

My Positive Mind TM Anxiety



Episode Two:

How do we get Anxiety?

- Anxiety has been built inside of us from the beginning of time to keep us safe from danger.
- It was constantly switched on to protect us - we would enter either 'fight' or 'flight' mode from whatever was lurking in the bushes.
- We do not need to be in this constant 'fight or flight' to survive in today's world.
- Some of us may feel stuck in it, but that's okay because we are going to learn how to assess our threats properly and react appropriately.



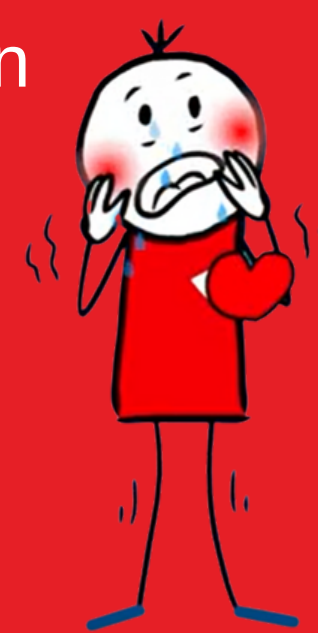
Other factors that influence anxiety

Anxiety is different for everyone. It can be developed from:

- Your personality type or genetics
- Long term stressors or trauma
- Chronic health conditions
- Feeling threatened or in danger
- The size of your amygdala - a special part of your brain that becomes activated when you feel anxious or stressed
- Hormone imbalances

How our hormones effect anxiety

- 1 We detect a threat.
- 2 Our brain activates its fight or flight response and releases stress hormones.
- 3 Stress hormones can cause physical effects: increased breathing and heart rate, shaking and sweating.
- 4 Stress hormones also cause emotional effects: fear, anger, agitation.
- 5 All of these stress hormones and emotions cause the front part of your brain to go on pause - this is the part of your brain, which is responsible for your decision making, planning, attention, and processing information which is why it feels hard to think and function properly when feeling anxious!



What keeps our anxiety going and growing?

Anxiety loops in cycles that can be hard to break if you don't realise you're in one. There are particular habits like avoidance and negative self talk that keep us stuck in these cycles.



Negative Self Talk

The way others speak to us and the way we talk to ourselves can have a profound impact on our brains and make our anxiety grow.

I'm not good at anything

I'm not good enough

I am a waste of space

Everybody hates me



Avoidance

The more we avoid our problems the bigger they can become.

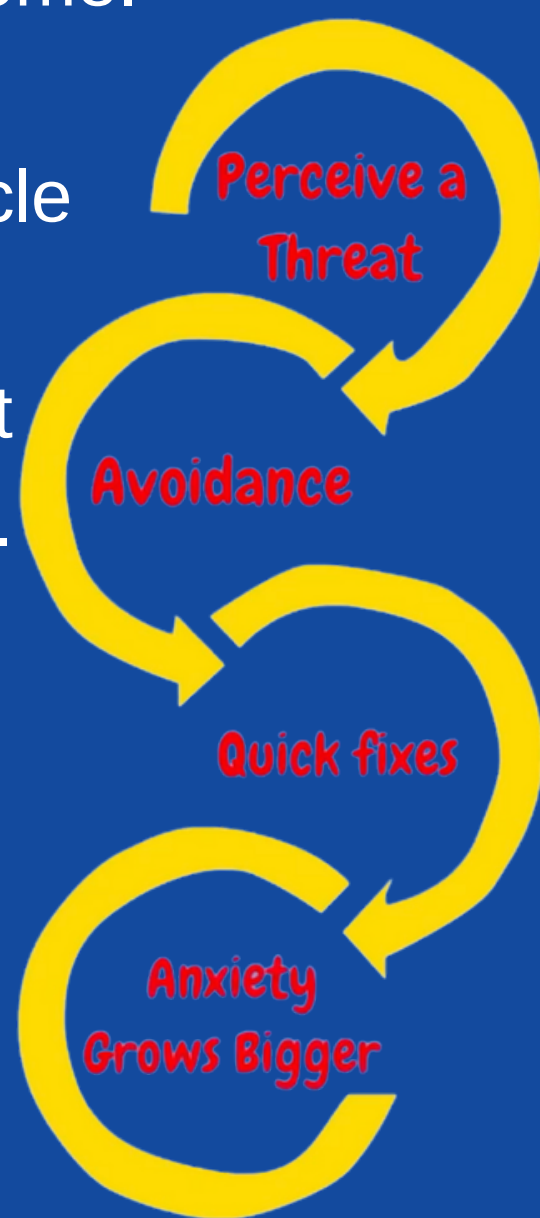
Here is the unhelpful cycle of avoidance:

1. We perceive a threat
2. We avoid that threat.

This could be locations, people or situations.

3. We often turn to quick-fix solutions which can make it worse.

4. Our anxiety grows bigger and bigger.



Help Lines

If you feel overwhelmed or distressed, please reach out to your local GP or contact the following support lines. They are there to help you, even if it's just for a chat.

Lifeline: 13 11 14

Beyond Blue: 1300 22 4636

1800RESPECT: 1800 737 732

Eheadspace (12-25): 18- 650 890

Men's Line: 1300 77 98 77

Head to Health: 1800 595 212

Got a question?

Our friendly psychologist Nat is here to support you.

Simply email your questions to:
support@mypositivemind.com.au

Coming up in episode 3...

We will learn some tools to help us cope with anxiety when it strikes! Don't forget that you can always rewatch videos if you need to!