



# Anxiety

Feelings of anxiety and stress are such a normal part of life. Anxiety is often helpful because it alerts us to situations which may be dangerous. When anxiety reaches the point where it is interfering with our relationships, work, and daily activities, it is time to ask for help.

## Common Symptoms of Anxiety:

Feeling apprehensive

Feeling powerless or immobilized

Having a sense of impending danger, panic, or doom

Increased heart rate

Breathing rapidly (sometimes to the point of hyperventilation)

Sweating

Trembling

Feeling exhausted, weak, or tired

Dizziness

## Risk Factors:

**Being female** – Women are diagnosed with anxiety disorders more often than men.

**Multiple stressors building up** – People experiencing a great deal of anxiety often have a number of stressful events or circumstances which have either occurred over a short period or added up over time. For example, death of a loved one or multiple loved ones, loss of a job, diagnosis of a serious illness, etc.

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## What is Chemical Dependency?

Chemical Dependency is a primary disease characterized by the compulsive use of mood-altering drugs (including alcohol) despite adverse consequences. (I continued to do something but expected different results.)

### CHARACTERISTICS

- 1) Primary disease  
The disease itself causes drinking or drug use. It is not secondary to some other disease or mental illness.
- 2) Progressive  
The disease always gets worse. It does not get better, and there is no turning back and beginning all over again as if one never drank or used.
- 3) Fatal  
This disease is fatal if not controlled. It leads to premature death and serious health problems even if the death certificate indicates that the cause of death was due to one of the complications of the disease, e.g., heart problems, liver failure, car accident, bleeding ulcers, etc.
- 4) Treatable  
The disease can be controlled if the drinking or drug use stops. It is much like diabetes in the sense that if the body chemistry is stabilized by not drinking or using, then the alcoholic may lead a normal life.
- 5) Relapse is common.
- 6) Genetics play a part.  
Many studies have corroborated a genetic or familial predisposition to this disease.
- 7) DENIAL is a hallmark of the disease.



## WARNING SIGNS FOR DEPRESSION

- Sad, depressed mood
- Diminished interest or pleasure in previously important activities
- Significant weight loss or gain
- Difficulty sleeping or sleeping too much
- Fatigue, lack of motivation
- Feelings of hopelessness/worthlessness/emptiness
- Feelings of excessive or inappropriate guilt
- Irritability
- Difficulty thinking, concentrating or making decisions
- Neglect of responsibilities
- Withdrawal from others, isolating
- Thoughts of death, suicidal ideation, or suicide attempts

It is important to look for changes from the person's previous functioning. Some people are always a little irritable and some people function well with four hours of sleep. It is when your easygoing friend becomes irritable or your spouse who normally sleeps eight hours is starts sleeping four hours that you should be concerned.



### **Scenario 1:**

Jan is a 30-year-old attorney who is a public defender in Northern Indiana. During a lunch conversation with a co-worker she talked about being overwhelmed at work and having trouble concentrating. She is behind in her work and struggles to get out of bed each morning. Jan believes her problem is with sleep and says if she could just get to sleep early each night she would have more energy and perform better at work. She has tried drinking a couple of glasses of wine at night to help her sleep but has noticed the two glasses of wine turn into four or five glasses each night. She does not want to continue to drink this much because she believes the drinking is causing arguments with her husband. She mentions somewhere in the course of the conversation that she miscarried about a year ago and her husband thinks she is making a bigger deal out of it than she should. She has missed several days in the past month at work and is worried she will be fired.

### **Scenario 2:**

Joe is a 45-year-old who has a solo general practice in a small rural community. Joe is well respected in the law community and has never had any disciplinary issues. Recently Joe has been showing up late to hearings and looks disheveled. Joe has been requesting continuances frequently and often submits the request on the same day hearings are scheduled. A friend noticed he frequently takes medication from a pill bottle but no one knows of his medical issues aside from knee surgery several months ago. His friend is worried because the judges in their county are getting frustrated with Joe's behavior. Joe's friend calls a JLAP volunteer for assistance.

### **Scenario 3:**

Bob is a 60-year-old attorney who does mostly criminal work in his private practice. Several of Bob's attorney friends have called JLAP, concerned about Bob's level of anger. Bob has not acted out physically in anger, but friends are fearful his anger is building to a point where he will explode in court or with a client. Bob just had a relationship end and is distraught over this loss. In addition, he is estranged from his teenage son due to a poor relationship with his son's mother. Bob is not opening his mail or returning client calls. His friends have left voicemails for him, but Bob has ignored those calls as well. Bob has a disciplinary complaint against him for neglect of several cases. His defense attorney in the discipline case has recommended Bob make an appointment with JLAP.