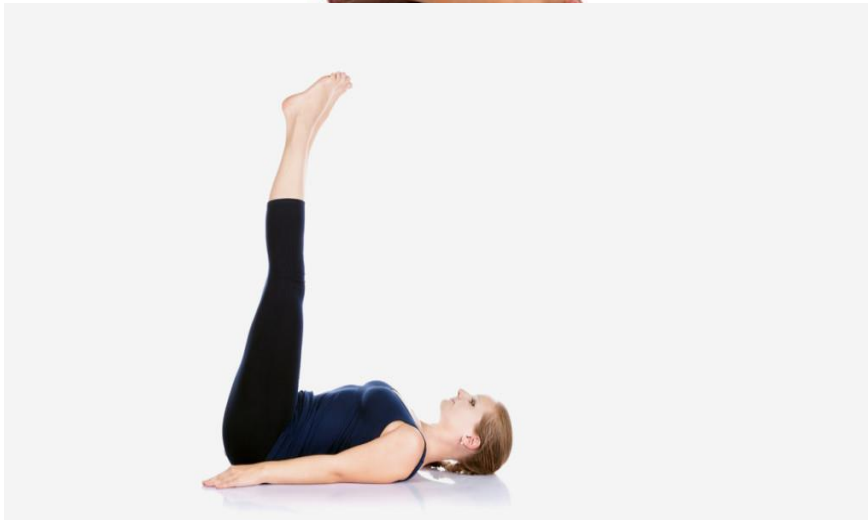


www.amazon.com



[wikiHow](http://wikiHow.com)

<http://pure-yoga-dvd.com/yoga-art/yoga-for-health/10-yoga-poses-anxiety-stress/>



<http://pure-yoga-dvd.com/yoga-art/yoga-for-health/10-yoga-poses-anxiety-stress/>



RICK CUMMINGS

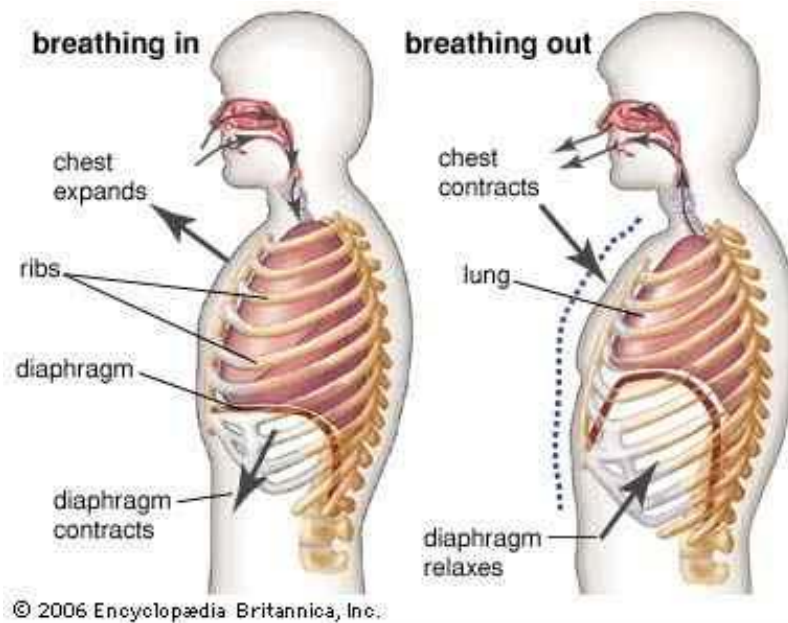


RICK CUMMINGS

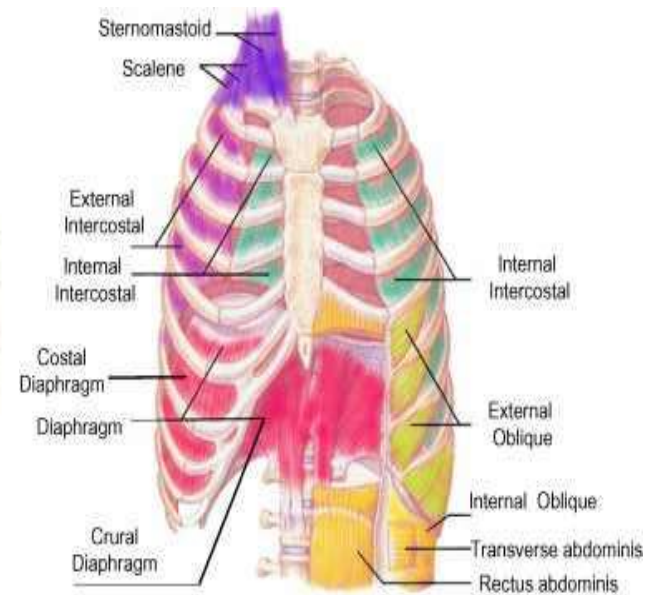
Deep Breathing: Stress Reducer & Strength Increaser!

