

Anxiety

What is it?

- The response of an organism to stress or a threat, real or imagined.
 - Like other biological processes it helps one cope.
- When anxiety becomes an excessive, irrational dread of everyday situations, it can become disabling.
- It rarely occurs alone as depression and substance use often co-exist.



Natural

Chronic



What is it?

- *Family systems theory*- A lack of differentiation leads to increased sensations of anxiety.
- *Cognitive theorists*- Distorted or maladaptive thinking patterns produce anxiety.
- *Behavioral theorists*- It is a learned behavior that the individual repeats.
- *Reality therapy*- Client is “anxiating.” In the moment it appears to them as their best choice.
- *Internal Family Systems*- There is an anxious “part” of the client

So...where is the line between healthy and unhealthy?

- Acute anxiety- occurs in response to real threats and is time limited
- Chronic anxiety- in response to imagined threats and is not experienced as time limited.
- In other words...acute anxiety is fed by fear of what is; chronic anxiety is fed by fear of what might be.
- The higher the level of chronic anxiety, the greater the strain on people’s adaptive capabilities
 - This then produces more anxiety and can become a cycle

What changes?

Subjective manifestations include a heightened sense of awareness and fear of impending disaster. Objectively we often see increased responsiveness, restlessness, agitation, and autonomic nervous systems changes such as increased heart rate and blood pressure.

What does your anxiety look like?

Managing anxiety

- Don't meet anxiety with anxiety.
 - Stay centered and adaptable.
- Focus on what you DO know, what you CAN control, and what IS possible
 - Watch getting caught in the future
 - Remember that because of the anxiety you are not as adaptable as you might expect.
- You are not your anxiety.
 - Connect with the part of yourself that is not anxious.
- Cognitive-Behavioral Therapy
 - The cognitive part helps people change the thinking patterns that support their fears, and the behavioral part helps people change the way you react to anxiety-provoking situations.
 - Twisted Thinking
 - Wellness Cycle
- Mindfulness and awareness
 - Meditations, self-inventories, I feel statement
- Creating positive experiences, self-efficacy, and success that deconstructs negative beliefs that feed anxiety.
 - Busting, leadership opportunities, sharing one's emotions and not getting laughed at, etc.

Tools I can use:

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