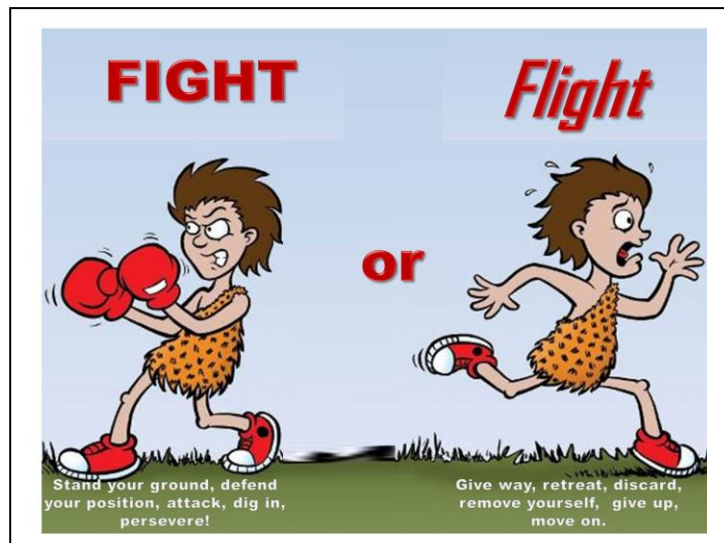


ANXIETY

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 actually there is none**. It is the body's alarm and survival mechanism. Primitive man wouldn't have survived for long without this life-saving response. It works so well, that it often kicks in when it's not needed - when the danger is in our heads rather than in reality. We think we're in danger, so that's enough to trigger the system to go, go, go! People who get anxious tend to get into scanning mode - where they're 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.



Thoughts

I'm in danger right now.
The worst possible scenario is going to happen.
I won't be able to cope with it.

Physical Sensations - The Adrenaline Response

When there is real, or we believe there is a real, threat or danger, our bodies' automatic survival mechanism kicks in very quickly. This helps energise us to fight or run away ('fight or flight response'). We will notice lots of physical sensations, which might include:

Heart racing - This helps to take the blood to where it is most needed - his legs so that he can run faster (flight); his arms so that he can hit out (FIGHT); his lungs to increase his stamina. At the same time blood is taken from the places it is not needed for example fingers, toes and skin. These changes cause tingling coldness and numbness.

Breathing gets faster - This helps the bloodstream to carry oxygen to the arms, legs and lungs. This will give him more power. The side effects may include chest pain, breathlessness and a choking feeling. As there is a slight drop in the blood and oxygen being sent to the brain he may feel dizzy or light headed, he may experience blurred vision.

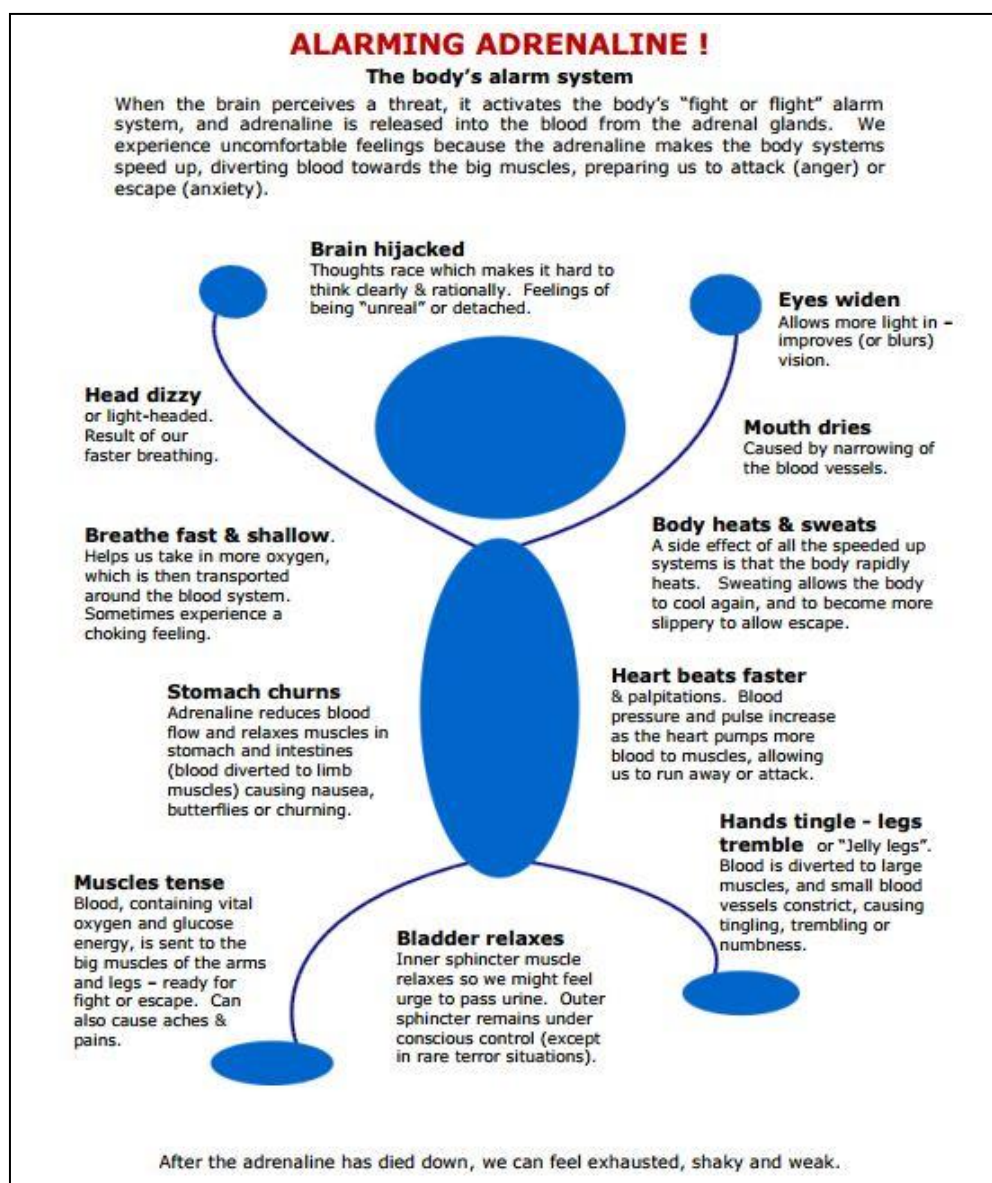
Muscles tense and prepare - The large skeletal muscles tense and create power, this may cause pain, aching and shaking.

