

8.MEH.1.3 - Design effective methods to deal with anxiety.

Two Sides of Anxiety

Anxiety itself is neither helpful nor hurtful. It's your response to anxiety that is helpful or hurtful.

Sally Winston, Anxiety & Stress Disorders Institute



Two Sides of Anxiety

*Before I go on, I'm a nervous wreck.
But I feel more comfortable being
uncomfortable.*

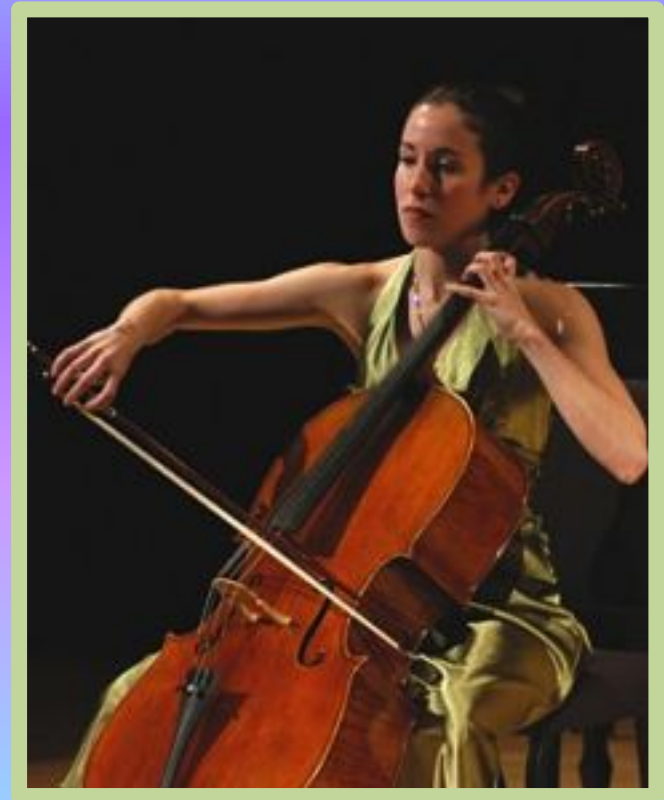
Richard Lewis, Comedian



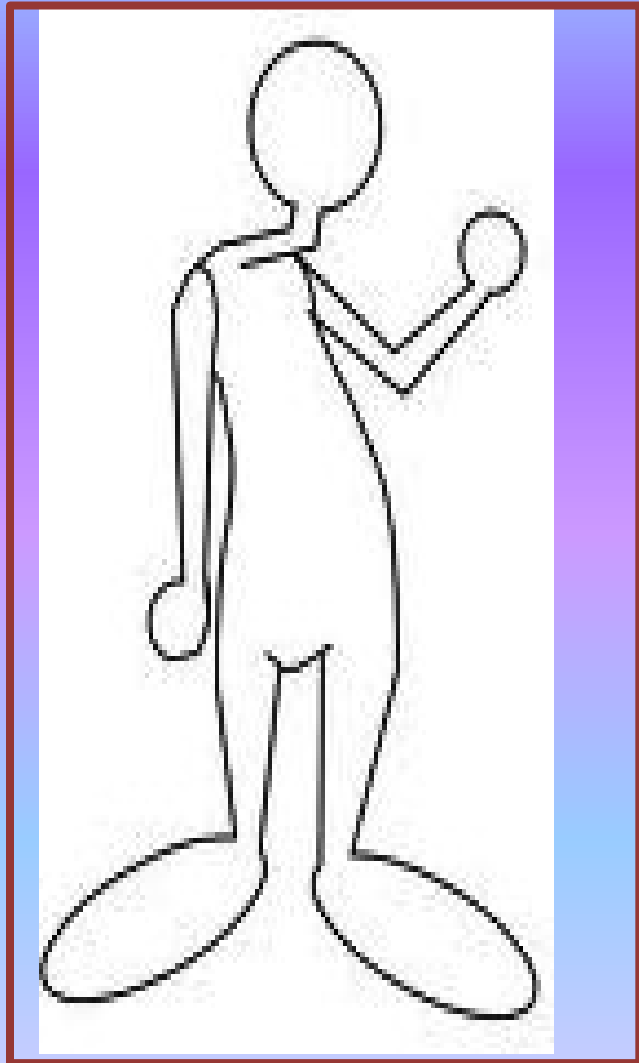
Two Sides of Anxiety

In the right amounts, the hormones that drive anxiety can be powerful stimulants, arousing the senses to function at their sharpest.

