

What is Anxiety?

A MENTAL & PHYSICAL REACTION TO
PERCIEVED THREATS.

- SMALL DOSES ARE HELPFUL.
- WHEN SEVERE OR TOO FREQUENT,
IT CAN BECOME DEBILITATING



Types of ANXIETY

GENERALIZED ANXIETY

Excessive amounts of anxiety in several areas of life.

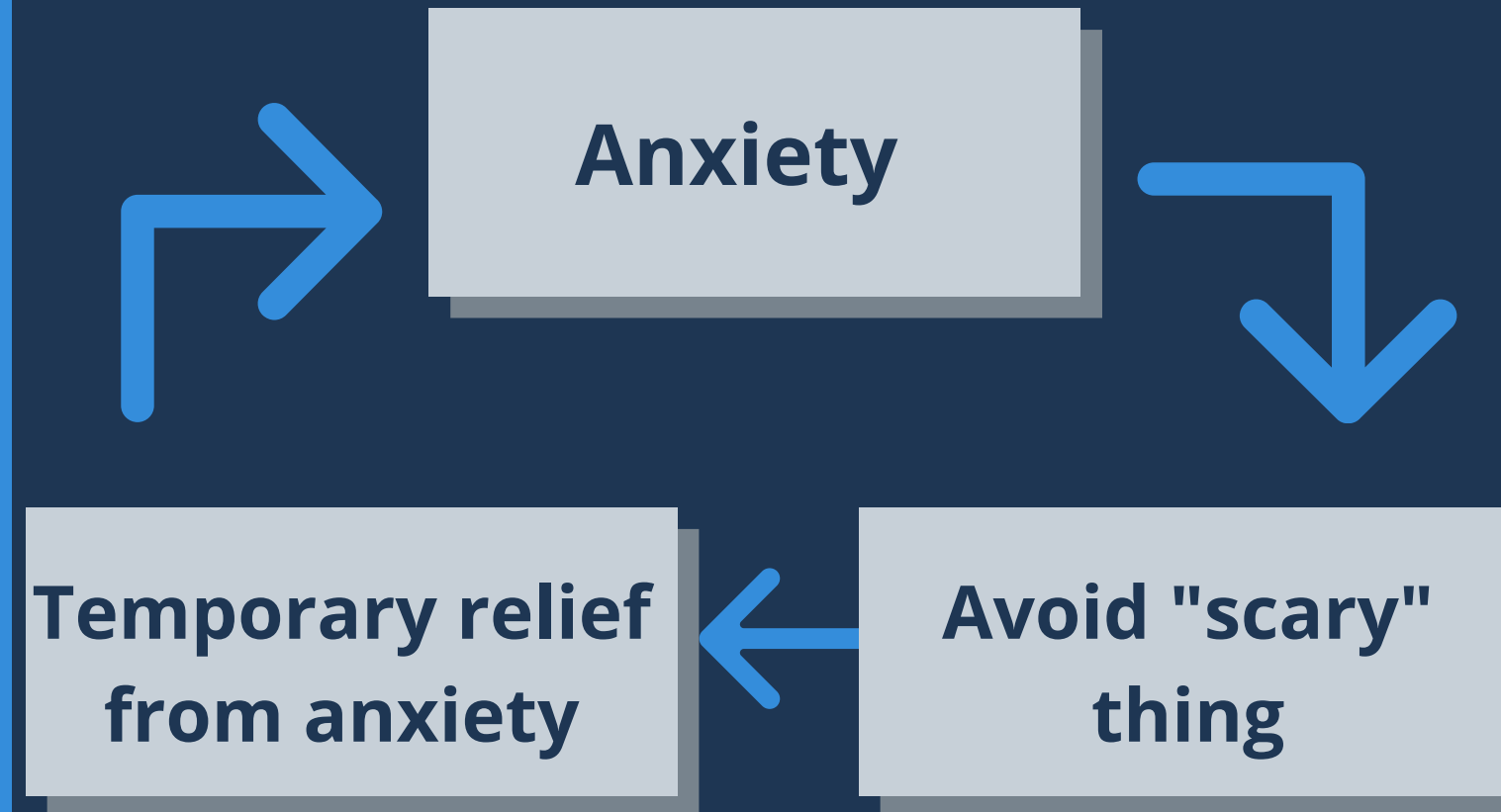
PHOBIAS

Very specific fear of a specific situation or object. The fear is out of proportion to the actual threat.

