

# MARCH: ANXIETY DEEP DIVE

An Anxiety Disorder is not being nervous before a big performance, or worrying about a test score, or even the personality characteristic of being more shy or reserved than your peers. It is real; and it goes beyond anxiousness and slight fear.

It can interfere with your ability to function, causing an overreaction when something triggers your emotions and extreme difficulty controlling responses to situations. It affects your body, your thoughts, and your behaviors.

People who suffer from anxiety disorders feeling paralyzed with fear, constant worry that interferes with daily activities, being powerless against your thoughts, a never ending struggle for control, your heart beating out of your chest, and the inability to take a deep breath.

There are several different types of anxiety.

1. **Generalized anxiety disorder**
2. **Panic Disorder**
3. **Phobias**
4. **Obsessive-compulsive Disorder**
5. **Post-Traumatic Stress Disorder**

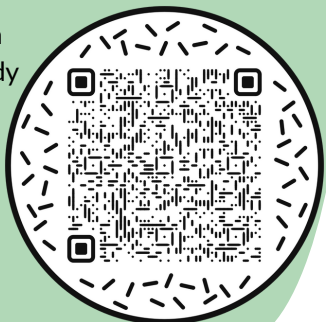
## Lunch & Learn:

March 14th  
12:00 to 1:00 pm

## Anxiety Deep Dive with Dr. Peter Vernig

Join us to learn:

- how anxiety works in the brain and the body
- basic differences between Anxiety Disorders
- evidence-based treatments



*Feeling anxious is not the same thing as experiencing an Anxiety Disorder.*

## Resources

Anxiety can affect anyone at any time, sometimes without warning. If it affects your everyday life for an extended period of time, professional assistance is key. Professionals might use techniques like exposure therapy. It takes work but recovery is not only possible, but probable.

There are also effective self-help coping strategies you can use to deal with some of these concerns.

Try the 3:3:3 mindfulness method the next time you need to calm your anxiety. Look around and identify 3 things you can see, 3 things you can hear, and move 3 body parts. This may work during certain moments but is not a substitute for professional treatment.

Some other self-help coping strategies can include: removing yourself from the triggering situation, making lifestyle changes like minimizing alcohol and caffeine, making sure to get adequate sleep, eating balanced meals and exploring grounding or meditation exercises.