



Lupus Foundation of Northern California

2635 No. First St. #206 ♦ San Jose, CA 95134
408.954.8600 ♦ FAX 408.954.8129 ♦ www.lfnc.org

2010 BROWN BAG SERIES #2

“Dealing with Stress, Anxiety and Panic”

Like many who are dealing with chronic illness, lupus patients often experience stress, anxiety, and sometimes – panic. Physical symptoms or lupus flares can precipitate anxiety or panic. Excessive anxiety may also make a diagnosed medical condition worse. The good news is that anxiety and panic can be reduced or controlled altogether.

In this brown bag session, an overview of the physiological, cognitive (thoughts) and behavioral components of anxiety or panic will be discussed, along with practical skills to deal with each of them.

DATE: Wednesday, April, 21, 2010

TIME: 12:00 Noon – 1:30 p.m.

LOCATION: Lupus Foundation of Northern California
2635 N. First Street, Suite 206
San Jose, CA 95134



SPEAKER: **Gail H.C. Shen, Ph.D.**

Dr. Gail Shen is a Clinical Psychologist who specializes in working with adults with anxiety and mood disorders. She currently works in the Department of Psychiatry at Kaiser Permanente in Santa Clara where she runs the Panic Recovery group and sees individual patients. In addition, Dr. Shen has a private practice in Los Altos, CA. She earned both her Masters and Ph.D. in Clinical Psychology from Temple University in Philadelphia.

LFNC's Brown Bag Sessions are open to lupus patients, family members and interested members of the public. There is NO FEE to participate, but donations are welcome. Due to limited space, we urge everyone to sign up by calling (408) 954-8600 or sending us an email at: executive@lfnc.org Bring your own lunch.

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