

# Panic, Anxiety and Depression Problem Solving Activity

## General Information

You have been in the hospital for 3 days after you had your first panic attack at work. You were frightened and thought you were having a heart attack. Your boss called an ambulance.

You had an exam in the Emergency Department and all of your physical tests were negative. It was recommended you stay in the hospital on the mental health unit to assess your anxiety.

You have been having trouble sleeping and concentrating. You have not been able to work due to feelings of hopelessness. Suicide seemed like it might be the only way out because you felt your family would be better off without you.

You are now getting ready to leave the hospital. You are feeling better and have new resources to deal with your anxiety and depression. You have to go back to work in 2 days and you are afraid of what you will tell people or how they may treat you.

Complete the following scenarios and then discuss with the group.

- The worst scenario: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- The best scenario: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- The most likely scenario: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_