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Our Website:

www.anxietycanada.ca

Provincial Associations

British Columbia:
www.anxietybc.com

Manitoba:
www.adam.mb.ca

Ontario:
www.anxietydisordersontario.ca

Quebec:
www.ataq.org

Contact Us

contactus@anxietycanada.ca
1-888-223-2252
P.O. Box 117
Station Cote-St-Luc
Montreal, QC, H4V 2Y3

WORD SEARCH

ADAC/ACTA has chosen Panic Disorders as the theme for this newsletter. According to the Canadian Mental Health Association it is estimated that some two million Canadians suffer from panic disorder. Women are two-thirds more likely to seek treatment for their symptoms. Panic disorder can affect people of all ages including children; however they generally appear in the late teens or early twenties.

From the President

For some, an experience of panic may begin with what appears like the flu. There is dizziness, nausea and diarrhea, a feeling of unreality or detachment as though you were experiencing the world through a pane of glass, feeling some sense of warmth but not really making contact with anyone directly. You may feel that something is not right but have no clear grasp of what is wrong.

As time passes, you realize it is not the flu and begin to suspect that you may be 'going crazy', without really understanding what that means either. The phone will ring or someone will come to the door, you quickly turn off the television and hide in the corner, only realizing afterwards that no one can see you as you retreat back to the couch – your new safety zone.

The thought of having to go to the store for groceries sends you into true panic, how can I do this? What if I see someone I know? What if I start to feel sick when I am out there, in public? These thoughts have now become the seed of the panic, and you start to feel that green nauseous feeling as you retreat to the bathroom believing that you will be sick or faint. Okay, back to the couch and safety, knowing that you really didn't want to eat anyway and believing that groceries can wait for another time.

One day, you may realize that if you ride through the panic, it just simply passes. You know it may return but it will just pass. You may start to notice that there are times when you are less 'self'-conscious, forgetting to worry about yourself as the nausea subsides. You may witness someone else overcome a

y e n p b p l n a n e r o m e
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Agoraphobia	Anxiety	Attack	CBT
Common	Escape	Exposure	Fear
Heart	Nausea	Pain	Panic
Real	Recovery	Relaxation	Shaking
Sweating	Therapy	Trapped	Treatable

From:
<http://www.theteacherscorner.net/printable-worksheets/make-...1>

RYERSON UNIVERSITY

Is looking for participants in a study on Anxiety Disorders. You are eligible to participate if you are between the ages of 18 and 65 years. Please contact them directly for more information:
 Phone: 416-979-5000 ext. 2182
 Email: caplab@psych.ryerson.ca

Please note that although ADAC/ACTA believes the researchers involved in this study are highly qualified and have top credentials, it is in no way associated with this research and is in no way held responsible for the outcome.

challenge and get through to the other side with some sense of success despite how much fear that they had initially experienced. The thought arises that you could also get through this, get off the couch and leave the safety zone, go to the grocery and even say hello to someone you know. Each time you test your boundaries with some success, noticing that other people do not necessarily realize how scared you are, you think about what you were able to do – not just what had seemed impossible.

You may be encouraged to read something about Panic Disorder and see how others were able to eventually improve either with the support of a trusted friend, doctor, mental health professional, or on-line support network. You begin to believe in the notion that Panic can become a rare event, or even disappear altogether. One day you may realize these feelings and thoughts only reappear as ghosts, you stare them down and they fade away. For myself, these ghosts rarely appear, I haven't really seen them for twenty-five years - but I can still remember them clearly.

Sherry Holt, M.ED

From the Executive Director

As the country comes down from the "Olympic high" most of us experienced, I sit and think back at what we witnessed. True courage is the best way to describe it. Every one of our athletes possesses a courage and determination that I am in total awe of. I, a woman who instead of concentrating on bending my knees and planting my poles at the appropriate time, mentally does my grocery list while skiing, cannot fathom how those skiers succeed to make it down the hill with the speed and precision they do. Let's not forget the mothers of those athletes. What goes through their minds when their child is out there? How do they not run up and scream at the commentators when they criticise their child's performance? How do they breathe when their child is skiing down a hill at an unbelievable speed, or flip in the air with a plank of wood strapped to his or her legs, or sit in a bobsled and race down in a little enclosure again at a speed that would warrant a ticket on most city streets, or skate around a track, skate and flip and twist to music or skate trying to get a little black piece of thick black rubber into a