- Research demonstrates respiratory muscle training/intentional breathing may:
 - Reduce stress
 - Reduce fatigue
 - Improve strength of breathing muscles
 - Minimum of 3 days/week for 30 minute duration effective
- Effective exercise option for “MS Fatigue Days”
- Manage fatigue by increasing rest time between activities OR “sprinkle” through the day
 - 1-3 minutes

Respiratory Muscles



[http://g09respiration3a.wikispaces.com/\(4\)%09+Breathing+%26+gas+exc+hange](http://g09respiration3a.wikispaces.com/(4)%09+Breathing+%26+gas+exc+hange)



<http://origin-ars.els-cdn.com/content/image/1-s2.0-S1569904808001134-gr1.jpg>

Gasping Facts

- Approximately 30-80% weakness of inspiratory and expiratory muscles in ***ambulatory*** individuals with MS
- Approximately 20-70% weakness of inspiratory and expiratory muscle strength in ***non-ambulatory*** individuals with MS

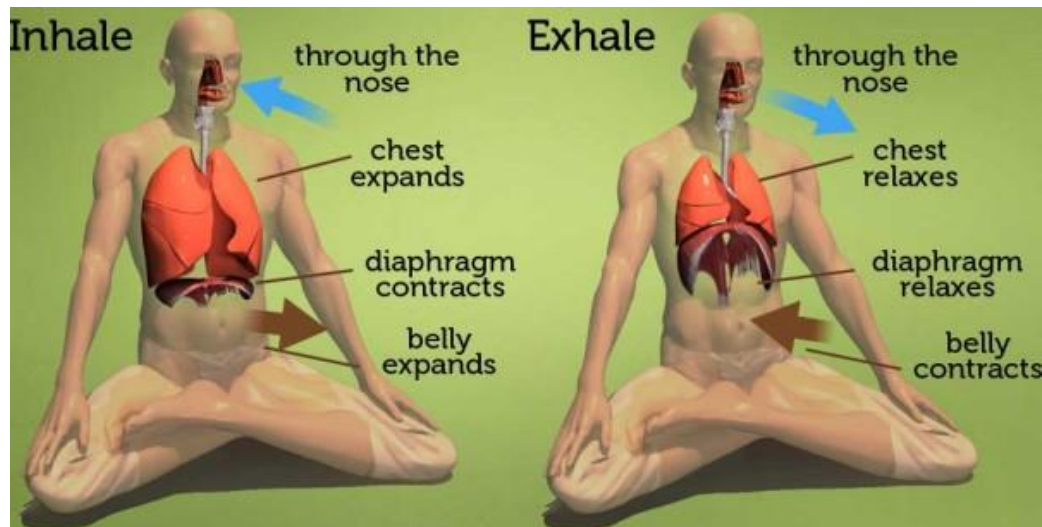


http://www.runningafterfifty.com/2012_12_12_archive.html

Deep Breathing: Practice

- **Diaphragmatic Breathing**

- 1. Sit comfortably with trunk supported and feet flat on the floor
- 2. Breathe in through your nose for a count of 3-4 seconds
 - Feel your belly fill with air
 - Try not to raise your chest
- 3. Breathe out through your mouth as if you were slowly blowing out a candle
 - Feel your belly flatten

