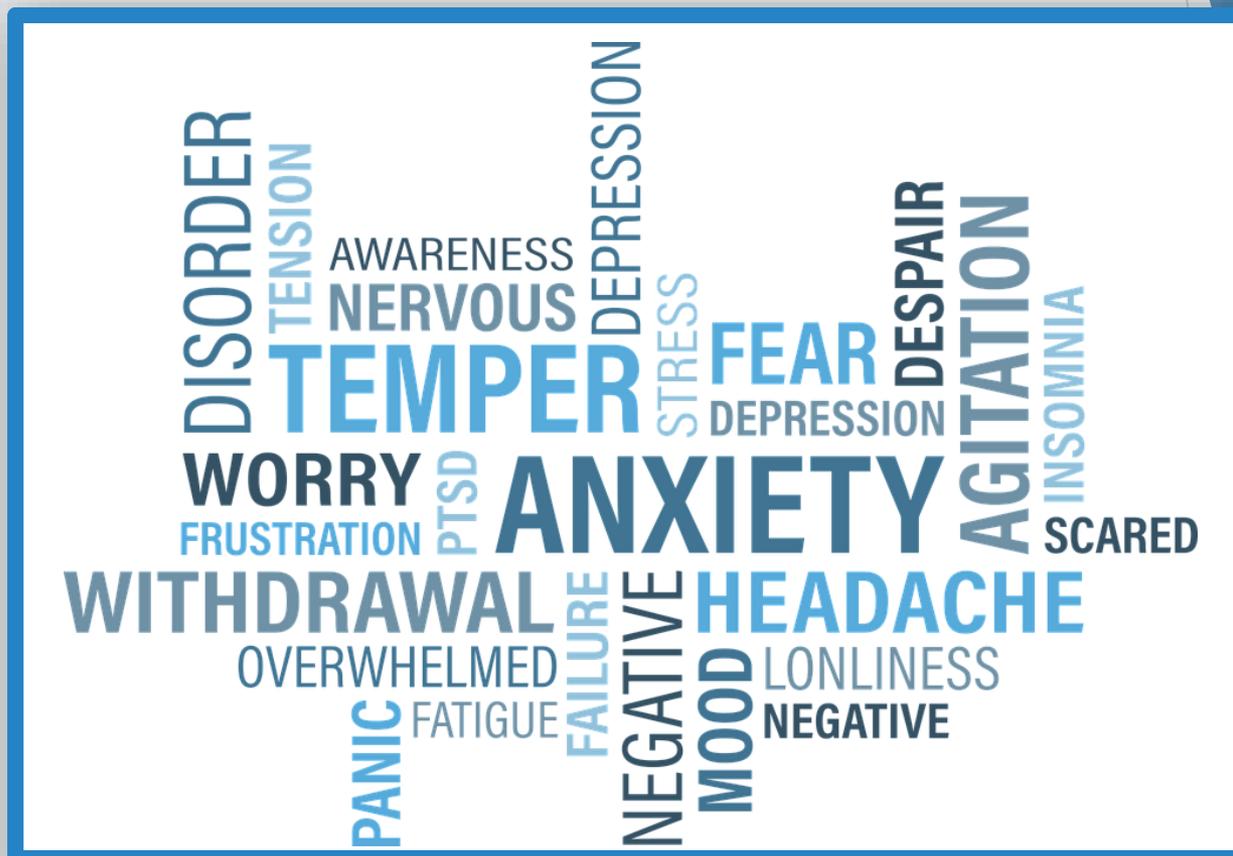


# Understanding Anxiety and Anxiety management



# Session 1

## ▶ Aims & Objectives

- Understand what anxiety is
- Understand when anxiety becomes a problem
- How we experience anxiety in the body



# Myth

1. Anxiety isn't common
2. You will pass out from a panic attack
4. Anxious people should avoid stressful situations
5. You need a reason to be anxious
6. Only nervous people have anxiety
8. It's easy to tell if someone has a problem with anxiety

# Fact

3. Everyone experiences anxiety
7. You can live well with anxiety

# What is Anxiety?

- ▶ The Oxford dictionary defines anxiety as: *“A feeling of worry, nervousness, or unease about something with an uncertain outcome”*



