

Understanding Your Anxiety

Anxiety is a feeling that everyone experiences from time to time. When you are anxious you can have a sense of uneasiness or jitters. Small tasks can become unmanageable you can find it difficult to relax.

But although anxiety is very common, it is also highly treatable and manageable.

Describing Anxiety

Different people use different words to describe their feelings of anxiety different ways. For instance:

- the shakes
- on edge
- stress
- panic
- worry
- jumpiness
- nervousness
- angst
- freaking out
- butterflies
- apprehension
- fear

Where Does Anxiety Come From?

While everyone experiences anxiety, some feel it more often or more deeply, while others barely feel it at all. Why? Some reasons for experiencing more or less anxiety include:

Genetics	How your parents, grandparents, and other family members experienced anxiety.
Brain chemistry	The type, amount, and movement of the chemicals that are working in your brain.
Life events	The everyday situations and challenges that you are forced to deal with in your life.
Personality	How you feel about the things that happen to you, and how well or how badly you deal with them.

The first three categories, genetics, brain chemistry, and life events are factors that you have little or no control over. But you have a lot of control over your personality, or the way you look at problems and handle them.

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1) What words do you use to describe anxiety when you feel it?

2) How would you describe yourself?

Highly anxious

Moderately anxious

Rarely anxious

3) How often do you feel anxious?

More than once a day

More than once every week

Less than once a week

4) List the kinds of situations that make you feel anxious:

a) _____

b) _____

c) _____

d) _____

e) _____

5) How do you experience anxiety? How does it affect your body, your mind, and your emotions?

6) What do you do to manage anxiety when you feel it?
