



Anxiety

Anxiety is an internal response (psychological, behavioral and physiological) to a vague, distant, or unrecognized danger. Anxiety is appropriate and helpful in certain situations as it acts as a signal to motivate problem solving. Anxiety disorders, however, occur when anxiety develops into a pervasive pattern of life inhibiting thoughts, feelings and behaviors.

Current research indicates that anxiety disorders are caused by a biological predisposition that is triggered by certain environmental factors, such as an overly critical or cautious parent/guardian, excessive pressure to perform, emotional insecurity and dependence, an inability to self-assert, major or minor trauma, significant personal loss or life change and drug abuse.

Four Traits that perpetuate anxiety

- Perfectionism
- Excessive need for approval
- Tendency to ignore physical and psychological signs of stress
- Excessive need for control

Managing Symptoms of Anxiety

- Learn relaxation
- Exercise regularly
- Real-life or imagery desensitization
- Positive Self-Talk (using affirmations)
- Challenging Mistaken Beliefs
- Identify feelings
- Develop assertiveness skills
- Raise self-esteem
- Practice nourishing the self with good nutrition
- Utilize medication as appropriate
- Develop spirituality
- Practice sleep hygiene

Adapted from the Anxiety and Phobia Workbook by Edmund J. Bourne