

Understanding and dealing with **ANXIETY**



MYLIFEHUB
PERSONAL
DEVELOPMENT
COACHING CENTRE

Not all wounds are visible....

Thank you for downloading our guide

Understanding Anxiety

Introduction

ANXIETY is your body's natural response to stress. It's a feeling of fear or apprehension about what's to come. The first day of school, going to a job interview, or giving a speech may cause most people to feel fearful and nervous.



A big event or a buildup of smaller stressful life situations may trigger excessive anxiety — for example, a death in the family, work stress or ongoing worry about finances. Personality. People with certain personality types are more prone to anxiety disorders than others are. Other mental health disorders

What is the difference between a normal amount of worry and an anxiety disorder?

Life can be unpredictable and it's normal to experience some level of worry, anxiety, stress or alertness in the face of challenges, be it related to relationships, deadlines, exams or making that important meeting in time despite traffic. We would normally shift back into a more relaxed state after you've resolved the challenge.



How to explain ANXIETY



ANXIETY DISORDERS are highly treatable, yet only 36.9% of those suffering receive treatment.

We all have feelings of anxiety, worry and fear sometimes. These can be normal responses to certain situations. These feelings can give you an awareness of risks and what you need to do in a difficult or dangerous situation. This reaction is known as 'fight or flight'.

Your brain responds to a threat or danger by releasing stress hormones such as adrenaline and cortisol. Even if the danger is not real, these hormones cause the physical symptoms of anxiety. Once the threatening situation has stopped, your body will usually return to normal. But if you have an anxiety disorder these feelings of fear and danger can be ongoing and interrupt your daily routine long after the threat has gone. They can make you feel as though things are worse than they actually are.

Everyone's experience of anxiety disorders is different. Not everyone who has an anxiety disorder will experience the same symptoms.

Generalized ANXIETY



What is generalised anxiety disorder?

Generalised anxiety disorder is a condition that makes you feel extraordinarily anxious about more than one issue and affects you in the long term. The anxiety experienced is felt across a range of situations and because it's difficult for you to control, it influences many parts of your life.

The disorder is nothing to be ashamed of and is one of the most common mental health challenges that people face globally.

Generalised anxiety disorder can have a detrimental influence on your thoughts, behaviour and even your general health and wellbeing. It's characterized by intense feelings of worry, that are not easy to control, that can last for weeks, months, years or even your entire lifetime.

These feelings of anxiety interfere with our daily lives and functioning and make it difficult to manage 'normal' challenges. Sometimes you may even realise that the anxiety you feel is unrealistic and has no base, but are unable to stop the way you feel. Persistent anxiety caused by this disorder can be physically and emotionally exhausting.



Generalized ANXIETY

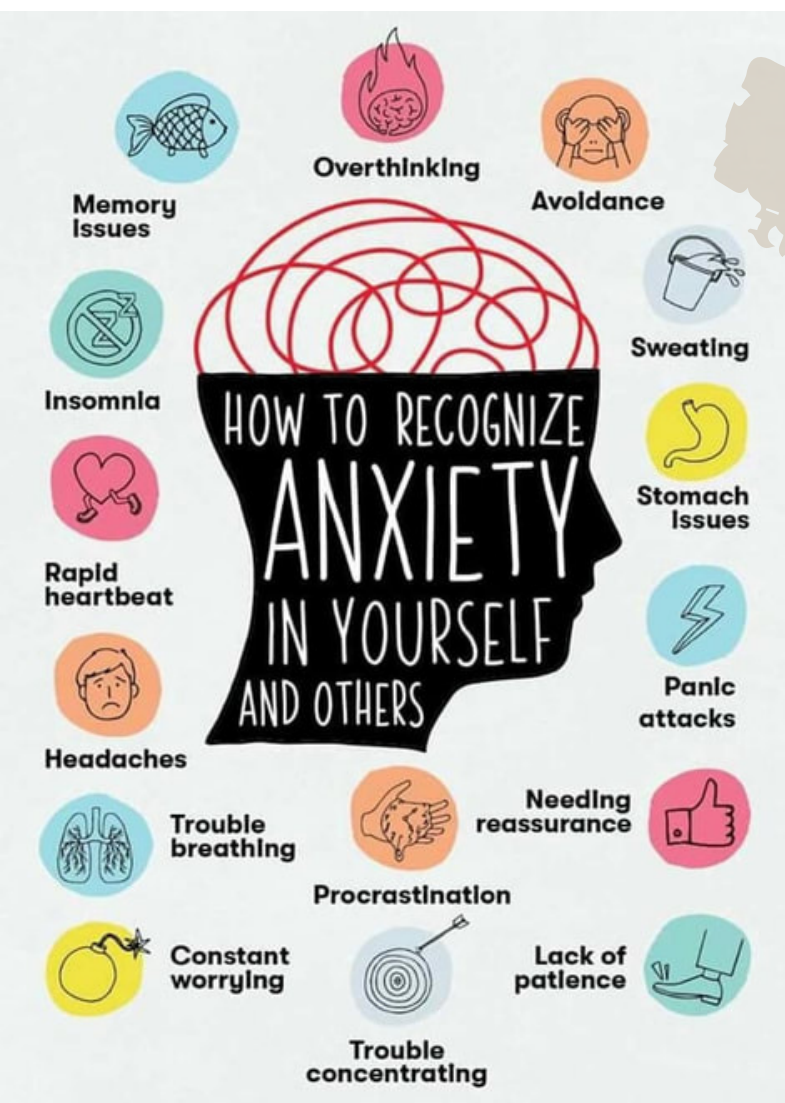
What are the symptoms
of generalised anxiety
disorder?