Sweating - Sweating helps to cool the muscles and the body. It helps to stop them from overheating. Sweating can also make us more slippery to our enemies!

Pupils dilate - This lets more light into his eyes so his overall vision improves. Side effects may include sensitivity to light or spots before his eyes.

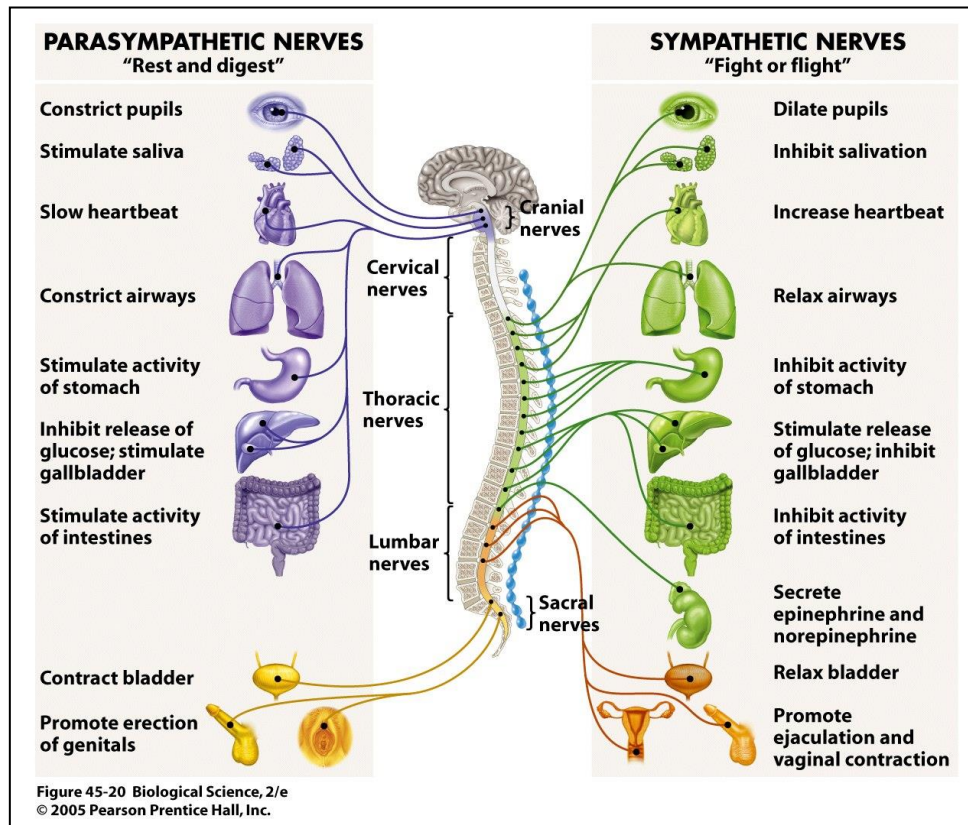
Digestive system slows down - These are not important while in danger and so are slowed down then the saved energy goes to where it is most needed. Side effects may include nausea, butterflies and a dry mouth.

More alert - He will be concentrating on looking for danger, much less able to concentrate on anything else. He will be waiting for something to happen. This is the basis of the way we worry.



