

# “Anxiety” Nervous Uncertainty or an Excessive Compulsion”

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Anxiety is how the body responds to stress, and a natural response to perceived danger. In addition, Anxiety is a fear and discomfort about uncertainties of future events, or recurring events. The degree that Anxiety helps or hinders is what differentiates helpful from unhealthy Anxiety. Begin by considering how your Anxiety manifests itself in your body. Anxiety may be beneficial when used as an indicator (bringing awareness) to take an action. Unhealthy Anxiety is excessive and extreme.

## ANXIETY ONSET

What factors are creating your Anxiety onset? Anxiety may develop from experiences, genetics, psychological, and environmental factors. Anxiety may coexist with depression. Sleep deprivation can cause an Anxiety onset. Nutrient deficiency may worsen Anxiety. Anxiety is commonly caused by incidence or thoughts of driving, running late, appointments, new experiences, news, socializing, and loss. Women are two times more likely than men to have an Anxiety disorder.



## ANXIETY

Anxiety symptoms  
Panicking, Racing  
Sweating, Shaking,  
Heart Palpitations,  
Faint, Discomfort,  
sensations, and



## SYMPTOMS

include Emotional Distress,  
Heart, Hyperventilating,  
Trembling, Numbness, Tingling,  
Nausea, Dizziness, Feeling  
Chest pain, Hot/ Cold  
Shallow breathing.

## GENERAL MAJOR TYPES OF

(Not better explained  
disorder, and clinical  
substance):

## DESCRIPTIONS OF THE 5 ANXIETY DISORDERS

by another mental health  
distress is not attributed from a

- GENERALIZED ANXIETY DISORDER

Uncontrollable, difficult, excessive, persistent anxiety that is hard to control. The Anxiety happens more days than not for at least six months with three specific symptoms.

- OBSESSIVE COMPULSIVE DISORDER (OCD)

The presence of compulsive behavior, excessive thoughts, or both. Unwanted images, thoughts, or urges. Significant trouble at work, with friends, family, or another setting.

- PANIC DISORDER

A surge of abrupt fear, symptoms, and panic attacks. One attack followed by persistent worry, or maladaptive change.

- POST TRAUMATIC STRESS DISORDER (PTSD)

Witnessed or firsthand exposure to death, sexual violation, or serious injury.

- SOCIAL PHOBIA (or Social Anxiety Disorder)

Fear of being scrutinized by others in a social setting. Fear of acting in a way Anxiety symptoms will be presented and evaluated negatively.

*For additional information on the 5 mental health disorders indicated above refer to the Diagnostic and Statistical Manual of Mental Disorders fifth edition.*

## ANXIETY DURATION

The duration of Anxiety is individualized. Anxiety may last a few minutes to hours.



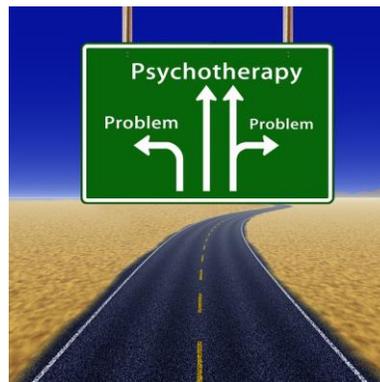


## ANXIETY INTERVENTIONS

- Calm the body and relax to rid of Anxiety. Deep Breathing techniques aid in calming the body.
- Exercise acts as an anti-anxiety. It relieves tension, and stress. Exercise improves your overall well-being by kicking up endorphins triggering positive mood.



- Normalize Anxiety. Put Anxiety into Perspective by being mindful of where you are, and what you are doing before the Anxiety onset. Face fears. Repetition may be a confidence builder for Anxiety. Fear takes the driver seat and you can impede efforts with avoidance, or focus into action.



- See a healthcare provider. Specialized practitioners may help but not limited to balancing hormones, testing for nutrition deficiencies, assisting with sleep apnea, medication, and talk therapy.

*Having an understanding that you will live through Anxiety is key. Defensiveness and Distortions may be barriers getting in the way of rationally interpreting one's experience. The context, environment, and*



*degree affect the Anxiety experience one has. It can be freeing to embrace Anxiety by recognizing triggers, your body felt sense, bringing awareness to cognitive distortions, conscious reactions, intervening in irrational thoughts/behaviors, activating reality, and self-actualizing. Utilize resources and available help.*

