



ANXIETY

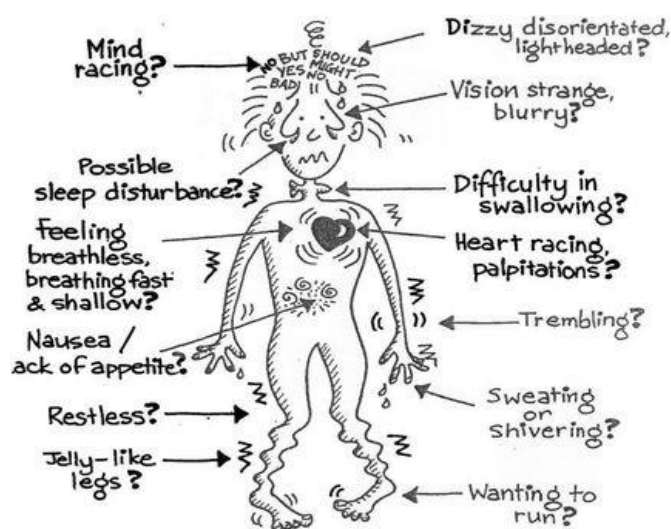
Anxiety is the body's way of responding to being in danger. Adrenaline is rushed into our bloodstream to enable us to run away or fight. This happens whether the danger is real, or whether we believe the danger is there when there is none. It is the body's alarm and survival mechanism. Primitive man would not have survived for long without this life-saving response. It works so well, that it often kicks in when it is not needed - when the danger is in our heads rather than in reality. We think we are in danger, so that is enough to trigger the system to go, go, go! People who get anxious tend to get into scanning mode - where they are constantly on the lookout for danger, hyper-alert to any of the signals, and make it more likely that the alarm system will be activated.

Anxiety definitions

“a future-orientated emotion, characterized by perceptions of uncontrollability and unpredictability over potentially aversive events and a rapid shift in attention to the focus of potentially dangerous events or one’s own affective response to these events” (Barlow, 2002)

“Anxiety is the unpleasant feeling state evoked when fear is stimulated” (Beck et al, 1985)

ANXIETY AND IT'S AFFECTS ON OUR BODIES





Anxiety is considered normal and adaptive when it serves to improve peoples' functioning or well-being.

Pathological/abnormal anxiety is a chronic condition that impairs peoples' functioning and interferes with their wellbeing.

Intensity, duration, frequency impact on diagnosis of abnormal anxiety.

What we can do to help us manage our anxiety

1. Identifying and acknowledging the worry
2. Learning to differentiate between different kinds of worry (The Worry Tree)
3. Challenging the unhelpful beliefs about worry (Thought Record Sheet for Worry Beliefs)
4. Reducing worry by learning to set Worry zones or Postpone worry
5. Developing problem solving skills
6. Increasing tolerance of uncertainty and the associated discomfort of anxiety
7. Learning attention training or mindfulness skills
8. You can use STOPP skill to incorporate all these techniques.