If you have this disorder, you may have:

- Worry that may seem irrelevant or frivolous to others
- Racing thoughts
- Constantly needing to double check things
- Persistent thoughts that do not just go away
- Avoiding people and places, even objects
- Restlessness, agitation or irritability
- Difficulty concentrating
- Trouble sleeping.

If you feel anxiety that is persistent, excessive or routinely triggered by situations that others may not perceive as threatening, or if you experience any symptoms related to anxiety disorder, then visit your doctor and share your symptoms to get the support you need.



Mind

Spirit

Body

Symptoms of ANXIETY

Checklist

Mental symptoms of anxiety can include:

- » racing thoughts
- » uncontrollable over-thinking
- » difficulties concentrating
- » feelings of dread, panic or 'impending doom'
- » feeling irritable
- » heightened alertness
- » problems with sleep
- » changes in appetite
- » wanting to escape from the situation you are in, and
- » dissociation

If you dissociate you might feel like you are not connected to your own body. Or like you are watching things happen around you, without feeling it.

Physical symptoms of anxiety can include:

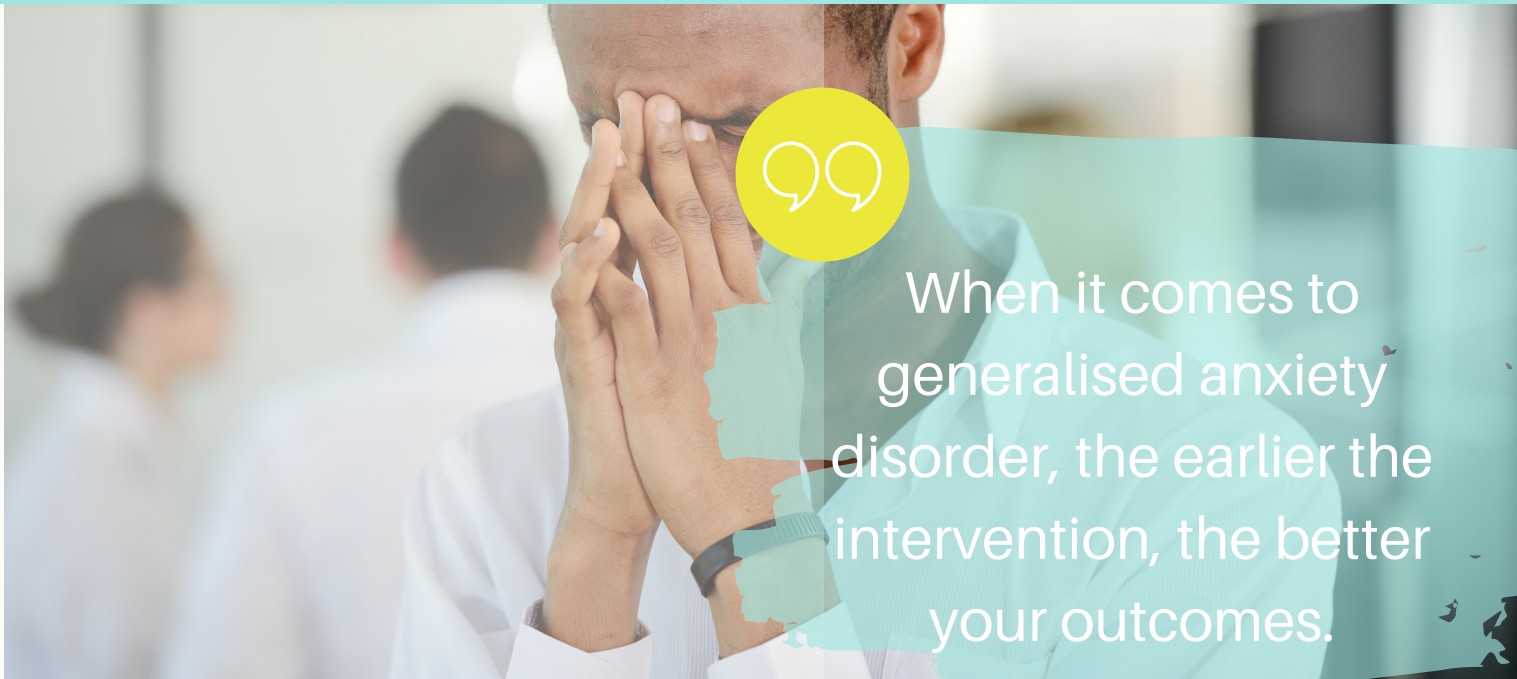
- » sweating
- » heavy and fast breathing
- » hot flushes or blushing
- » dry mouth
- » shaking
- » hair loss
- » fast heartbeat
- » extreme tiredness or lack of energy
- » dizziness and fainting, and
- » stomach aches and sickness

