

Unpacking Anxiety

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Fear vs Anxiety

- ▶ Fear is a response to a known, external, definite, or non-conflictual threat.
- ▶ Anxiety is a response to an unknown threat, internal, vague or conflictual

The main psychological difference between the two emotional responses is the suddenness of fear and the insidiousness of anxiety

Adaptive Anxiety

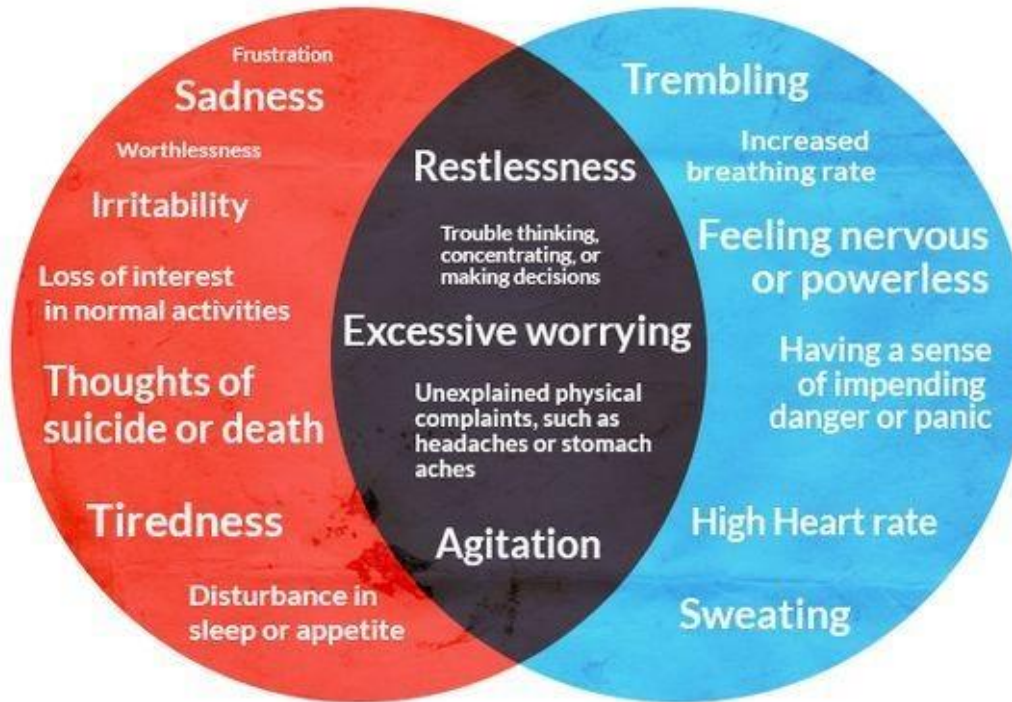
- ▶ Anxiety mimics our fear in that it activates our fight/flight response to warn us of impending danger
- ▶ As a short-term emotional response anxiety can be good to help us protect ourselves
- ▶ If anxiety is however constant and you struggle to regulate the emotion, it can impair daily functioning

Symptoms of Anxiety

Emotional	Cognitive	Physical	Behavioural
Worry, fear or terror	Inattention, poor focus	Feeling of restlessness, feeling "keyed up," or "on-edge"	Difficulties with transitions
Apprehension	Constant and persistent worrying thoughts	Shortness of breath, or a feeling of choking	Edginess or jumpy
Feeling distress or dread	Memory difficulties	Sweaty palms or a racing heart	Reluctance or refusal to go to work or other activities
Nervousness	Negative thoughts	Hot flushes or chills	Angry outbursts and/or crying spells
Feeling overwhelmed		Chest pain or discomfort	Difficulty settling down for bed
Panic/uneasiness		Muscle tension, trembling, feeling shaky	Engaging in unhealthy, risky, or self-destructive behaviours (such as drinking or drug use).
Jumpiness or edginess		Nausea and/or diarrhoea	Restlessness
		Butterflies in the stomach	Avoidance behaviours such as avoiding anxiety-producing situations or places.
		Dizziness or feeling faint	

Depression

Anxiety



Flip sides
of the
same coin

Types of Anxiety Disorders

Phobias

Social
Anxiety

General
Anxiety

Panic
Disorder



PANIC ATTACK

- Symptoms are more intense and can cause a major disruption in your day.
- Characterized by 4 or more of the following symptoms:
 - Heart palpitations, pounding heart
 - Excessive sweating
 - Trembling or shaking
 - Sensations of shortness of breath, difficulty breathing
 - Feeling of choking
 - Chest pain or discomfort
 - Nausea or abdominal distress
 - Feeling dizzy, unsteady, lightheaded or faint
 - Feelings of unreality or being detached from oneself
 - Fear of losing control or going crazy
 - Fear of dying
 - Numbness or tingling sensations
 - Chills or hot flashes



ANXIETY ATTACK

- Anxiety intensifies over a period of time.
- Stress may reach a level that is overwhelming and feel like an "attack".
- Symptoms of anxiety may include:
 - Muscle tension
 - Disturbed sleep
 - Difficulty concentrating
 - Fatigue
 - Restlessness
 - Irritability
 - Increased startle response
 - Increased heart rate
 - Shortness of breath
 - Dizziness
- Symptoms may be persistent and very long-lasting

THINGS I DIDNT KNOW WERE ANXIETY



Overthinking

Ways to manage Anxiety

“When you are anxious, don’t immediately trust your automatic thoughts because oftentimes these thoughts are irrational. Thoughts are not facts. They’re just thoughts and don’t need to be given so much attention.”

John Tsilimparis





Thought analogy

Breakfast — Lunch — Dinner

Grounding Techniques

5 Senses

Distraction

In your body

Breathing

Categories

"There is only one way to happiness
and that is to cease worrying about
things which are beyond the power
of our will."

- Epictetus