

How to Help Manage Anxiety

Tips for Adults with 22q

Here are some general tips to help reduce stress and feel better.

1. Take all medications, including supplements, as prescribed.



Standard anti-anxiety medication is effective for adults with 22q

2. Set up a routine to provide structure. Include activities that you enjoy.



3. Practice healthy sleep habits, such as going to bed and waking up at the same time every day – No electronics!



4. Engage in physical activities.



5. Learn relaxation / emotion regulation techniques.



6. Connect with family members, friends – people you trust.



7. Eat healthy foods as much as possible.



8. Limit alcohol, caffeine, and drugs, including marijuana.



Helping Adults with 22q Manage Anxiety

Some Tips for Caregivers

Our patients and their caregivers tell us that the standard anti-anxiety medications used around the world for the past 30-40 years are well tolerated and very helpful for treating the anxiety disorders that are common in 22q.

We have also found the following strategies to be helpful:

1. Provide consistent structure and routine.
2. Use simple, concrete language, and short, clear sentences.
3. Use a positive and matter-of-fact tone of voice. Use written / visual communication when possible.
4. Only give 1 – 2 instructions / directions at a time.
5. Limit choices to 1 – 2 at a time.
6. Reduce challenging or stressful situations that require more advanced judgment and/or problem solving. Provide support, encouragement and oversight.
7. Reduce negative-focused environment (e.g., social media, TV or other news sources re disasters).
8. Reduce high expressed emotion (e.g., hostility / anger) and as best as possible, use a soft / neutral tone of voice when speaking.
9. Reassure / encourage / support / praise (must be genuine)
10. Encourage positive behaviour change; celebrate successes and achievements.
11. Focus on what the person CAN do.
12. Divert / distract from negative thought processes or behaviour.



Many of the families we see at our Clinic have found the above suggestions to be helpful.

For more information about managing anxiety, please contact us at the Clinic (416)340-5145 or 22q@uhn.ca to speak to one of the members of our team.