Anxiety can lead to depression if left untreated.

Please see a medical professional if you suspect you might suffer from anxiety disorder.



How generalised anxiety disorder is diagnosed



When it comes to generalised anxiety disorder, the earlier the intervention, the better your outcomes.

Only a doctor, psychologist or psychiatrist can diagnose generalised anxiety disorder. If you experience any of the symptoms above and if they cause significant distress and impairment in your daily functioning, then visit your doctor.

They may suggest a combination of some of the below:

Medicine. Consult with your doctor or psychiatrist to explore this approach.

Cognitive Behavioural Therapy (CBT). This form of therapy has evidence-based proof of success in the treatment of Generalised Anxiety Disorder as it can give us cognitive and behavioural tools to help manage anxiety, regulate and reposition stress responses, thought patterns and behavioural responses. It is a short-term (or time-limited) approach that focuses on how we think and what we do, and how the combination of these leads to certain experiences.

- Exercise and movement
- Mindfulness techniques
- Relaxation techniques
- Stress-management techniques
- Addressing your sleep quality and quantity
- Healthy nutrition
- Connecting with people you trust

OVERCOME

Anxiety

TAKE BACK CONTROL

Mind Spirit Body

While it's normal to get nervous about an important event or life change, more and more people live with an anxiety disorder, which is more than the occasional worry or fear. Anxiety disorders can range from a generalized anxiety disorder (GAD), which is intense worrying that you can't control, to panic disorder - sudden episodes of fear, along with heart palpitations, trembling, shaking, or sweating.

For those with an anxiety disorder, it's important to look into strategies that can help manage or reduce anxiety in the long term, like talk therapy or medication. But everyone can benefit from other ways to reduce stress and anxiety with lifestyle changes such as eating a well-balanced diet, limiting alcohol and caffeine, and taking time for yourself.

Plus, there are steps you can take the moment when anxiety starts to take hold. Try these 10 expert-backed suggestions to relax your mind and help you regain control of your thoughts.



NAVIGATING *Anxiety*



Things to ask yourself when you are anxious

what can i
do right now
to feel just a
little better?

is my anxiety making this
a bigger deal than
it actually is?

is the worst
case scenario
really the most
likely to happen?

have i been taking
care of myself lately?
have i eaten and slept
enough, drinking water?

is there someone
i can talk to about
the things that
i'm worrying
about?

am i over-
generalizing
in this
moment?

can i remember a
time where i felt
this way and it
turned out okay
afterwards?

what are
some things
that i CAN
control
right now?

am i focusing on
the negatives, or
making negative
interpretations
without evidence?

what if it all
will be good in
a while?

is this anxiety
protecting me or
is it a false alarm?

what would i tell
a friend who had
this worry?

TAKE BACK CONTROL

YOUR SELF-CARE

Body Checklist



Sources

Tamar Chansky, Ph.D., a psychologist and author of *Freeing Yourself from Anxiety*.



1. Stay in your time zone.

Anxiety is a future-oriented state of mind. So instead of worrying about what's going to happen, "reel yourself back to the present," says Tamar Chansky, Ph.D., a psychologist and author of *Freeing Yourself from Anxiety*. Ask yourself: What's happening right now? Am I safe? Is there something I need to do right now? If not, make an "appointment" to check in with yourself later in the day to revisit your worries so those distant scenarios don't throw you off track, she says.



2. Relabel what's happening.

Panic attacks can often make you feel like you're dying or having a heart attack. Remind yourself: "I'm having a panic attack, but it's harmless, it's temporary, and there's nothing I need to do," Chansky says. Plus, keep in mind it really is the opposite of a sign of impending death -- your body is activating its fight-or-flight response, the system that's going to keep you alive, she says.



3. Fact-check your thoughts.

People with anxiety often fixate on worst-case scenarios, Chansky says. To combat these worries, think about how realistic they are. Say you're nervous about a big presentation at work. Rather than think, "I'm going to bomb," for example, say, "I'm nervous, but I'm prepared. Some things will go well, and some may not," she suggests. Getting into a pattern of rethinking your fears helps train your brain to come up with a rational way to deal with your anxious thoughts.