PANIC

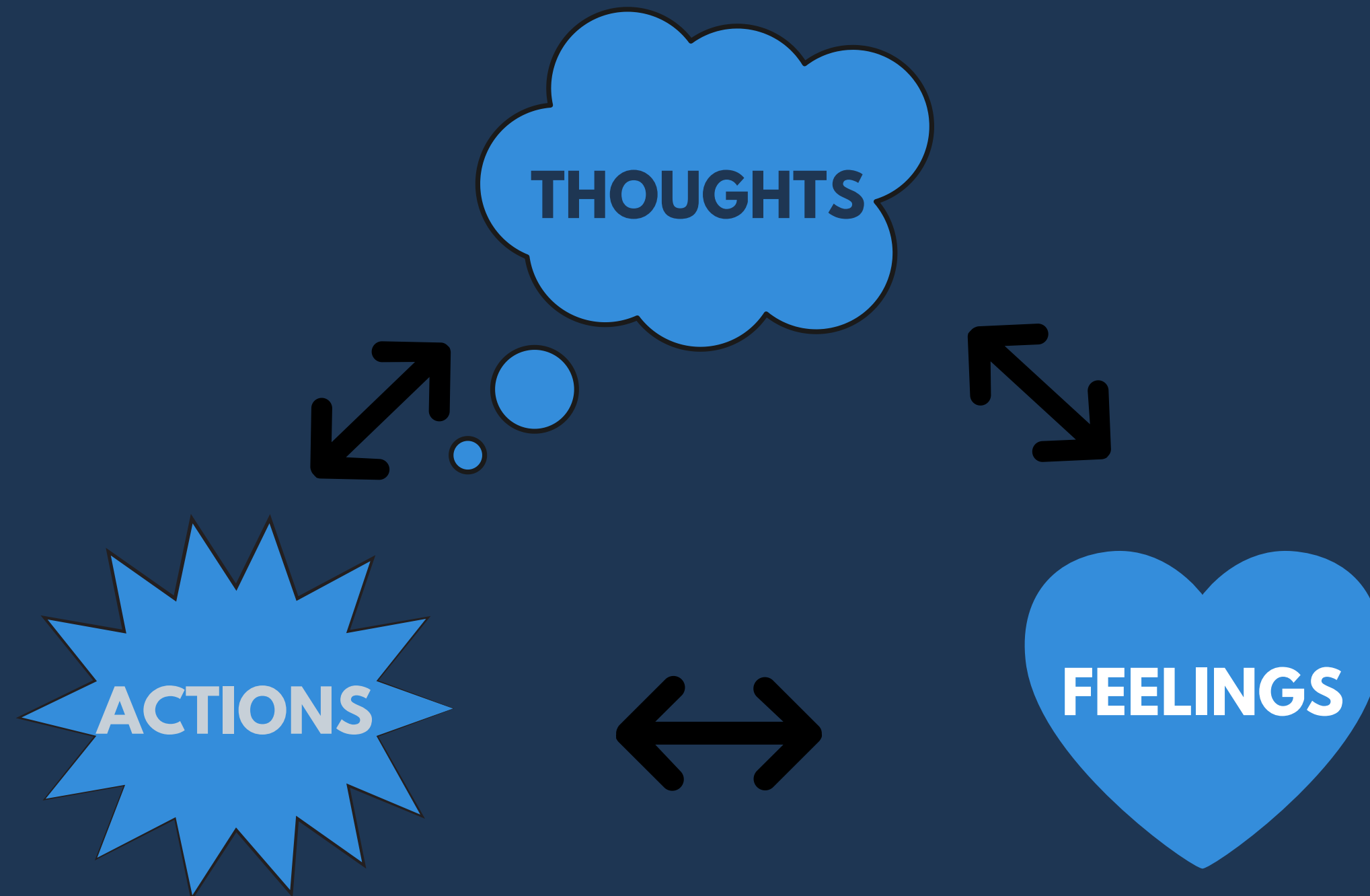
Extreme anxious response where a panic attack is experienced.

How does anxiety grow?



Anxiety drives people to avoid the things that scare them.

THOUGHTS FEELINGS ACTIONS



CHALLENGING NEGATIVE THOUGHTS



- **IS THERE SUBSTANTIAL EVIDENCE FOR MY THOUGHT?**
- **IS THERE EVIDENCE CONTRARY TO MY THOUGHT?**
- **AM I ATTEMPTING TO INTERPRET THIS SITUATION WITHOUT ALL THE EVIDENCE?**
- **WHAT WOULD A FRIEND THINK ABOUT THIS SITUATION?**
- **IF I LOOK AT THE SITUATION POSITIVELY, HOW IS IT DIFFERENT?**
- **WILL THIS MATTER A YEAR FROM NOW? HOW ABOUT 5 YEARS FROM NOW?**