

The Path Of Anxiety

SOMETHING HAPPENS

You have a thought, you hear something, you see something, etc.

YOUR BRAIN
RELEASES
HORMONES
INTO YOUR
BODY.



YOUR AMYGDALA (THE
EMOTION CENTER OF YOUR
BRAIN) SENSES DANGER, AND
WANTS TO PROTECT YOU.



YOUR BODY RESPONDS
WITH INCREASED HEART
RATE, BLOOD PRESSURE, AND
FASTER BREATHING.



YOU CAN TAKE DEEP
BREATHS AND USE
OTHER CALMING
STRATEGIES TO
RELAX YOUR BODY
AND CALM YOUR
BRAIN.

Name: _____

Date: _____

How Important Is it? Scale

Let's make a scale from 0-10 to rate how important some of your worries are.

Let 0 mean that it's not at all important. It won't impact your life.

Let 5 mean that it's important to a medium degree and will impact your life somewhat.

Let 10 mean that it's extremely important and will significantly impact your life.

10	
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	

Name: _____

Date: _____

Why to Approach Your Worries

No one wants worry to control their lives. Because of this, many times people just try to avoid whatever is making them feel anxious or worried, but this actually just makes the situation worse. Have you heard the phrase "conquering your fears"? Approaching your worries is sometimes similar. While it is not easy to do, it's important to understand WHY you should approach your worries.

For example, if someone has a great deal of worry over driving in cities, they just might avoid driving in cities. Perhaps they drive further to other areas to go shopping or get what they need. It sounds like a good solution, but what will happen when he or she NEEDS to drive in a city? He or she will likely be overwhelmed with fear and may have a great deal of difficulty. It is better to approach and "fight off" your worries early so that you can conquer them for the future.

Consider the following scenarios. Discuss why he/she should approach and get help for their worries. What could happen if they don't? Make a list of some ideas below.

1. Megan worries a lot when she knows she has a test coming up. Sometimes on the day of the test, she'll just stay home.

2. Sam gets stomachaches and feels really nervous when he has to present in front of others. He always asks a friend in a group to present for him.

3. Tina worries a lot about her family's financial situation. She hears her mom and dad fighting about money.

4. Greg feels really nervous and anxious eating in front of other people. At lunch he says he's not hungry.