
Information from your Patient Aligned Care Team

Anxiety

Challenging Anxiety

Anxiety affects approximately 19 MILLION adults in the United States alone. 1 out of every 6 people will experience uncomfortable anxiety at some time during their lives (that is nearly 45 million people)! The body's natural response to danger is to prepare for "fight" or "flight". When the sympathetic nervous system activates to emergency situations, you may experience feelings and body sensations such as:

- Increased heart rate
- Quick, shallow breaths
- Increased adrenaline
- Impending doom
- Increased muscle tension
- Increased perspiration
- Light headedness
- Chest pains

These physical responses usually occur as components of anxiety. It is important to recognize that these reactions are your body's normal response to a perceived danger. However, with anxiety, your body is responding to situations in which you are not physically threatened. None of these physical reactions can harm you—they are designed to keep you safe.

Anxiety begins in the cognitive (thinking) part of the brain. Physical symptoms ALWAYS begin as thoughts or perceptions based on your personal beliefs. You may experience the following kinds of thoughts:

- Uncontrollable worry
- Fear, apprehension
- Feelings of impending doom
- Negative thoughts you cannot stop
- Negative thoughts about yourself, the future, or past events

The thinking part of the brain can activate the physical "danger" response even when there is no immediate threat of danger. The physical and cognitive aspects of anxiety feed into each other to continue the negative cycle of worry and physical discomfort. Fortunately, there are several ways to alleviate the physical and cognitive discomfort of anxiety. Some typical behavioral exercises you can use to reduce physical symptoms of anxiety include:

- Relaxation breathing
- Challenging negative or distorted thinking
- Engage in enjoyable/distracting activity
- Physical exercise

It will take practice to feel comfortable using these techniques, and to notice a decrease in your symptoms of anxiety. Remember, the anxiety took some time to build up and it will take time and practice for you to feel relief. Soon, the relaxation techniques and changes in thinking will become naturaland the anxiety symptoms will be a thing of the past!

Anxiety (continued)

Diaphragmatic breathing exercise

1. Sit in a comfortable position, legs shoulder width apart, eyes closed, jaw relaxed, arms loose.
2. Place one hand on your chest, one hand on your stomach.
3. Try to breathe so that only your stomach rises and falls.

Inhale: Concentrate on keeping your chest relatively still. Imagine you are trying to hold up a pair of pants that are slightly too big.

Exhale: Allow your stomach to fall as if you are melting into your chair. Repeat the word “calm” to provide focus as you are practicing the exercise.

Do not force the breath, let your body tell you when to take the next breath.

4. Take several deep breaths moving only your stomach in and out with the breath.
5. Practice 3-5 minutes daily until the breathing feels comfortable.

Note: It is normal for this type of breathing to feel a bit awkward at first. With practice it will become more natural for you.

Challenging Negative Thoughts

Negative thought cycles perpetuate the physical symptoms of anxiety. In addition to practicing diaphragmatic breathing it is important to challenge your negative thought patterns to decrease the experience of anxiety.

Examine your thoughts for key words:

- must, should, have to (unrealistic standards for yourself and others)
- never, always, every (“black and white” thinking)
This kind of thinking does not allow room for alteration, compromise, or change. Using these words casts blame, and they are judgmental.
- awful, horrible, disaster (catastrophic thinking)
This kind of thinking encourages the sense of despair and doom.
- jerk, slob, creep, stupid (negative labels)

Changing your choice of words makes a big difference in the way a situation or person is perceived. The way we react to a situation is the determinant of our moods, not the situation itself. Our thoughts influence our moods, so by altering our thoughts we are able to alter our mood.

Anxiety (continued)

Here are some simple ways to challenge your thoughts:

1. Question the negative/worrisome thoughts you are having. ***Is the thought valid?***
 - a) provide evidence *for* and *against* the truth of the thought
 - b) Challenge the likelihood that an event will occur.

2. Challenge the need to “fix” all problems, do all chores, or take care of things *immediately*.
Ask yourself, “What is the worst thing that will happen if does not happen?”

3. Change the negative thought into a positive self-statement.
For example: Instead of, “I am never on time, I am such a loser”, say “Ok, so I am not always on time, but I am not always late either. Sometimes I am running behind schedule, but that does not mean I am a loser”.

4. Thought stopping:
 - a) The first step is noticing when you are engaging in negative self-talk.
 - b) Stop, ask yourself if the thought is helping you or hurting you.
 - c) If the thought is hurting you, engage in a distracting activity. This may be a good time to exercise, call a friend, read a book, or practice diaphragmatic breathing.

Use the Anxiety Monitoring Form to track your symptoms of anxiety and the relaxation techniques that you use. You may be surprised to see how much control YOU have over your anxiety!

Recommended Reading

- “Feeling Good: The New Mood Therapy Revised and Updated” by David D. Burns, M.D. 1999, New York, NY: Avon Books.
- “Why Zebras Don't Get Ulcers, 2nd Edition: An Updated Guide To Stress, Stress Related Diseases, and Coping” (“Scientific American” Library) (Paperback) by Robert M. Sapolsky 2004.
- “The Anxiety & Phobia Workbook, Fourth Edition” (Paperback) by Edmund J. Bourne. 2005, Oakland, CA: New Harbinger Publications, Inc.
- “Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry” (Paperback) by Edmund J. Bourne. 2003, Oakland, CA: New Harbinger Publications, Inc.
- “Mind Over Mood: Change How You Feel by Changing the Way You Think” (Paperback) by Dennis Greenberger and Christine Padesky. 1995, Guilford Publications, Inc.

The Center for Integrated Healthcare gratefully acknowledges the contributions of the US Air Force in the preparation of all or part of this informational brochure.