

Model of Anxiety

Environmental
input

Event/Trigger

PHYSIOLOGICAL RESPONSE

(Not listed in chronological order)

- Sensory inputs
- Neurochemical responses from occipital, olfactory, temporal lobes, brain Stem, etc.
- messages sent to limbic system
 - Experience/memory responses
- Initiation of emotional response
- Biological responses
- Initiation of fight, flight, freeze response.
- Physiological Symptoms
 - Palpitations
 - tightening chest
 - Breathing changes, etc.

PSYCHOLOGICAL RESPONSE

- Negative thoughts
 - Distortions
 - What if's

AFFECTIVE RESPONSE

- Overestimate Threat
- Underestimate our coping skills

BEHAVIORAL RESPONSE

Avoidance

- Worry
- Fear
- Panic

Escalation of physiological/psychological symptoms

COGNITIVE RESPONSES

BEHAVIORAL RESPONSE

Work Through Anxiety

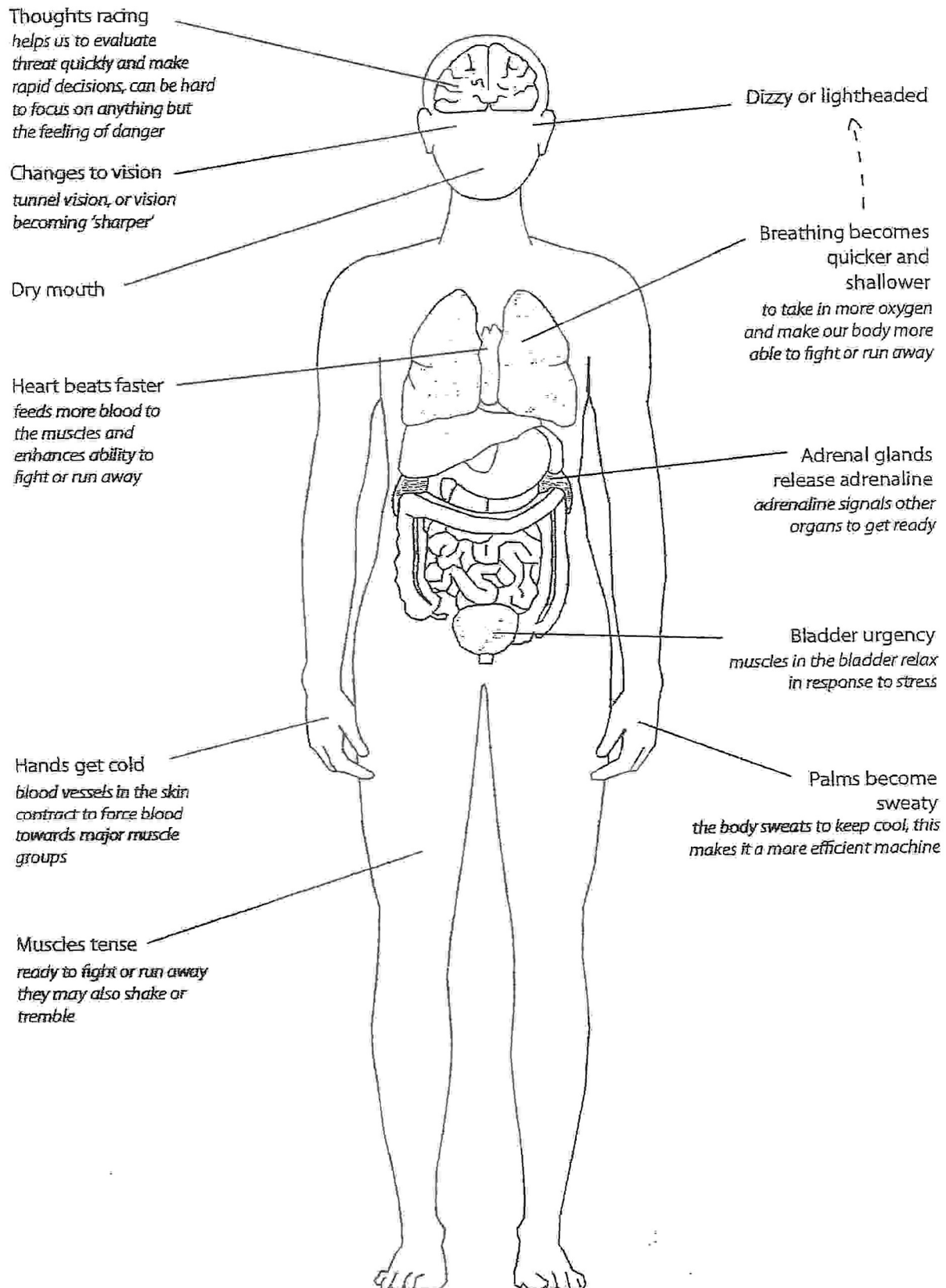
Coping Skills

- Mindfulness Skills
- Socratic Questions
- Positive self-talk
- Distractions

Decreased symptoms
Increased Coping Skills

Threat System (Fight or Flight)

The 'fight or flight' response gets the body ready to fight or run away. Once a threat is detected your body responds automatically. All of the changes happen for good reasons, but may be experienced as uncomfortable when they happen in 'safe' situations.



Effects of Cortisol and Stress

50% of millennials are so stressed that they cannot sleep at night. (APA)

39% of millennials have increased stress levels over the past year (Yandoli, 2013)

Americans Age 18-33 reported stress of (5.4). The national Average is (4.9) on a 10 point scale (kingkade, 2013)

HPA Axis = Hypothalamic-Pituitary-Adrenal

Cortisol = “*The stress hormone*” secreted through the HPA Axis affects the body physically and mentally

Other external environmental factors – Life situations

Areas affected by cortisol include: Central Nervous System, Limbic System, Hippocampus, Cardiovascular areas, Smooth muscles/blood vessels

Increased levels of Cortisol causes:

- Suppression of the immune system
Reduces the bodies' ability to recognize and defend itself from bacteria and viruses
- Insomnia
Decreases REM sleep
Increases wakefulness
- Severe Mood swings (Mitrovic)
- Depression (MDD)
- Severe Hypotension
- Directly changes electrical activity in limbic system and hippocampus

Females are more prone to stress due to a specific variation in the genome (Gotlib, Joormann, Minor & Hallmayer, 2008)

Ways to Reduce Stress (What the research posits)

- Yoga (Thirthalli, Naveen, Rao, verambally, Christopher & Gandadhar, 2013)
- Make stress your friend – view stress as a positive phenomenon (McGonical, 2013)
 - Changing your mind about stress will change your bodies response
 - View it as energizing you to meet challenges vs viewing it as anxiety or that you are not doing well.

Kandhalu, P. (Fall, 2013) Effects of Cortisol on Physical and Psychological Aspects of the Body

And Effective Ways by Which One Can Reduce Stress. *Berkeley Scientific Journal, Stress*. 18, 1 p 14-16