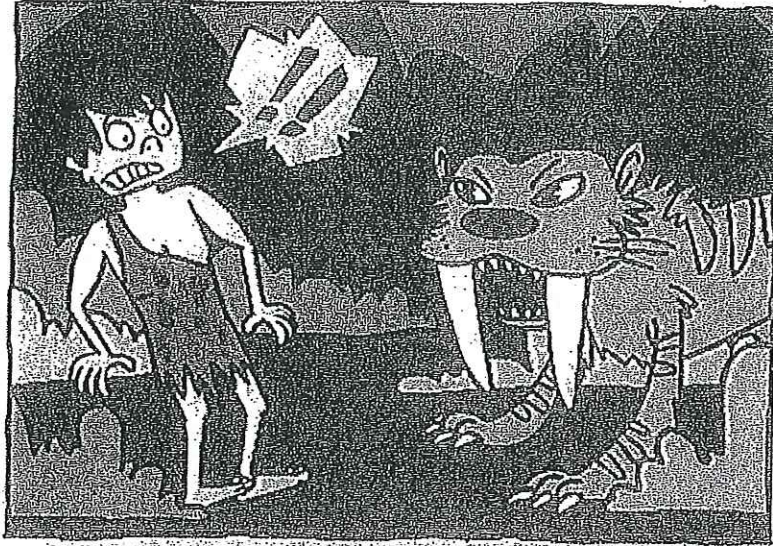
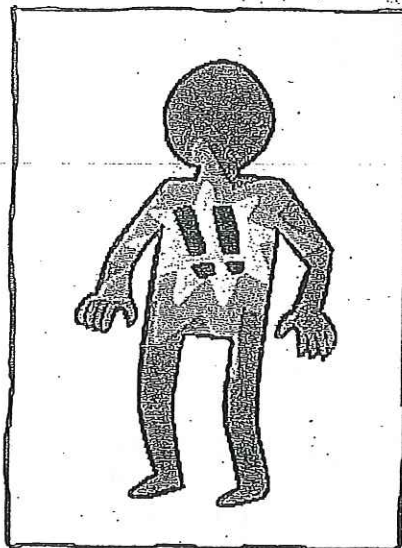


# Anxiety 101

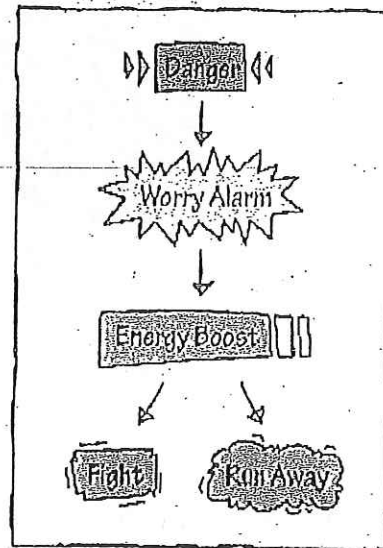
## WHAT IS WORRY?



When our ancestors went out hunting and gathering food, they often ran into danger...

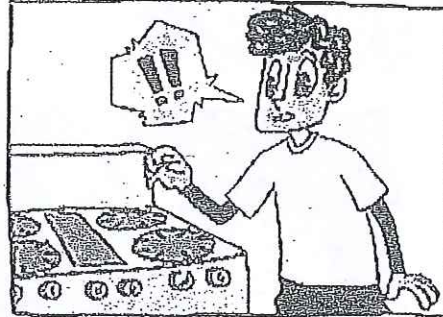
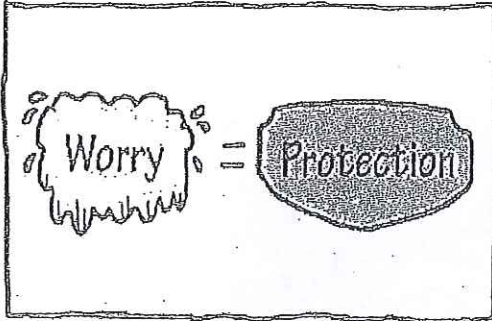


BOOM! Danger triggered an internal worry alarm.



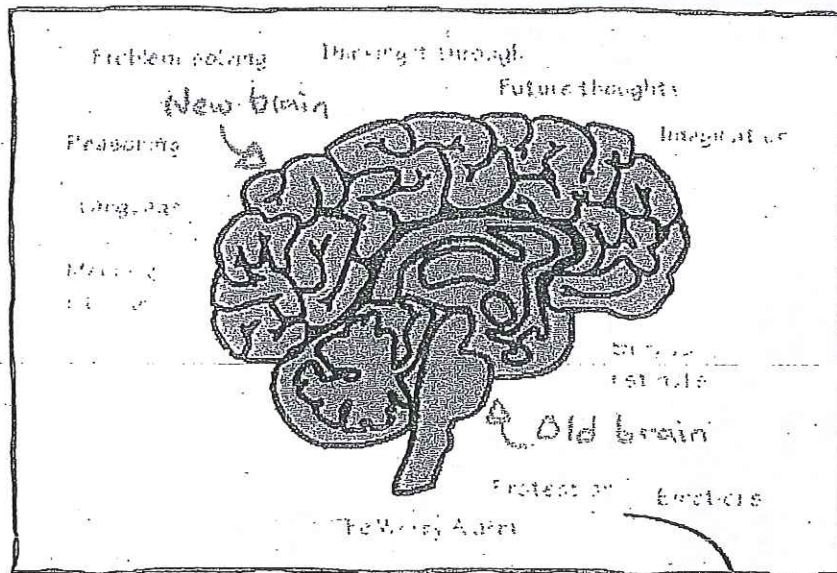
This worry alarm or "stress response" is a defense mechanism wired into our bodies.

