

Please write any notes on this topic on your "Most Important Point" sheet.

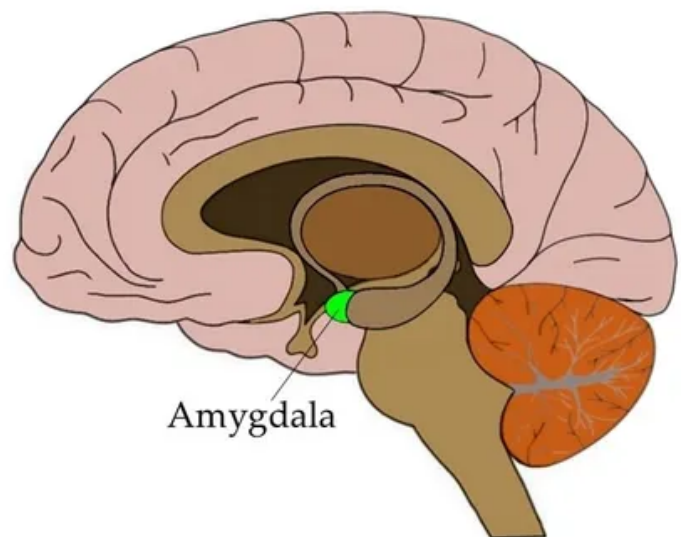
Anxiety: a sense of uneasiness, nervousness, worry, fear, or dread of what is about to happen or what might happen.

Remember our amygdala? The alarm in our brain checking to see if we are safe?

Our amygdala responds to the feelings of anxiety.

Remember our flight, fight and freeze responses?

Our amygdala can activate one of those as a response to anxiety.



Lesson 3-Anxiety

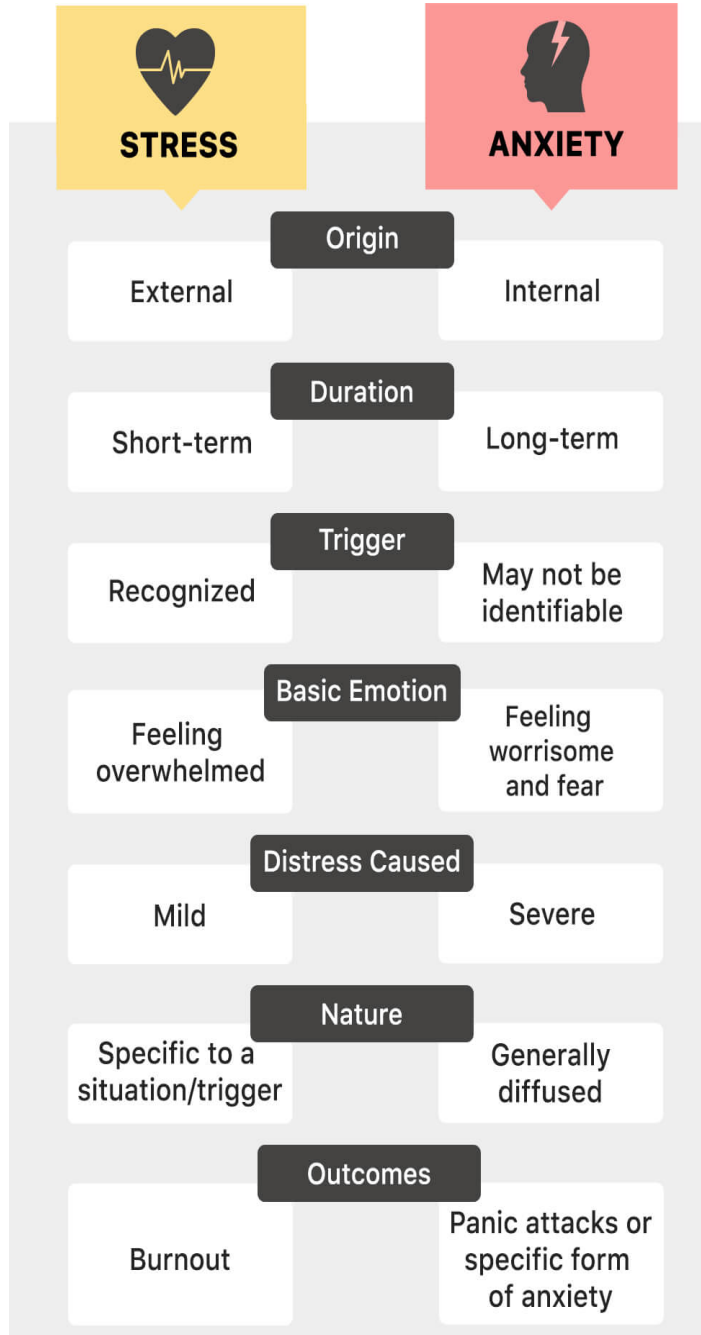
 https://www.youtube.com/watch?v=FfSbWc3O_5M

So what is the difference between anxiety and stress?

