

ANXIETY

July, 2021

1 out of every 6 people will experience uncomfortable anxiety at some time during their lives! The body's natural response to danger is to prepare for "fight" or "flight". When this occurs, you may experience feelings and body sensations such as:

- Increased heart rate
- Quick, shallow breaths
- Increased adrenaline
- Impending doom
- Increased muscle tension
- Increased perspiration
- Light headedness
- Chest pains

None of these physical reactions can harm you—they are designed to keep you safe. And, in some cases of anxiety, your body may be responding to situations in which there is no physical threat.

Anxiety begins with your thoughts. Physical symptoms ALWAYS begin as thoughts or perceptions based on your personal beliefs. Anxiety is typically associated with two main types of thoughts:

- Thinking you are in danger
- Thinking something bad will happen

The physical and thinking aspects of anxiety feed into each other to continue the negative cycle of worry and physical discomfort. Fortunately, there are several ways to break this cycle. Some typical ways to reduce anxiety include:

- Relaxation breathing
- Challenging negative or distorted thinking
- Engaging in enjoyable/distracting activity
- Physical activity

Consistent engagement in these activities is key to success!

Primary Care Behavioral Health