Learning to Live with Your Anxiety
What is fear?
What is fear?
Model of Emotion

Joy

Fear

Approach

Avoidance
What is fear?

*Parasympathetic*
rest and digest

*Sympathetic*
fight or flight
Fear vs. Anxiety
When Anxiety Isn’t So Helpful

PTSD

Social Anxiety

Panic Disorder

OCD
Avoidance Patterns

Time

Perceived threat

Distress

Avoid

Relief
Avoidance Patterns

Perceived threat

Distress

Time

Relaxation during perceived threat reduces perceived threat
Exposure
Worry—the language of anxiety
Worry is avoidance

Unexpected threat

I can handle that...

Distress

What if....

Time
Mechanisms of Anxiety Disorders

Intolerance of Uncertainty

Anxiety Sensitivity
Fear, Anxiety, and Panic

Mills et al. (2014). *Behavior Therapy*
Attention to heart beats

How to deal with anxiety

Understand that anxiety is normal and should be helpful

Problem-solve instead of worrying

Acceptance and Mindfulness
How to deal with anxiety

Emotion regulation

- Behavioral Strategies
  - Progressive Relaxation
  - Deep breathing

- Cognitive Strategies
  - Reappraisal
  - Distraction

Laughing at me
I don’t fit in
I’m not cool
I am so anxious!

They are laughing
I can meet people
I do my thing
Anxiety is normal
Rejection selection

Judah, Grant, & Carlisle (2016). CABN.
How to deal with anxiety

Psychotherapy and cognitive behavioral therapy

Psychology Today Find a Therapist
Thank you!