<https://get.gg/docs/Adrenaline.pdf>

The Brain and The Body

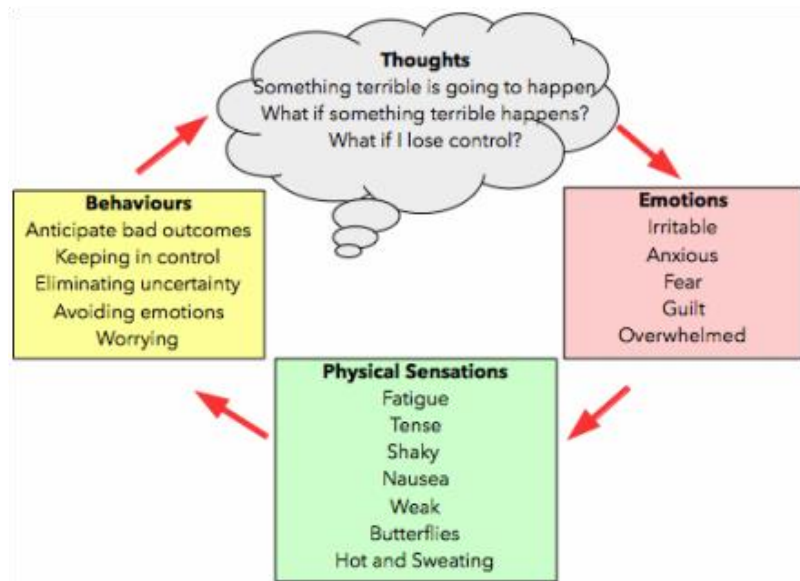


<http://activateanddominate.com/sat-breathing-is-the-key-to-your-autonomic-nervous-system/>

Behaviours

- Avoiding people or places
- Not going out
- Going to certain places at certain times, e.g. shopping at smaller shops, at less busy times
- Only going with someone else
- Escape, leave early
- Go to the feared situation, but use coping behaviours to get you through: examples include: self talk, holding a drink, smoking more, fiddling with clothes or handbag, avoiding eye contact with others, having an escape plan, medication. These are called 'safety behaviours'.
- Safety behaviours can also help to keep your anxiety going. Whilst you depend on them to help you cope, you don't get to find out that without them, the anxiety would reduce and go away on it's own.
- Whilst avoiding people or situations might help you feel better at that time, it doesn't make your anxiety any better over a longer period. If you're frightened that your anxiety will make you pass out or vomit in the supermarket aisle, you won't find out that won't actually happen, because you don't go. So the belief that it will happen remains, along with the anxiety.

Cycle of Anxiety



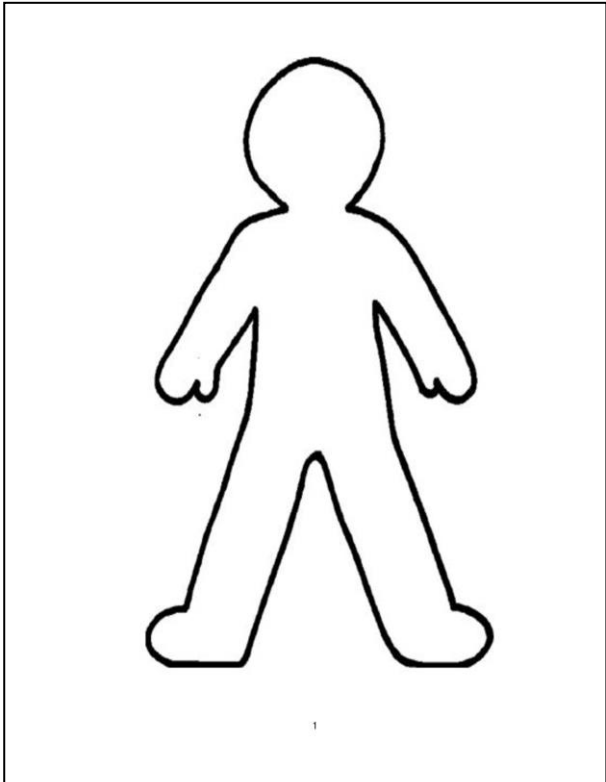
https://www.google.co.nz/search?q=cycle+of+anxiety&rlz=1C1RLNS_enNZ740NZ741&source=Inms&tbn=isch&sa=X&sqi=2&ved=0ahUKEwj9gLbyjaPUAhUBXbwKHftnAawQ_AUIBigB&biw=1366&bih=638#imgsrc=TSlyylz-6e8b-M:

We all feel anxious sometimes. A certain amount of anxiety helps us to be more alert and focused. For example just prior to an exam, a few exam nerves have a positive effect - motivating us, helping us focus our thoughts on the job in hand, making us more alert. Too much anxiety, or constantly being anxious, is unhealthy and detrimental to our lives and relationships.

ME

What is the threat I'm experiencing (the trigger/memory/5 senses)?

How is my body responding to the threat?



What feelings do I have?

What am I thinking about?

At what point can I intervene in the anxiety cycle? What can I do for myself to begin to ease my anxiety?