4. Breathe in and out.

Deep breathing helps you calm down. While you may have heard about specific breathing exercises, you don't need to worry about counting out a certain number of breaths, Chansky says. Instead just focus on evenly inhaling and exhaling. This will help slow down and re-center your mind, she says.



5. Follow the 3-3-3 rule.

Look around you and name three things you see. Then, name three sounds you hear. Finally, move three parts of your body -- your ankle, fingers, or arm. Whenever you feel your brain going 100 miles per hour, this mental trick can help center your mind, bringing you back to the present moment, Chansky says.



6. Just do something.

Stand up, take a walk, throw away a piece of trash from your desk -- any action that interrupts your train of thought helps you regain a sense of control, Chansky suggests.



7. Stand up straight

"When we are anxious, we protect our upper body -- where our heart and lungs are located -- by hunching over," Chansky says. For an immediate physical antidote to this natural reaction, pull your shoulders back, stand or sit with your feet apart, and open your chest. This helps your body start to sense that it's back in control, she says



8. Stay away from sugar.

It may be tempting to reach for something sweet when you're stressed, but that chocolate bar can do more harm than good, as research shows that eating too much sugar can worsen anxious feelings. Instead of reaching into the candy bowl, drink a glass of water or eat protein, Chansky says, which will provide a slow energy your body can use to recover.



9. Ask for a second opinion.

Call or text a friend or family member and run through your worries with them, Chansky says. "Saying them aloud to someone else can help you see them clearly for what they are." It can also help to write your fears on paper.



10. Watch a funny video.

This final tactic may be the easiest one yet: Cue up clips of your favorite comedian or funny TV show. Laughing is a good prescription for an anxious mind, Chansky says. Research shows that laughter has lots of benefits for our mental health and well-being; one study found that humor could help lower anxiety as much as (or even more than) exercise can.



Spirit & Mind

YOUR SELF-CARE Checklist



1. You will remove the lie and replace it with truth. We know we have an enemy who is seeking to destroy us. His weapon is the lie. Our weakness is believing lies, and if we believe a lie, it will affect our lives as if it were true. The problem is that we don't realize that the lies we believe are lies. Hopefully, the lies you need to defeat are now clear to you.

2. You will create new trenches of truth. Our brains have neural pathways—mental ruts we created through repeatedly thinking the same thoughts—which trigger our automatic response to external stimuli. To stop a behavior, we need to remove the lie behind it and replace the neural pathway. We dig truth trenches. How? You renew your mind with God's truth.

3. You will reframe. We cannot control what happens to us, but we can control how we perceive it. We all have cognitive biases that cause us to see things in ways that do not reflect reality. But we have the power to do cognitive reframing, changing how we view the past and the future.

4. You will change your perspective through prayer and praise. It's easy to feel overwhelmed by everything that is happening, but when we've had enough, God is enough. Not only is God enough, God is near. We stay mindful of His presence. When we do, it leads us to pray. Praying changes our brain, as does praising God. We praise Him for the who of who He is, even if the what is not what we want. As we praise God, He shows up and gives us peace of mind.

Decide today that you will not think like the rest of the world.

You will let God renew your mind.

Instead of becoming fixated on what you see, fix your thoughts on Jesus.

He made you.

He will sustain you. He can carry you, strengthen you, and empower you to do what He's called you to do.

You are more than a conqueror through Christ. God is more than enough. And nothing can separate you from God's love. Let God change your thinking. He will change your life.

Spirit & Mind

YOUR SELF-CARE Checklist



Because, all of us sometimes feel like we have more than we can handle, it becomes critical to rely on God to renew our minds. His truth is our battle plan. We can continue to create new trenches of truth to replace old ruts so they will give our thoughts pathways leading to life and peace.

Where do you need Jesus today, right now?

Where are your thoughts falling short of His life-giving truth?

Are you stuck in a negative, hurtful, and poisonous rut? What will you do?

You can use the four tools God has given us to fix your thoughts and win the war in your minds:

- (1) the Replacement Principle
- (2) the Rewire Principle
- (3) the Reframe Principle, and
- (4) the Rejoice Principle

POSITIVE
MIND



**"I HAVE CHOSEN TO BE
HAPPY, BECAUSE IT IS
GOOD FOR MY HEALTH."**

– VOLTAIRE



We trust that you have found this e-book of value in either applying it in your personal life or by reaching out to someone maybe faced with Anxiety.

Should you however need further support, please get in touch with us for a referral to one of our qualified Counsellors on 011 827 1581

MYLIFEHUB
PERSONAL
DEVELOPMENT
COACHING CENTRE