Alice Park, Time Magazine



How Anxiety Affects the Body and Brain



Breathing?

Immune system?

Cognition?

Digestion?

Emotion?

Skin?

Heart?

Metabolism?

Pain?

The Body and Brain on Anxiety

Cognition
To anticipate negative outcomes, our circuits imagine risks and how to protect ourselves

Emotion
Worriers tend to suppress their emotional responses to experiences

Breathing
To pull more oxygen for muscles that need to be ready to exert themselves, our lungs work faster

Heart
Stress hormones can cause the heart to beat faster, raising blood pressure and pulse

Skin
The sweat glands start working overtime to cool us down if we need to fight or flee a threat

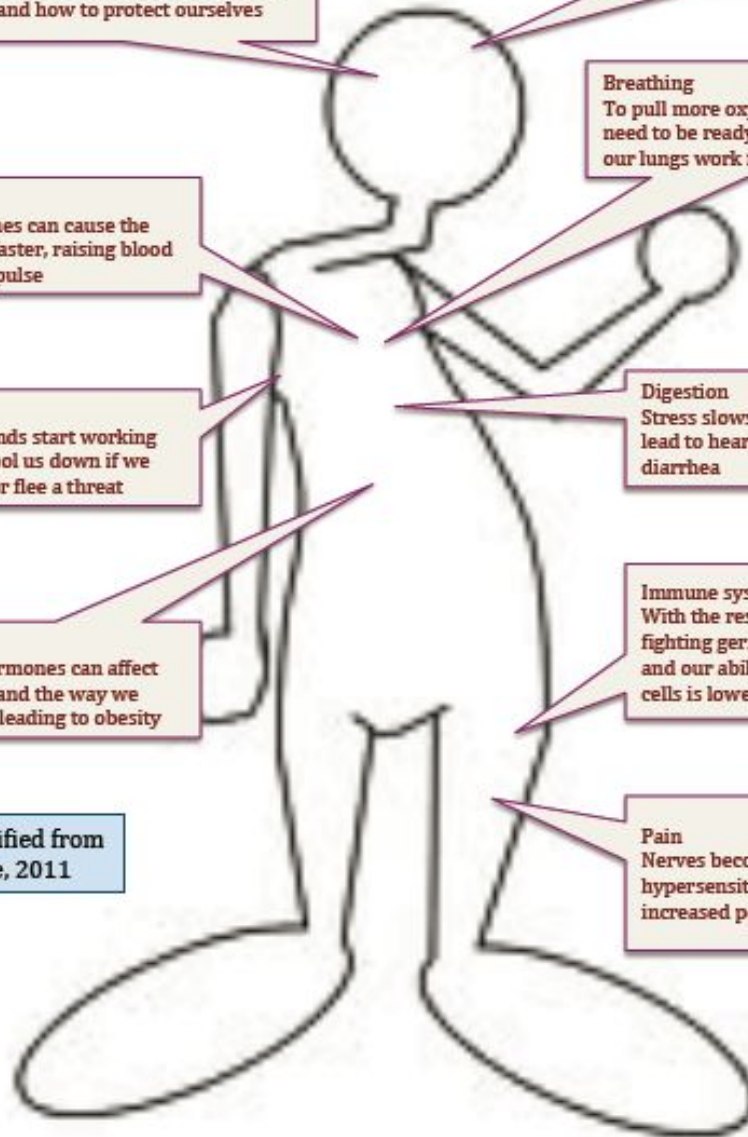
Digestion
Stress slows digestion, which can lead to heartburn, bloating, and diarrhea

Metabolism
Changes in hormones can affect our appetites and the way we burn calories, leading to obesity

Immune system
With the rest of the body on alert, fighting germs is a low priority, and our ability to make immune cells is lowered

Modified from
Time, 2011

Pain
Nerves become hypersensitive, leading to increased perception of pain



Definition of Anxiety

An emotional state in which people feel uneasy, apprehensive, or fearful. People usually experience anxiety about events they cannot control or predict, or about events that seem threatening or dangerous. There is a feeling of vulnerability, and severe anxiety can persist and become disabling.



