ART OF DEALING WITH ANXIETY

Why you may be prone to anxiety.

Anxiety is created in the mind. Your mind recognises the symptoms of things that you are scared of.

Can you be more prone to anxiety?

* Attachment style.
* Adultification and parentification- Growing up too soon.
* Note feeling safe- childhood trauma, resulting in walking on eggshells, body on high alert, overactive or hyper vigilant nervous system.
* Narcissistic parent.
* Nature vs nurture.
* Traumatic events as a child.

TRAUMA RESPONSES

Fight, flight, freeze and fawn.

* Fight- anger outbursts, defensive, controlling, stressed, short fuse
* Flight- workaholic, over thinker, anxiety panic, OCD, perfectionist, can’t relax or sit still
* Freeze- difficulty making decisions, procrastination, feeling stuck, dissociation, isolating
* Fawn- Lack of identity, people pleaser,

Rules of the mind

1. Every thought you have causes a physical reaction and an emotional response.
2. What you focus on you create more of.
3. Your minds number one job is to keep you alive.
4. Your mind wants to stay with the familiar, while avoiding the unfamiliar.

Managing the Symptoms.

* Becoming aware of, interrupt and challenge your thoughts. Use all of the senses.
* Box breathing.
* Ground yourself the 5 4 3 2 1 way
* Get moving, walk, dance, jump to upbeat music
* Get out in nature, forest bathing, and sea shore. Walk bare foot. Try a cold shower, swimming.