



Welcome to today's webinar:

New Year's Resolution – Manage my Anxiety

Your Presenter is Louise Pearson
Your Facilitator is Annie Sassin

Introduction to Presenter



Louise Pearson

- Accredited Mental Health Social Worker
- Grief and bereavement Counsellor
- Gestalt Psychotherapist
- Almost 30 years experience in working with people who have neurological diseases
- Experience in assisting people on the NDIS

New Years Resolution: Manage my Anxiety

LOUISE PEARSON

Louise Pearson Counselling  **LOUISE PEARSON
COUNSELLING**
IT STARTS WITH YOU

In my counselling practice, I help people to negotiate such issues as:

- Relationship difficulties
- Issues specific to carers
- Depression and isolation
- Anxiety
- Adjustment to disability or chronic illness
- Stress management

What is Anxiety?

Almost everyone deals with some sort of anxiety on a daily basis.

According to Reach Out Australia, anxiety is the body's physical response to fear¹.

In any one year, around 1 million Australian adults have depression, and over 2 million have anxiety²

Symptoms can include:

- Feeling worried or anxious most of the time
- Feeling overwhelmed or frightened by sudden feelings of intense panic/ anxiety
- Experiencing recurring thoughts that cause anxiety, but may seem silly to others
- Avoiding situations or things which cause anxiety (e.g. social events or crowded places)

1. Reach out australia, <https://au.Reachout.Com/articles/what-is-anxiety>
2. Beyond blue, <https://www.Beyondblue.Org.Au/the-facts>

What is Anxiety?

Anxiety is a very lonely experience.

Anxiety is also treatable.

Anxiety in Multiple Sclerosis

Anxiety is a common problem in those who have MS.

MS is unpredictable

According to the National MS Society³ depression, persistent anxiety and extreme irritability are not natural or inevitable, even in people with MS. However, they are very common. These changes require treatment just like any of the physical symptoms of the disease.

The neurological changes MS produces in the brain can also lead to feelings of anxiety and low mood.

The MS Trust⁴ suggests that *not* treating your anxiety can have an impact on physical symptoms

3. National MS society, emotional changes, <https://www.nationalmssociety.org/symptoms-diagnosis/ms-symptoms/emotional-changes>

4. MS trust, anxiety, <https://www.mstrust.org.uk/a-z/anxiety>

What to do:

Talk about your experiences

Use self-compassion as you talk to yourself

SELF-COMPASSION HAS THREE CORE COMPONENTS:



Treat yourself with kindness, not harsh self-judgment - be your own best friend.



Recognise that you are a part of common humanity



Mindfulness - Be with what is, in the present moment.

Using the Self-Compassion Break

Using the Self-Compassion Break

<https://self-compassion.org/category/exercises/#guided-meditations>

Self-Compassion – what is it?

Treat yourself with kindness, not harsh self-judgment – be your own best friend.

Means: **Talking to yourself gently and kindly when you are anxious**

Considering other ways to get your pent-up feelings out:

- Journaling
- Using soothing touch
- Finding humour in the situation
- Being prepared
- Seeking help

Self-Compassion – what is it?

Recognising that you are a part of common humanity

Means: **Recognising that you are a part of common humanity**

Seeking support from others through:

- MS Peer Support Program
- Online communities
- Your friendship networks

Mindfulness: Staying in the Here & Now

Great work has been done on the impact of Mindfulness on MS and other chronic illnesses

Where we are at right now, needs to be acknowledged.

People with MS often experience **flash-forwards**, rather than flash-backs.

Dealing with Flash Forwards

This involves:

- Grounding ourselves in the present moment
- Look for reminders that you are in the here and now, and not in the future.
- Use the 5-4-3-2-1 grounding technique.
- Focus on your breathing

Resources that can be helpful:

Apps such as

- Smiling Mind
- Headspace
- Calm
- Plum Village

Meditations that you find on YouTube.

Fun, Focus and Fulfil Lists

Trauma processing with a counsellor

I have a growing list of resources & links - www.louisepearson.com.au/resources

New Years are New Beginnings

As one famous person with MS says

“Realise that fear can be more paralysing than any living reality”.

Trish Mifsud

Questions? Thank You!




**LOUISE PEARSON
COUNSELLING**

IT STARTS WITH YOU

Louise runs a private practice on Saturday mornings and all day on Mondays from The Mount Street Medical Centre and can be seen with a Mental Health Care Plan from your GP.

80 Mount Street, Heidelberg VIC 3084

Contact: 0417 582 992 or via website www.louisepearson.com.au/contact

Follow me on Facebook for blog posts & other helpful information – search ‘Louise Pearson Counselling’ 

Questions



MS Connect
1800 042 138

msconnect@ms.org.au

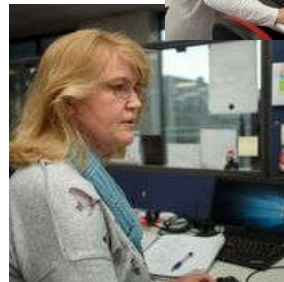
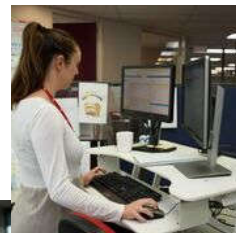
Multiple Sclerosis Limited

MS Connect



10 reasons to call us:

1. Up-to-date, evidence based information about multiple sclerosis
2. Expert advice on managing symptoms
3. Information about minimising the impact of multiple sclerosis
4. Support for people who are newly diagnosed
5. Information about treatment options
6. Education programs
7. Connections to other people living with multiple sclerosis
8. Referrals to appropriate services in your area
9. Extra support for you and your family
10. Respite options to give families short-term breaks



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Peer Support



- ❖ 1:1 Phone Support
- ❖ Face to Face groups
 - 2 in the ACT,
 - 9 in Tasmania,
 - 17 in NSW and
 - 40 in Vic
- ❖ Telegroups
 - Currently running 12 telegroups
- ❖ Facebook groups
 - 3 groups – for people living with MS
 - for carers
 - for young carers – up to 25 years of age



Multiple Sclerosis Limited

Get Your Act Together



- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit www.ms.org.au and search **Get Your Act Together**

Multiple Sclerosis Limited

Employment Support Services

MS

The MS Employment Support Service (ESS) is the only MS specialist employment service for people living with multiple sclerosis in Australia that can help you succeed at work, whether that is staying in your current job or finding new employment.

MS Connect PH 1800 042 138

Watch this video:

<https://youtu.be/G5eRBnYvkwo>



Multiple Sclerosis Limited

Registered NDIS Provider

MS

MS is a registered NDIS provider in NSW, ACT, Vic and Tas and is approved to provide:

- Assistance with 'Access Request Forms', Access rejections and pre-planning
- Support Coordination – assistance to help make your plan active
- Plan Management
- Short term accommodation (Vic)
- Group activities – yoga, dance for health, exercise (NSW)
- Exercise Physiology (NSW)
- Specialist Continence Assessment (Vic)
- Occupational Therapy (NSW and Vic)
- Physiotherapy (NSW)

Want to learn
more?
Please call
MS Connect
1800 042 138

Multiple Sclerosis Limited

My Aged Care



My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?

- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: <https://www.myagedcare.gov.au>

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Thank you



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Please stay on after this webinar to complete a short survey.

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