

UNDERSTANDING ANXIETY

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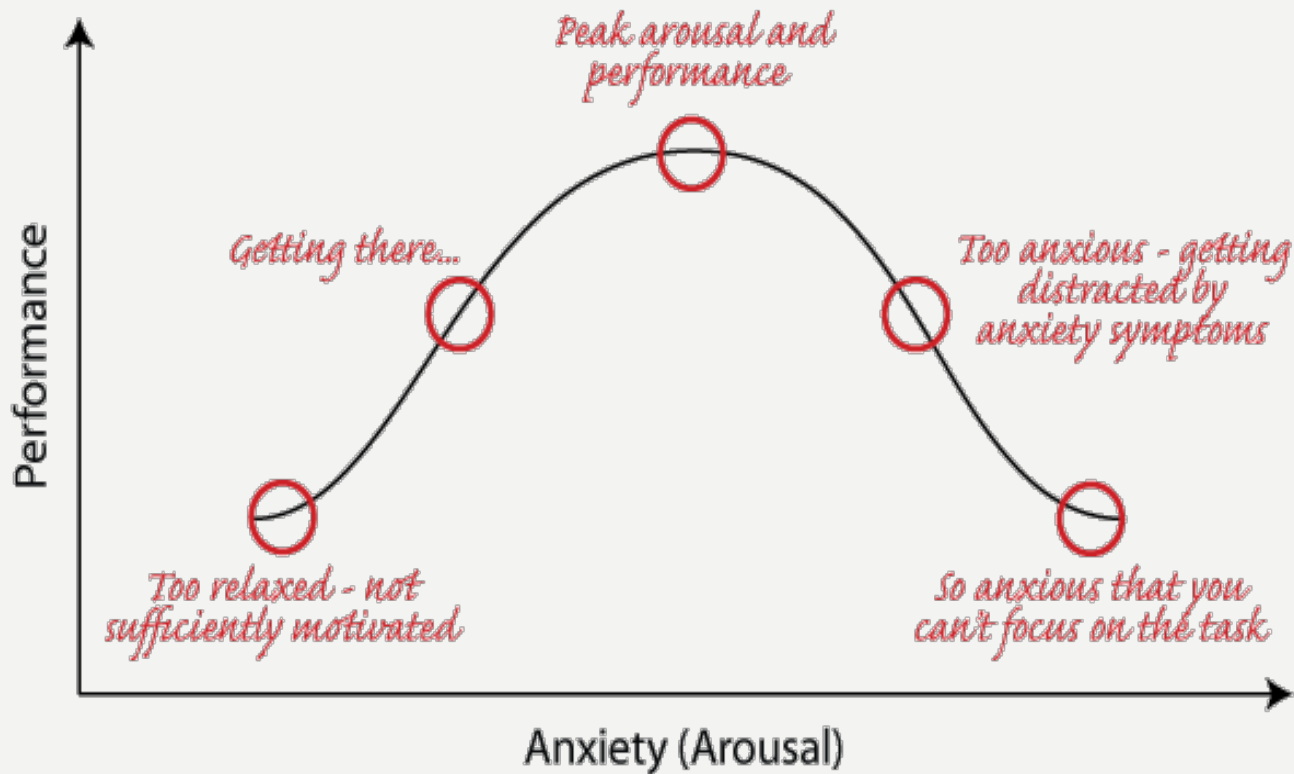
DEFINITIONS

- Anxiety is an umbrella term for feelings of fear, nervousness, apprehensiveness, or worry. Everybody gets anxious at times and some anxiety actually helps us to function well, but anxiety can become a problem when:
 - It happens too often
 - It goes on for a long time
 - It stops us from doing things that we want to do