FREE AWARENESS EVENING

ADAC/ACTA will be hosting its annual Consumer Awareness Evening on April 22nd. It will be held in Vancouver, at the Holiday Inn, 711 West Broadway. An English talk, *Understanding Treatments for Anxiety Disorders; Rising After Trauma*, will be held from 7:00 p.m. to 9:30 p.m. A Mandarin talk, *Anxiety Disorders and Cognitive Behaviour Based Self-help Strategies*, will be held from 7:30 p.m. to 9:00 p.m. Both talks are free and open to the general public. Please register to attend by emailing:

conferences@anxietycanada.ca, please specify your name, the number of seats you require and the language of the talk you would like to attend. For more information go to our website.

ARTICLES ON PANIC DISORDERS

While researching the topic of Panic Disorders we found a few really good websites. However, be advised that ADAC/ACTA is in no way affiliated with these organizations and takes no responsibility for the material included in these websites.

See a segment from an article on Yoga for Anxiety and Panic Attacks, from Yogajournal.com as well as an explanation of what Nocturnal panic attacks are from mayoclinic.com below.

CLIMBING FOR AWARENESS

One of our Board Members is raising new heights of awareness. She will be taking part in the Grouse Grind. A gruelling hike but with a positive journey outcome in an effort to heighten awareness for ADAC and Anxiety Disorders.

net? I have two boys who play hockey. Tonight my sweet first born will play in the same arena where, two months ago I witnessed his body being smashed into the boards and watched him barely able to make it back to his bench, only to disappear into the locker room followed by the team medic. I sat and waited for him to return, but he did not appear again until what seemed like an eternity after the end of the period. I am an anxious person who is somehow great in a crisis except when it involves my children. When it comes to them, my anxiety comes out in tears and a racing heart. I finally approached the assistant coach, who has never met me, and explained that I needed to know how my 17 year old baby is. The coach reassured me that he thought he would be fine but that he would not finish the game, then very politely he said "my mom stopped coming to watch me play when I started playing JuniorAAA". I smiled through my tears and turned around and walked away. So, I am off to the arena, to watch my son in what will sadly probably be the last game of the season; I will smile with pride when he makes a great play and I will hold my breath when he goes to fight for the puck in the same corner where he was injured. Because no matter how anxious it makes me, sitting at home waiting to hear about the game is not a very relaxing alternative!!!!

Wishing you a lovely Spring!

Geneviève Charette

The Earla Dunbar Award

As announced in our last issue, ADAC/ACTA has created the Earla Dunbar Award in honour of the first Consumer Advisory Committee Chairperson who stepped down last winter to pursue other projects. We thank everyone who nominated a candidate. It is our pleasure to announce that Ms. Zoe Whittall will be the first recipient of the Earla Dunbar Award. Zoe Whittall is a Toronto author who has dealt with Anxiety Disorders since she was a teenager (read her story in Consumers Speak Up!) She recently published a novel called "Holding Still for as Long as Possible". The novel immerses the reader into the world of panic attack sufferers as we follow one of her characters journey living with, anticipating and experiencing frequent panic attacks. Through her novel, those living with anxiety disorders have been given a wonderful gift. Since many of them have the impression that they are the only one feeling this way, when reading paragraphs that resemble their own lives, some may feel a certain sense of relief

UPCOMING SCIENTIFIC AND ACADEMIC CONFERENCE

As ADAC/ACTA's mission is not to push any one treatment, we are open to new scientifically proven treatments. Hence the title for our upcoming Scientific and Academic Conference, *INNOVATIONS IN TREATMENTS OF ANXIETY DISORDERS*. We will be hosting the Conference in Vancouver from April 22 to 24. It will include some of Canada's top specialists therefore should be a good forum of exchange of ideas. We look forward to reporting back some of the exiting ways people will be helped. For more information on this conference please visit our website's Conference section.

Thank you to Lundbeck Canada for Sponsoring the coffee breaks on Friday the 23rd.

RESOURCE IN THE MARITIMES

In the February issue of More Magazine there was a great article on a resource available in Halifax for youth aged 16 to 30 called Laing House. ADAC/ACTA Board Member Jamey Piedalue, Health Services Manager, Dartmouth Community Mental Health, Capital Health District Authority said he is very impressed with the facility. This resource was started by parents who understood the need for such a facility. Be sure to check out their website www.lainghouse.org and read the inspiring stories

knowing they are not alone. Zoe's description of what it is like to live with an anxiety disorder is also a great tool for those unable to explain their anxiety themselves to the people in their lives who "just don't understand".

