

Angst Tip Sheet

A helpful guide to the questions surrounding anxiety, including definitions and ways to manage it. If you're unsure whether your anxiety has reached an unhealthy level, reach out to a mental health professional.



So...What *is* Anxiety?

- Anxiety is characterized by **feelings of worry, fear, nervousness, and apprehension**. Every person experiences some level of anxiety as a part of life. However, when faced with potentially harmful or worrying triggers, **feelings of anxiety are not only expected but necessary for survival**.
- Anxiety becomes a **problem** when it **disrupts your day-to-day life** and **prevents you from doing things you used to enjoy**. Anxiety disorders occur when a reaction is out of proportion to what might typically be expected in a situation.
- The **American Psychological Association (APA)** describes a person with anxiety disorder as ***“having recurring intrusive thoughts or concerns.”*** If you aren't sure if you or someone you care about is experiencing normal anxiety or severe anxiety that may need medical attention, there are many resources to find your pathway to support.

Start by talking about it and reaching out to a mental health care professional. You can also visit [AngstMovie.com](https://www.angstmovie.com) for a list of resources.

CONTINUE TO ANXIETY TERMS



Managing Your Anxiety

Distract Yourself.

- Text a friend
- Listen to music
- Read a book for 5 mins
- Listen to the quietness of a room
- Snap fingers back and forth
- Try pushups or jumping jacks
- Write your feelings in a journal
- Focus on your breath



Think of the logic of the situation.

Example from a teen in *Angst*: You have a test you are anxious about. You know you studied, you will get at least half right, and this test will not define your future.

Take your mind into a place where you feel safe or relaxed.

Such as...

- The beach
- A lake
- A field
- The mountains
- Your room
- A forest

Try Ice cubes in your hand.

This will take you out of your anxiety and panic. Instead, your focus will be on the ice cubes, and you will move from the fight or flight part of the brain to the frontal lobe, the more rational, thinking part of the brain.

Focus on looking at your hands and then focus on the floor.

Go back and forth. Focus close up on your hands and then adjust your focus to the ground. This will help shift the brain into another place.

Don't avoid.

Rise and fall in the perceived threat.

Talk to someone.

Let your loved ones know if you are feeling stressed. Talking about it helps you reframe your concern and increase your opportunity for support.

Anxiety Terms

Generalized Anxiety Disorder (GAD):

Creates chronic, everyday worry, sometimes consuming hours of a person's day. Can create physical symptoms of headaches and stomach aches.

Social Anxiety Disorder:

More than shyness, a person with a social anxiety disorder has intense fear over social interactions, causing them to withdraw and not participate. Often people who suffer from this are very concerned about being judged.

Panic Disorder:

Characterized by panic attacks and sudden feelings of terror that sometimes strike repeatedly and without warning. People experiencing a panic attack often mistake them for a heart attack because of the powerful physical symptoms including chest pain, heart palpitations, dizziness, sweaty hands, shortness of breath, and stomach upset.

Phobias:

We all have certain things or situations that make us uncomfortable or fearful. But a person with a phobia experiences strong, irrational fear over certain places, objects, or events.

Obsessive-Compulsive Disorder (OCD):

An anxiety condition in which a person is plagued by unwanted thoughts, images, or impulses (called obsessions) that he/she attempts to fend off or neutralize by performing compulsions (ritualized or repeated behaviors).

Separation Anxiety Disorder:

This is characterized by high levels of anxiety when separated from a person or place that provides feelings of security or safety. Separation sometimes results in panic symptoms. It is considered a disorder when the response is excessive or inappropriate after separation.

FACT:
Anxiety
Disorders are
treatable.



FACT:
Neuroplasticity of
the brain is *real.* You
can change the way
you think about
something. You *can*
rewire your brain to
positivity.

FACT:
Distraction allows your
amygdala (fight or flight part
of the brain) a break. It can be
helpful to distract your mind
and give yourself some space
for a short period.