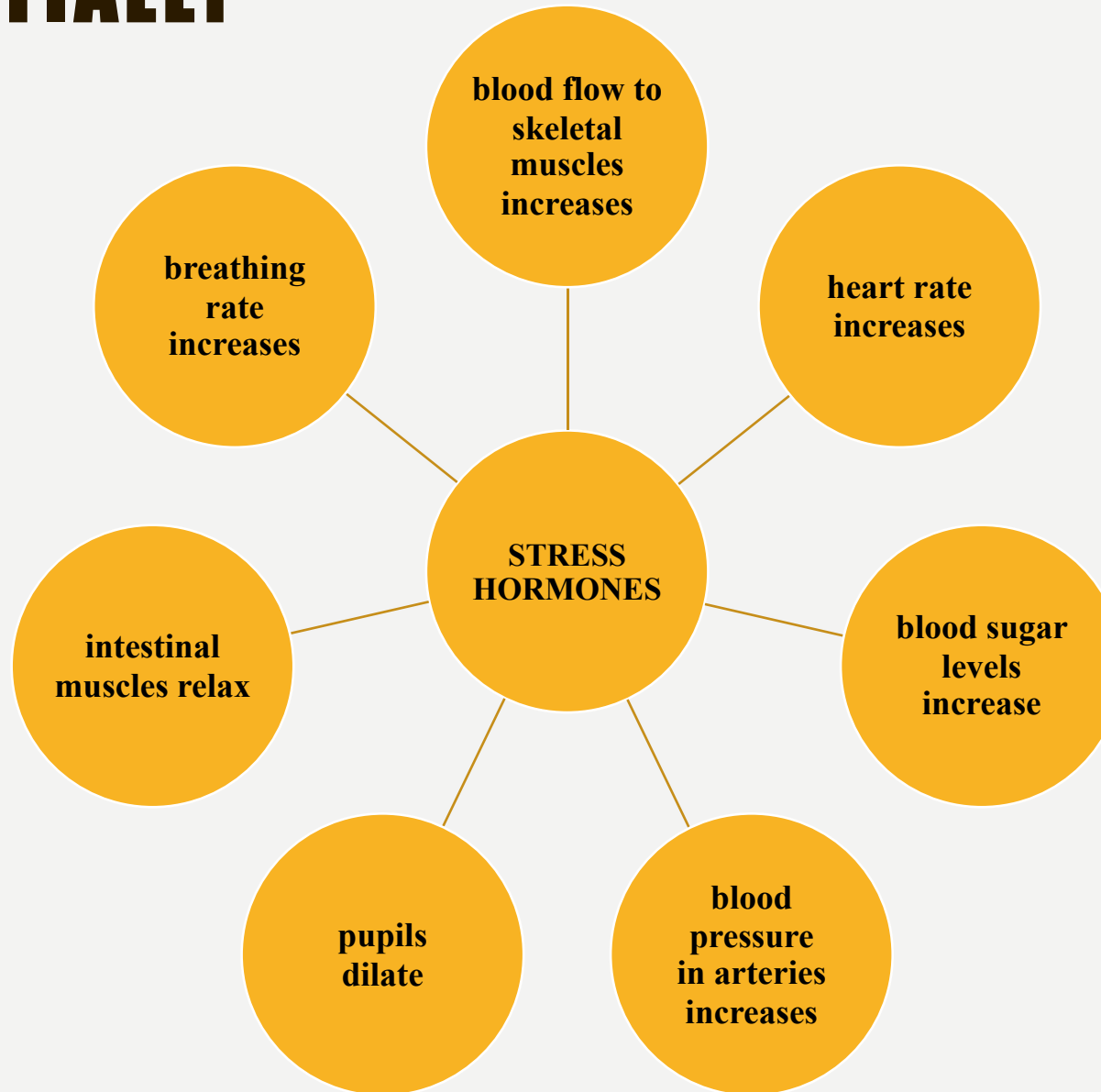
WHY IS HAVING SOME ANXIETY A GOOD THING?

- Imagine never being anxious or nervous: how would you know when danger was lurking? How would you know not to run across a busy road? Or to mind your footing when walking along the edge of a cliff? Or to be cautious when approaching a potentially dangerous animal? Feelings of anxiety are there to guide us to take care of ourselves.

ANXIETY AND PERFORMANCE



EXPERIENTIALLY



OUR FRIEND

- Anxiety is the body's way of responding to being in danger. Adrenaline is rushed into our bloodstream to enable us to run away or fight/or freeze. It is the body's alarm and survival mechanism. Primitive beings wouldn't have survived for long without this life-saving response.
- It works so well, that it often kicks in when it's not needed - when the danger is in our heads rather than in reality. We think we're in danger, so that's enough to trigger the system to kick off. Once anxious, we can get into scanning mode - where we're constantly on the lookout for danger, hyper-alert to any of the signals, and make it more likely that the alarm system will be activated.

TYPES OF ANXIETY

TYPE OF ANXIETY	DESCRIPTION
Generalised anxiety disorder (GAD)	Excessive worry about non-specific life events such as health, finances, work, or relationships. The amount of worry is normally out of proportion to the actual danger.
<u>Obsessive compulsive disorder (OCD)</u>	An individual with OCD may have thoughts or images which are intrusive (obsessions), and may feel compelled to carry out actions to relieve the accompanying anxiety (compulsions).
<u>Panic disorder</u>	Sudden feelings of terror and doom which may seem to occur 'out of the blue'. Attacks are typically fairly short-lived but can be re-triggered and last for longer periods.
<u>Post-traumatic stress disorder (PTSD)</u>	PTSD follows a traumatic life event where the individual felt that their life or bodily integrity was in danger, or witnessed something similar. As well as an ongoing sense of threat that lasts beyond the end of the actual danger, PTSD is accompanied by vivid memories of the event replaying in the person's mind.
Social anxiety disorder (Social phobia)	A type of phobia specific to social situations. People with social phobia are afraid that other people will think badly of them (fear of negative evaluation) and so they take steps to prevent this from happening.
Specific phobia	Fear of a specific object, animal, or situation. The individual may know that their fear is irrational or out of proportion. The individual tries to avoid the feared object or situation.

HELPING YOURSELF

- **Identify your triggers**
- What or when are the times when you are more likely to get anxious? If you can see the patterns, then maybe you can do something about those situations, and do something different.
- ☐ Certain places?
- ☐ Certain people?
- ☐ Anytime, anyplace?
- ☐ See certain things?
- ☐ Hear certain things?
- ☐ Think ahead to certain situation?

OPTIONS

- <https://info.lse.ac.uk/current-students/what-if/concerned-about-my-mental-health>
- <https://www.anxietyuk.org.uk/>
- <https://youngminds.org.uk/find-help/conditions/anxiety/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>
- <https://anxietycanada.com/learn-about-anxiety/anxiety-in-adults/>

NEXT STEPS

- If you have any questions please don't hesitate to contact me:-
Paul Glynn P.Glynn@lse.ac.uk
- Or The Student Counselling Webpage or Staff Counselling Webpage
https://info.lse.ac.uk/current-students/student-services/student-counselling-service?from_serp=1
- https://info.lse.ac.uk/staff/services/staff-counselling?from_serp=1