Zoe's courage to write the book and expose herself is quite remarkable, then following it up by doing interviews, which for someone with an anxiety disorder is a very big achievement. I believe it was her courage that struck a chord with us, because she shares that with Earla Dunbar. Zoe will be receiving her award on April 22nd during our annual Consumer Awareness Evening, which will be held in Vancouver this year. Congratulations Zoe!

Consumers Speak Up!

By Zoe Whittall

I had my first out of the blue panic attack when I was 17 on the metro in Montreal. I got very warm, and pale, and my heart raced. All of a sudden it felt like I needed to run down the tunnel and away from that feeling. I got on the train, and it lasted one stop, and then I felt incredibly tired, and afraid of the feeling returning. The next morning, it happened again when I walked outside my home on the way to the bus stop. I made it half a block. Some new irrational voice inside my head advised me to go back home. The attacks happened again and again, with greater frequency, and so did my stubborn insistence that nothing was at all wrong. I was embarrassed, terrified that I might be afflicted with some sort of mental illness. I had never heard the terms panic attack before. I was always a pretty easy-going person, with the exception of some vague hypochondriac tendencies I professed to make fun of.

It took me a long while, probably years, before I sought treatment. I would go through phases of panic and months where they would abate. One irrational fear would end, and a new one would pop up. In retrospect they are comical: I would be convinced a cat scratch would give me blood poisoning; every neck ache was meningitis. I had one week where all I could think of was spontaneous blindness and how I would cope. I moved to Toronto, and the panic went into remission, until it enveloped me again, and this time it brought with me a sense of complete failure and incomprehension. I didn't recognize it either, but it was depression. I found it very hard to get to my university classes. I felt fine if I was with someone else, but alone traveling to school I was a mess. One day I made it to school, a long subway ride and then a bus to York university, and once I arrived I simply couldn't cope. I went to the student walk in clinic convinced I was dying. The doctor prescribed me Zoloft. Over the next 6 or 7 years I tried a few different drugs, some worked and some didn't. I also had some success with cognitive therapy. The

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You may submit articles for the newsletter and our review team will let you know if your article has been chosen.

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Do be taken off our emailing list, please send an email and write "unsubscribe" in the subject.

best treatment yet has been regular exercise, financial security and supportive friends. At the moment I am happy to say I've been off medication for five years, and feel great. I still have the occasional bad day, or out of the blue panic attack, but I can recognize it for what it is and talk myself through it. I'm proud to say that while I couldn't conceive of walking ten blocks by myself in 1998, in 2008 I traveled to France all by myself, and to Turkey with family.

It was great to write about my anxiety through the character of Billy in my second novel, *Holding Still For as Long as Possible*. I think it is a very interesting disorder, and it affects a lot of creative, thoughtful people, most of whom have the gift of being very sensitive to things, and empathetic to others. As much as I was so afraid of it at first, anxiety seems often to be a reasonable response in this crazy world, and I think that those who live with anxiety disorder are some of the bravest people I've ever met.

Yoga for Anxiety and Panic Disorder

Dr. Timothy McCall writes in the *Yogajournal.com* that yoga is a great tool to help in dealing with anxiety and panic attacks. He explains that a good asana practice will help reduce the nervous energy that can contribute to anxiety. This is done using yogic breathing exercises. He goes on to explain that the practice of pranayama, "leads to greater internal sensitivity" this allows for people practicing it to be able to "detect the first glimmer of an anxiety or panic attack and respond with yogic tools that might head off the problem". To read the entire article go to: http://www.yogajournal.com/for_teachers/2390.

Nocturnal Panic Attacks

These panic attacks wake us up from sleep and resemble daytime panic attacks in terms of symptoms: sweating, rapid heart rate, trembling, shortness of breath, hyperventilating, flushing or chills and a sense of impending doom. Many people report they feel like they are having a heart attack. According to Dr. Daniel K. Hall-Flavin "nocturnal panic attacks usually last less than 10 minutes, it may take a while to calm down and go back to sleep after suffering one." See the rest of the article at <http://www.mayoclinic.com/health/panic-attacks/AN01760>

Ce document sera disponible en français sur notre site web à partir du 30 avril.
