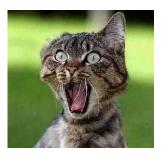


# Anxiety

### 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 "anxieting." 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:

S. Roberts, MS