

North Shore Center LLC

February 2019 Newsletter



Anxiety is a feeling that is inevitable in a world full of turbulence and difficulties. This world of ours may not always give us the right answer or the easiest path to follow, and because of this, individuals find themselves feeling anxious. These feelings are common in most individuals' life, however, many confuse feelings of anxiety and

anxiety disorder. **Anxiety** is your natural reaction to stressful situations. This is a necessary feeling to have as a human because it triggers our fight or flight responses. A big game, meeting new people, a speech, or even your first day of work can trigger general feelings of anxiety. Although, if these feelings last for longer than six months and are interfering with your functioning or ability to complete daily activities, then you may have developed an anxiety disorder. **Anxiety disorders** are defined as feelings that are out of proportion to the situation or have a negative effect on your ability to function properly. These are excessive and persistent feelings. An individual diagnosed with an anxiety disorder may start to avoid a situation that may trigger these feelings. These avoidances can cause an individual to become withdrawn from their environment, family, and friend circle. Consequently, if these disorders go untreated, not only is there a negative impact on an individual's mental health, but it can also cause physical distress as well.

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Types of Anxiety Disorders:

- Generalized Anxiety Disorder:
 - Persistent and excessive worry that interferes with everyday functioning.
 - These worries are focused on everyday factors such as job responsibilities, family members, money, or health.
- Panic Disorder:
 - Recurring panic attacks or a combination of physical and psychological symptoms that cause distress.
 - Increased heart rate, sweats, shaking, dizziness, fear of losing control, or fear of dying are all symptoms attached to panic disorder.
- Phobias/Specific Phobia:
 - Excessive and persistent fear of a specific object, situation, or activity.
 - Individual is aware of this irrational fear, but cannot individually overcome their fear.
 - Fears oftentimes result in avoidance of that specific object, situation, or activity.
- Agoraphobia:
 - Fear of being in situations where it may feel difficult to escape, embarrassing, or uncomfortable. Help may not be readily available for an individual in the event of a panic attack.
 - This fear causes problems with daily functioning and is persistent and out of proportion to the situation at hand.
- Social Anxiety Disorder:
 - Individual has persistent fear and anxiety about being looked down at, embarrassed, made fun of, or put down in social situations.
 - As a result, individuals begin to avoid social interactions or approach them with severe anxiety.
- Separation Anxiety Disorder:
 - Severe anxiety about becoming separated from those they are attached to. Feelings of fear are beyond their appropriate age and is persistent.

** These are all classified as **ANXIETY DISORDERS** if they are persistent (6 or more months) and negatively impact an individual's ability to complete daily living activities, or function properly. **

Self-Care Techniques if You're Anxious:

- 7/11 Breathing:
 - Breathing is an easy technique that can help calm your nerves and allow you to relax on the spot. While this may seem like a simple activity, it still takes practice.
 - Count to 7 on the inhale and count to 11 on the exhale.
 - Inhalation provokes the work of the sympathetic nervous system and the exhalation causes the parasympathetic nervous system to start working. This brings your body out of the 'fight-or-flight' state, relaxing your emotional brain.
- Accept that you're anxious:
 - Anxiety is a natural response to a stressful situation you may find yourself in. By accepting it you are allowing your body to understand that some feelings of anxiety are a part of reality, instead of letting it take over your ability to function and complete daily activities.
 - Understand that these periodic feelings are only an emotional response to a stressful situation!
- Use positive self talk:
 - This allows your body to recognize the reality of the optimism, hope, and joy in any situation... AND IN YOURSELF!
- Sleep, eat, exercise:
 - Getting enough sleep, eating nutritious meals, and keeping your body active can all help your mental and physical state stay strong and capable of handling any ups or downs life may throw your way.
 - Fueling your body the right way is a necessity when it comes to caring for your physical AND mental health.

It is important to understand the difference between feelings of normal, everyday anxiety and feelings of anxiety that are debilitating and can lead to potential anxiety disorders. If these symptoms go untreated, there is risk for dangerous effects of an individual's ability to function properly.

If you would like further information regarding anxiety and anxiety disorders from the perspective of one of our providers at the North Shore Center, please refer to our informational video series on our website. These videos can be found in the “Informative Videos” link on the left-side of our website (www.northshorecenterllc.com).

Video Links:

<https://youtu.be/bTUPgRU4inM> (Anxiety Interview Part I)

<https://youtu.be/MfluUy7ATDw> (Anxiety Interview Part II)

We hope you find these informative videos of great use! If you have any questions or suggestions regarding future videos, contact us at admin@northshorecenterllc.com or (262) 241-5955. We would love to know what you would like to learn more about in a future video series!

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