

Accepting Anxiety

Taylor Frederick

*If you can spare around 13 minutes and would rather watch a video about this subject, I recommend [Accepting Anxiety \(w/Thomas Sanders\)](#). Basically, Thomas plays the four main parts of himself and discover why anxiety is important :)

Anxiety. Even the word itself causes anxiety, which is a overwhelming sense of nervousness, uneasiness, and fear that usually causes physical signs such as tension, sweating, and increased pulse rate.³

Anxiety is not uncommon. Everyone —all ages, races, and genders— experience some degree of anxiety, whether it's a common situation like making sure you arrive on time, or it's in the form of a disorder.⁷ In fact, in the United States alone, it is estimated that 40 million adults have an anxiety disorder, and most develop symptoms before the age of 21.⁷

Anxiety disorders take on many forms, including: Generalized Anxiety Disorder (GAD), Social Anxiety Disorder (SAD), Panic Disorder, and Phobias (specific, exaggerated fears).⁷ Anxiety disorders can have different degrees of severity and each has key symptoms.

GAD produces worrying about daily life, often preventing the completion of daily tasks and causing headaches, tension, and/or nausea.⁷ SAD is fear of social interaction, usually caused by an irrational fear of humiliation, like not knowing what to say or saying something stupid.⁷ Panic attacks are a common result of being forced into an uncomfortable social interaction.⁷ Panic disorder is very abrupt and common symptoms of a panic attack include many similar to a heart attack, which panic attacks are often confused for. Some of the symptoms include: "chest pain, heart palpitations dizziness, shortness of breath and stomach upset."⁷ And last —but certainly not least— phobias. Everyone is afraid of something, but people with phobias are overcome with terror by physical triggers (i.e., places, objects, and events).⁷ Other anxiety disorders are: agoraphobia (being out in the open without an escape plan), selective mutism (often caused by trauma or SAD), separation anxiety disorder (often seen in infants and toddlers), and substance/medication-induced anxiety disorder.

Works Cited

- 1"15 Stress Management Techniques That Work Well ... and Fast." *Be Brain Fit*, 24 Nov. 2018, bebrainfit.com/stress-management-techniques/.
- 2"The 8 Most Unexpected Advantages of Anxiety." *PsyBlog*, 16 Oct. 2016, www.spring.org.uk/2014/12/the-8-most-unexpected-advantages-of-anxiety.php.
- 3"Anxiety." *Merriam-Webster*, Merriam-Webster, www.merriam-webster.com/dictionary/anxiety.
- 4"Anxiety Hotline Number." *Mental Help Early Childhood Cognitive Development Language Development Comments*, www.mentalhelp.net/articles/anxiety-hotline/.
- 5"Can Anxiety Be Good for Us?" *Psychology Today*, Sussex Publishers, www.psychologytoday.com/us/blog/hide-and-seek/201207/can-anxiety-be-good-us.
- 6John. "The Yerkes-Dodson Curve: Performance under Pressure." *Challenging Coaching*, challengingcoaching.co.uk/the-yerkes-dodson-curve-performance-under-pressure/.
- 7"NAMI." *NAMI: National Alliance on Mental Illness*, www.nami.org/Learn-More/Mental-Health-Conditions/Anxiety-Disorders.