So what is the difference between anxiety and stress?

STRESS VS ANXIETY

KNOW THE BASIC DIFFERENCE



Normal Anxiety vs. Anxiety Disorders

What do you think the difference is?

Normal Anxiety vs. Anxiety Disorders

What do you think the difference is?

Normal Anxiety: Everyone experiences feelings of anxiety when facing new, unfamiliar, or challenging situations. Normal anxiety keeps us alert, focused and safe too!

This anxiety can be mild or intense. Mild anxiety could feel like a sense of uneasiness or nervousness. More intense anxiety can feel like fear, dread, or panic.

In every 10 people, 10 will feel normal anxiety at some point in their life. 100%!

Normal Anxiety vs. Anxiety Disorders

What do you think the difference is?

Anxiety Disorders: mental health conditions that excessive amounts of anxiety, fear, nervousness, worry or dread. The anxiety occurs too often, is too strong, or is not proportional to the current situation.

Anxiety disorders are one of the most common mental health conditions. In every 10 people, 2-3 have had or will have experienced an anxiety disorder. (20-30% of the population).

There are different types of anxiety disorders which are named based on their symptoms.

Have we heard of any of the following?

Generalized Anxiety Disorder

Obsessive Compulsive Disorder (OCD)

Phobias

Social Phobia/Social Anxiety

Panic Disorder

Posttraumatic Stress Disorder (PTSD)

Let's learn more about them! You will be assigned on of the following anxiety disorders to research what it is. After you have learned about it, you will write 1-2 sentences explaining what it is in your own words to the rest of the class. (You are welcome to include examples to help your classmates better understand)

Generalized Anxiety Disorder

Obsessive Compulsive Disorder (OCD)

Phobias

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Lesson 3-Anxiety

Generalized Anxiety Disorder:

Obsessive Compulsive Disorder (OCD):

Phobias :

Social Phobia/Social Anxiety:

Panic Disorder:

Posttraumatic Stress Disorder (PTSD):

Activity #2:

1. Make two circles, one on the inside, and one on the outside.
2. The inside circle should be facing out and the outside circle should be facing in. Move yourself accordingly so you are facing a partner.



1. How do you think anxiety disorders affect people?

Discuss this with the person across from you.

Inside circle, don't move. Outside circle, move one spot to the left! (Clockwise)

What causes anxiety disorders?

Discuss this with the person across from you.

Inside circle, don't move. Outside circle, move one spot to the left! (Clockwise)

How are anxiety disorders treated?

Discuss this with the person across from you.

Inside circle, don't move. Outside circle, move one spot to the left! (Clockwise)

What could you do if you feel you may be dealing with an anxiety disorder?

Discuss this with the person across from you.

How do you think anxiety disorders affect people?

People with anxiety disorders may:

- avoid talking about their worries
- fear they will be judged
- fear they'll be considered weak or scared
- feel misunderstood or alone
- feel embarrassed or ashamed
- blame themselves
- avoid doing things they enjoy

What causes anxiety disorders?

-Every person is different so we can't be sure of exactly what causes anxiety disorders.

It could be a combination of factors.

Someone with a family member who has anxiety disorder could have a greater chance of developing one, but we don't know whether this is genetic and related to the brain chemistry, or if it is a learned behavior.

Not everyone who has a family with an anxiety disorder will have problems with anxiety.

PTSD is triggered by a traumatic event or experience but other anxiety disorders may not be.

How are anxiety disorders treated?

-mental health professionals or therapists can diagnose the specific anxiety disorder and create a plan to help.

What do do?

Someone who feels they may be dealing with an anxiety disorder should:

-tell a parent or adult about their feelings, worries and fears. Anxiety disorders don't go away unless they're treated so it is important to tell someone who can help. If your parent doesn't understand right away, you can talk to a school counselor, teacher, or other trusted adult.

-get a checkup

See a doctor to make sure there are no physical conditions that could be causing symptoms. (For example, sometimes symptoms are caused by a medication we're on.)

-work with a mental health professional that treats anxiety problems.

-try to maintain a balanced life. Keep your SELF in mind.

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