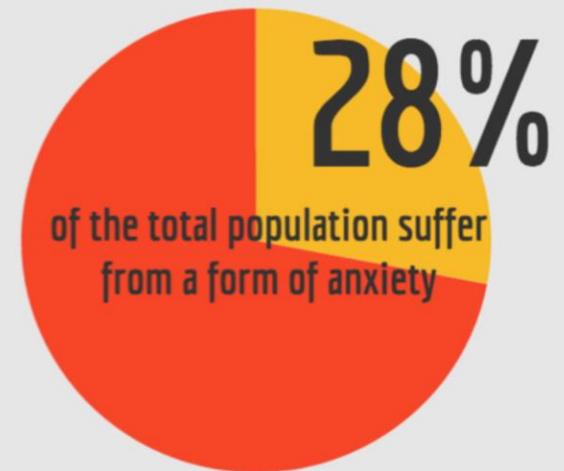
# When is anxiety helpful and unhelpful?

Can you think of any examples of when anxiety is helpful?

What about times when anxiety is unhelpful? How can we tell when anxiety has become a problem?

## Anxiety

The most common mental health disorder.



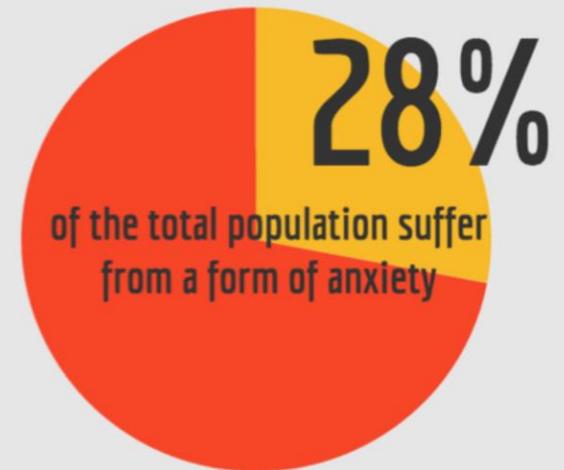
# When is anxiety helpful?

## Examples:

- Tells us when we need to act e.g. not cross the road in front of a moving car, feel a sense of urgency when a deadline is coming up.
- Keeps us safe. Anxiety tells us which situations are dangerous and risky.
- Enhance performance. A lot of performers and athletes say they do better when they feel the rush of adrenaline.
- Tells us what we care about. You may worry more about your loved ones than people you don't know, or you may be worrying about a project you are working on because it's important to you.

## Anxiety

The most common mental health disorder.



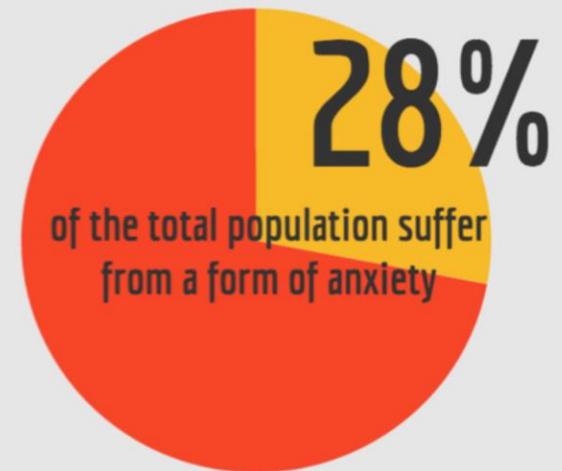
# When is anxiety unhelpful?

