

# Quick Reference Guide

## Mental Health: Anxiety Disorders

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### Triggers for anxiety in residential settings

- Separation from usual support network
  - Changes in routine
  - Changes in environment
  - Changes in people surrounding them
  - Changes in activities
  - Need for care/personal care
  - Cognitive decline
  - Reduced independence
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### Support strategies for those living with anxiety

- Ensure individual choice is reflected in personalised care planning
  - Effective communication, e.g. active listening, use preferred method of communication
  - Ensure an effective routine of daily tasks and activities
  - Encourage socialisation, including provision for interaction with visitors from support people and previous social circle
  - Record, report and refer any concerns to your supervisor
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