Effective Coping



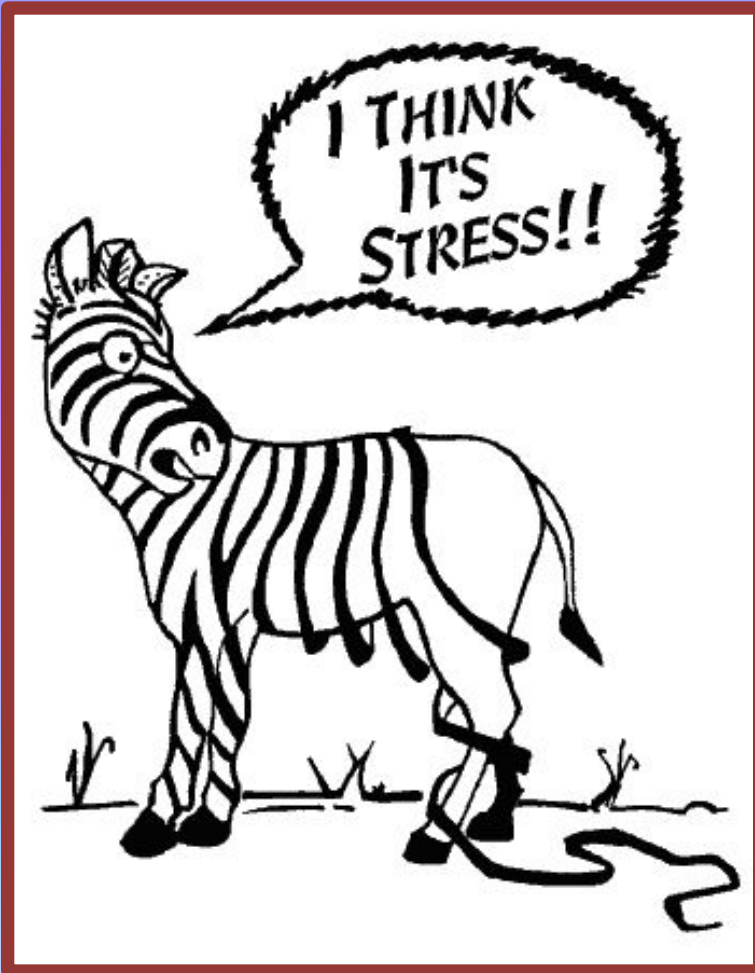
Change negative thoughts to positive:

“I can’t handle this.”

Becomes . . .

“I can do this.”

Effective Coping



See the
humor in a
stressful situation.

Effective Coping

Fake it till you make it. Pretend to have more confidence than you do. No one else will know the difference.



Effective Coping



Take care of yourself:

- Eat nutrient-dense foods.
- Exercise.
- Avoid alcohol, tobacco, drugs.
- Practice good hygiene.
- Get adequate sleep.

Effective Coping



Rely on your support system:

- Parents, family
- Friends
- Teachers
- Counselors
- Faith leader

Effective Coping

Stick to your routine:

- Keep a planner and “to do” list.
- Take one step at a time.
- Check off tasks as completed.



Effective Coping



Just Do It!

- Take one step at a time and “git ‘er done!”

What NOT to Do to Cope with Anxiety



If Anxiety is Serious, Get Help!



Closure:

- *There are multiple strategies for coping with feelings of anxiety. Good luck with managing this kind of stress in ways that are healthy and productive.*