## Examples:

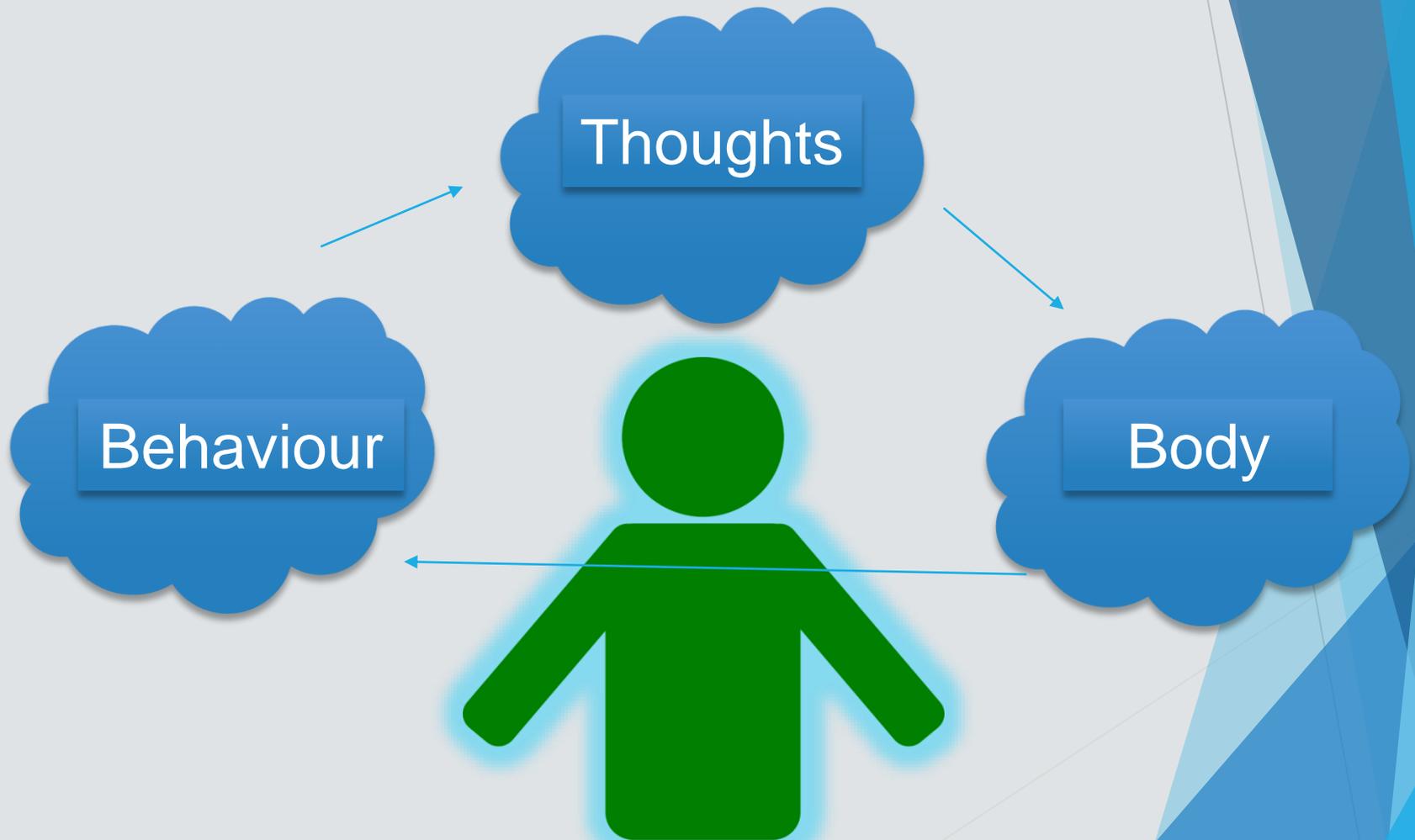
- Limits our lives and stops us from doing things
- Even if we are able to do things it's very difficult and sometimes distressing/exhausting
- Is impacting on the way we feel about ourselves
- Is not enhancing performance. Sometimes anxiety can make us have “stage fright”, avoid things or procrastinate.
- Has an impact on our quality of life - work, education, relationships because it is difficult to manage.

# Anxiety

The most common mental health disorder.



# How does anxiety affect us?



# Uplifting words

GRANT ME  
THE SERENITY  
TO ACCEPT  
THE THINGS  
I CANNOT CHANGE  
COURAGE TO CHANGE  
THE THINGS I CAN  
AND THE WISDOM  
TO KNOW THE  
DIFFERENCE