

AT HOME ANXIETY EXERCISES

PROGRESSIVE MUSCLE RELAXATION

MICHELLE VISSER, LMHC, CEIS

WELCOME

- ▶ About me
- ▶ 2nd of 2 short videos
 - ▶ brief facts about anxiety
 - ▶ who and why
 - ▶ exercise demonstration
 - ▶ when and how to seek additional help

ANXIETY

- ▶ Over 40 million adults in the U.S. have an anxiety diagnosis
- ▶ Most people develop symptoms before age 21
- ▶ Many more have symptoms without a formal diagnosis
- ▶ Approximately 6% experience anxiety during pregnancy
- ▶ Approximately 10% experience anxiety postpartum

WHO AND WHERE?

- ▶ Who can do the exercises?
 - ▶ adults
 - ▶ kids
- ▶ Where can they done?
 - ▶ anywhere!

EXERCISE #2

- ▶ Progressive Muscle Relaxation
 - ▶ toes to top (of head)
 - ▶ no judgement
 - ▶ no right/wrong
 - ▶ deep breaths



WHY DOES IT WORK?

- ▶ breaks the spiral of thoughts
- ▶ grounds in the present
- ▶ relaxes the nervous system
- ▶ releases the body of tension caused by stress

WHEN TO SEEK HELP

- ▶ When anxious thoughts/worry prevent you from:
 - ▶ enjoying things you typically enjoy
 - ▶ sleeping normally
 - ▶ caring for yourself/baby
 - ▶ not feeling like yourself



RESOURCES FOR HELP

- ▶ postpartum.net
- ▶ womensmentalhealth.org
- ▶ mmhla.org
- ▶ I-800-PPD-MOMS
- ▶ I-833-9-HELP4MOMS
- ▶ 9-8-8
- ▶ [MIIA Maternal Mental Health Portal](#)
- ▶ [“MyBlue” Mental & Behavioral Health](#)
- ▶ Programs Enhancing Member Health & Wellbeing