

Calming the Storm – Anxiety Management

Group 3 Understanding Anxiety

Anxiety is sometimes called:

- Fear
- Nervousness

There are different types and intensity of anxiety:

- ❖ Phobia – fear of certain things:
 - Spiders
 - Snakes
 - Heights
 - Airplanes
 - Etc.
- ❖ Panic Attacks
 - feeling like you're going to die or go crazy
 - Can be caused by any physical, emotional or thinking experience.
- ❖ Post-Traumatic Stress Disorder (PTSD)
- ❖ Repeated memories of terrible traumas with high levels of distress.
 - **Examples:**
 - Physical Beating
 - Assault
 - War experiences
 - Car accident
- ❖ Obsessive-Compulsive Disorder
 - Thinking about or doing things over and over again
 - Example:
 - Checking the stove 10 x before leaving the house
 - Washing your hands over and over
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❖ Generalized Anxiety Disorder

- A mixture of anxieties and worries most of the time

❖ Simple Anxiety

- Brief periods of nervousness or fear we experience when faced with difficult situations
 - Example:
 - Going in front of a Judge
 - Taking an exam
 - Planning a Wedding
 - Etc.

Now, Which type of Anxiety do you think you experience? _____

What do all of these types of anxiety have in common?

- They are experienced in our
 - Physical Reactions
 - Behaviors
 - Feelings - Moods
 - Thoughts

What Anxiety Looks Like:

| Physical Reactions | Behaviors | Feelings-Mood | Thoughts |
|--------------------|--|---------------|---|
| Sweaty Palms | Avoidance of Situations | Nervous | Overestimation of the danger |
| Muscle Tensions | Leaving Situations which cause anxiety | Irritable | Underestimation of your ability to cope |
| Racing Heart | Trying to do things Perfectly to avoid anxiety | Anxious | Underestimation of help available |
| Flushed Cheeks | Trying to control evens to avoid anxiety | Panicky | Worries and catastrophic thoughts |
| Light-Headedness | | | |

What does your anxiety look like?

| Physical Reactions | Behaviors | Feelings-Mood | Thoughts |
|--------------------|-----------|---------------|----------|
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