

June Campaign
Anxiety Disorder: When the Mind Won't Settle

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8 Pages



June Campaign – Anxiety Disorder: When the Mind Won't Settle

Goal: Public education, awareness raising, and suicide prevention

Content Structure: Three key areas:

1. Educational Content
2. Practical Coping Strategies
3. Suicide Prevention in the Context of Anxiety

Content 1: Educational

What Is an Anxiety Disorder? When the Brain's Alarm System Won't Turn Off

Definition

Anxiety is a natural emotion designed to help us respond to danger. However, when the brain and body remain in a constant state of alertness even in the absence of real danger, anxiety can develop into a disorder.

Common Symptoms

- Persistent and uncontrollable worry
- Overthinking
- Catastrophic or negative future scenarios
- Restlessness and muscle tension
- Rapid heartbeat and chest tightness
- Sleep disturbances
- Ongoing fatigue
- Difficulty concentrating

Important Note

Anxiety is not a sign of weakness or a character flaw. It often results from the interaction of biological, psychological, and environmental factors. An anxious brain is trying to protect you but sometimes it becomes overprotective.

Key Message

Anxiety is not your enemy; it is a brain-based alarm system that needs recalibration.

Content 2: Practical

What Can You Do When Your Mind Won't Stop?

Exercise 1: Name Your Worries

Take a piece of paper and divide your worries into three categories:

A. Things I Can Control

- **My own behavior**
- **My daily routine**
- **My personal decisions**

B. Things I Can Influence

- **Conversations with others**
- **Asking for help**
- **Gathering information**

C. Things Beyond My Control

- **The past**
- **Other people's behavior**
- **Many future events**

Focus your energy primarily on Categories A and B.

Exercise 2: Calming Breath Practice

- **Inhale for 4 seconds**
- **Exhale for 6 seconds**

- **Continue for 3–5 minutes**

Even one minute of diaphragmatic breathing with a longer exhale sends a message of safety to the nervous system.

Exercise 3: From Mind to Body

When anxiety rises, ask yourself:

- **What are three things I can see right now?**
- **What are two things I can hear right now?**
- **What is one physical sensation I notice in my body?**

This grounding exercise helps bring attention back from an imagined future to the present moment.

Content 3: Suicide Prevention in the Context of Anxiety

When Anxiety Turns Into Hopelessness

Many people assume that suicide is only associated with depression. However, severe and chronic anxiety can also lead someone to feel trapped, overwhelmed, and unable to see a way forward.

Warning Signs

- **Feeling trapped or stuck**
- **Saying things such as:**
 - **“I can’t take this anymore.”**
 - **“I wish I could make everything stop.”**
 - **“Things will never get better.”**
- **Social withdrawal and isolation**
- **Increased use of alcohol or substances**
- **Severe insomnia accompanied by hopelessness**

What Can You Do?

1. Do not minimize the person's pain.

2. Ask directly about suicidal thoughts.

Research shows that asking does not increase risk; it can open the door to support.

3. Do not leave the person alone if there is immediate danger.

4. Encourage professional help.

5. Activate support networks.

Reach out to trusted family members, friends, community members, or crisis services.

A Message of Hope

Anxiety creates the illusion that danger and suffering will last forever. Yet emotions, even the most intense ones, are temporary.

Seeking help is not a sign of weakness. It is an act of courage and a commitment to protecting life.

June Campaign Closing Message

“An anxious mind sees the future through the lens of threat. Healing begins when we learn to distinguish between what the brain predicts and what is actually happening.”

Recommended Books for Further Reading

1. The Anxiety and Phobia Workbook

Author: Edmund J. Bourne

One of the most practical and widely recommended anxiety resources. Covers:

- **Understanding anxiety**
- **Panic attacks**
- **Chronic worry**
- **Evidence-based coping exercises**

Suitable for both the general public and therapy clients.

2. The Worry Trick

Author: David A. Carbonell

Explains why attempts to eliminate worry often make it stronger.

Especially useful for people who:

- **Overthink**
- **Feel trapped in worry cycles**
- **Frequently imagine worst-case scenarios**

3. DARE: The New Way to End Anxiety and Stop Panic Attacks

Author: Barry McDonagh

A modern approach to anxiety, panic, and fear-based thoughts.

Helpful for:

- **Panic attacks**
- **Health anxiety**
- **Social anxiety**

4. Rewire Your Anxious Brain

Authors: Catherine M. Pittman & Elizabeth M. Karle

Provides a neuroscience-based explanation of anxiety, focusing on:

- The amygdala
- The prefrontal cortex
- The nervous system

Ideal for readers interested in brain science.

Advanced Resources for Psychology Students

5. Mastery of Your Anxiety and Worry

Based on Cognitive Behavioral Therapy (CBT) and considered one of the leading treatment protocols for Generalized Anxiety Disorder (GAD).

6. Oxford Handbook of Anxiety and Related Disorders

A comprehensive academic reference for graduate students and mental health professionals.

7. Handbook of Anxiety and Fear

An advanced academic resource covering contemporary theories and research on anxiety and fear.

Trusted Online Resources

[Anxiety & Depression Association of America \(ADAA\)](#)

Provides:

- Educational articles

- Self-help tools
- Evidence-based information on anxiety disorders

[National Institute of Mental Health \(NIMH\)](#)

The leading U.S. government source for mental health research and public education.

[Centre for Clinical Interventions \(CCI\)](#)

Offers free CBT-based worksheets and guides for:

- Anxiety
- Worry
- Panic
- Perfectionism
- Emotional regulation

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Translated from Farsi to English using AI-assisted translation. This version has not undergone professional language review.