## So what is worry exactly?



Worry is protection. Worry is a survival mechanism that still plays a role in modern times. A little worry is a good thing, it keeps us from doing things like touching a hot stove!

## YOUR BRAIN ON WORRY

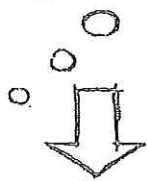
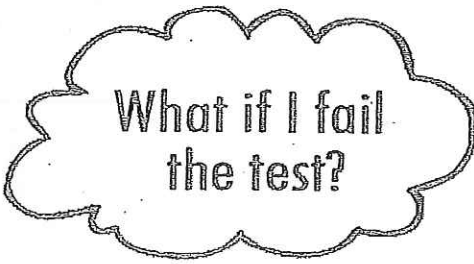
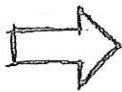


**I'm in charge!**

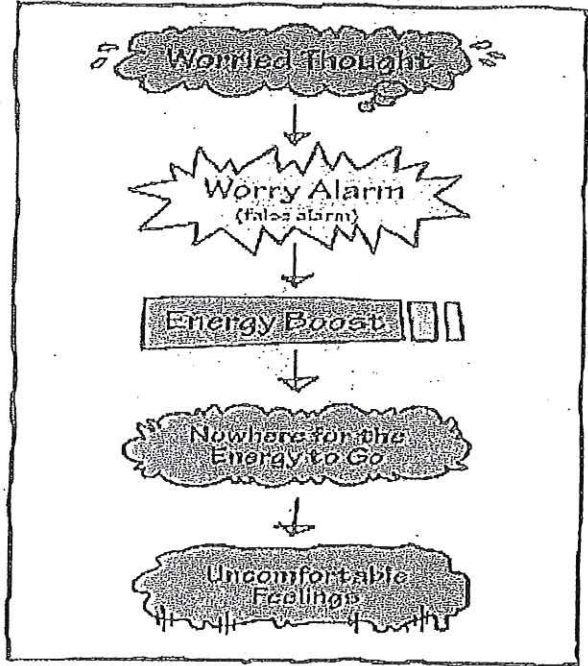
When the worry alarm is triggered, the older (more emotional) brain takes over. That means the newer (more logical brain) is put on hold. This can make it hard to think rationally.

# SOMETIMES THE ALARM GOES A LITTLE HAYWIRE

Sometimes we worry when there is no immediate danger. Worry is meant to protect us from immediate danger. Sometimes, however, we are just thinking about future...



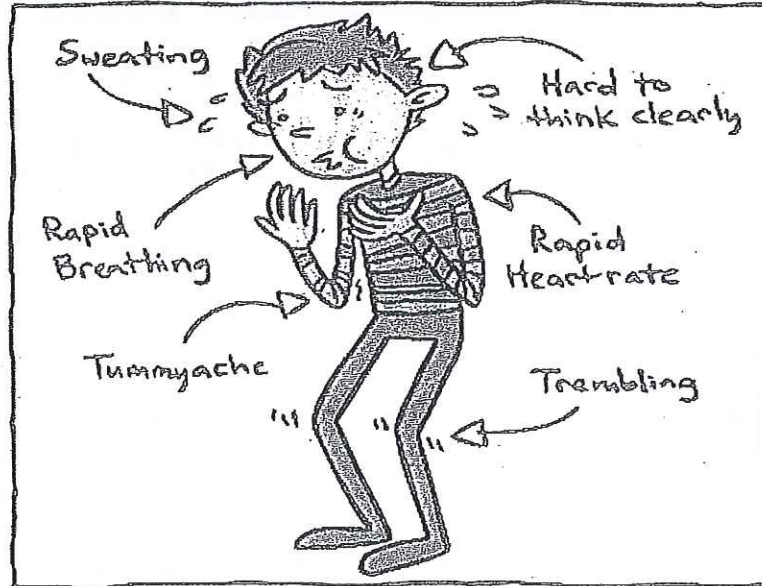
A simple thought can trigger the worry alarm and activate the fight-or-flight response. What happens when there's nothing to fight or run away from? There is nowhere for all those chemicals to go...



## Reflection Questions

1. What are some of the situations or things that cause your worry alarm to go off?
2. What do you notice happens in your body as a result of your worry alarm going off?

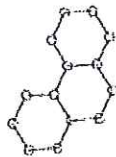
You could end up feeling like this:



*This is Anxiety*

Worry is experienced by EVERYONE and it's perfectly normal, but sometimes our worry alarm goes a little haywire. When we have false alarms, our system goes into survival mode when there is no immediate threat!

## WHY DO WE HAVE FALSE ALARMS?



### Brain Chemistry

Studies show that out-of-balance neurotransmitters may play a role in anxiety disorders.



### Genetics

Some research suggests family history can play a part in anxiety disorders.



### Environment

Trauma and stressful events such as abuse or divorce may lead to anxiety disorders.