

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 your 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
- ❖ 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