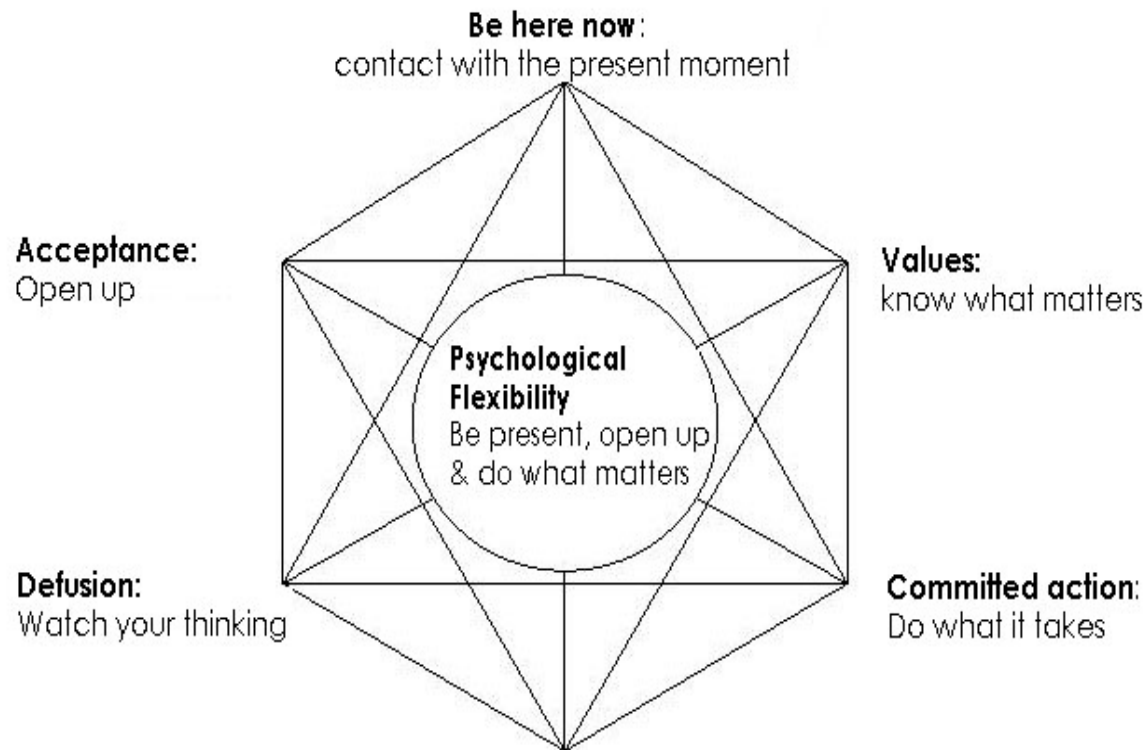


<http://callhealthylife.com/diaphragmatic-breathing-technique/>

Reducing Anxiety:

Acceptance & Commitment Therapy

Acceptance and Commitment Therapy (ACT)



Acceptance and Commitment Therapy (ACT)

- Live in the present moment: mindfulness
- Acceptance: be flexible
 - Chinese Finger Trap
- Values:
 - Family, physical health, community, spirituality or faith, recreation, education, friendships, vocation, parenting, intimate relationships or romantic partner
- Thinking: having a thought vs. buying a thought
- Committed Action

Mindfulness: Notice 5 Things

- Pause
- Look around, and notice 5 things you can see
- Listen carefully, and notice five things you can hear
- Notice 5 things you can feel in contact with your body (e.g., a watch on your wrist)

Exercise:

something done or performed as a means of practice or training

www.dictionary.com

How to start or stay consistent with exercise?!



<http://blog.fibertown.com/2015/09/01/the-million-dollar-question-part-2/>

Other Strategies for Anxiety/Stress Management

- What works for you?
- What has not worked for you?



We Welcome Your Thoughts.....

<http://veganstrategist.org/tag/slow-opinion/>

Anxiety Action Plan

- **Anxiety:**

- Example: Fear of falling limiting

- _____

- _____

- _____

- _____

- **Action:**

- Example: Physical Therapy

- _____

- _____

- _____

- _____

Thank You!



Meghan Beier
Psychologist



Mandy Rohrig
Physical Therapist

Questions/Comments

More Resources!

- Deep breathing
http://www.cmhc.utexas.edu/stressrecess/Level_Two/breathing.html
- Autogenic training
<http://www.webmd.com/balance/tc/autogenic-training-topic-overview>
- Progressive muscle relaxation
http://www.cmhc.utexas.edu/stressrecess/Level_Two/progressive.html
- Visualization and guided imagery
<http://services.unimelb.edu.au/counsel/resources/audio>

More Resources: <https://mind-bodyhealth.osu.edu/resources>

Make your own recording using a script

Can Do MS Resources

e | NEWS
your best life update

Q&A

Can Do Library

Find these resources at www.MSCanDo.org.

National MS Society Resources



Exercise & Physical
Activity with MS

Mood Changes
and MS:
Managing
Anxiety



Exercise as
Part of
Everyday
Life



nationalMSSociety.org

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Health Insurance: What You Need To Know



September 13, 2016

Presented by:



Biogen.

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