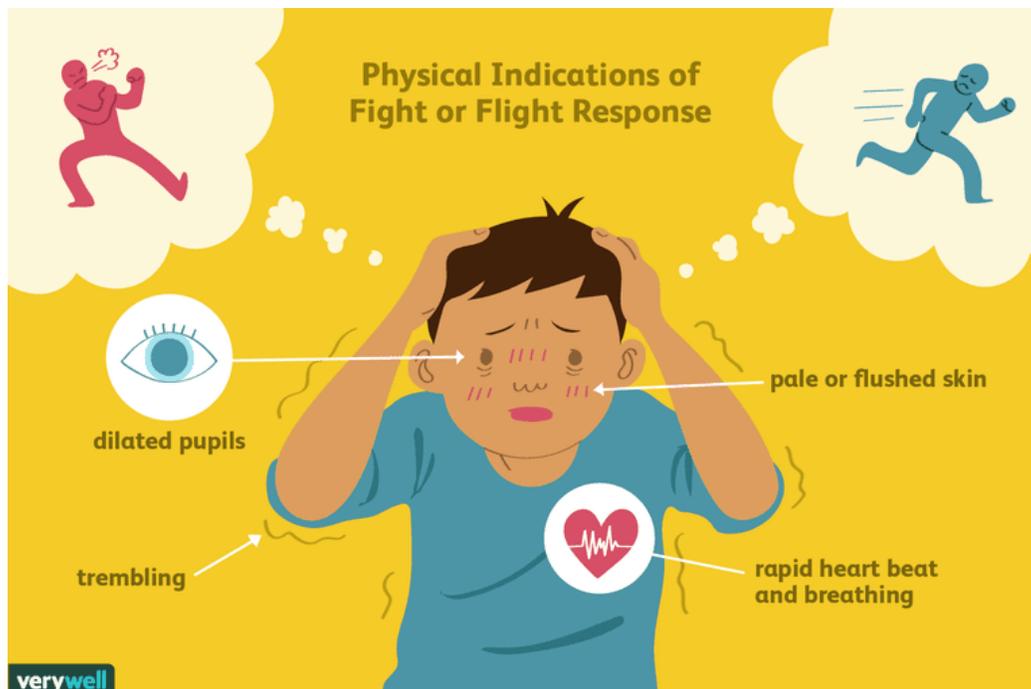


Anxiety and Facing Our Fears

When we see something or think of something that scares us, our body goes into a 'Fight, Flight, or Freeze' response.



1. Our brain interprets danger
2. Our brain sends a message to release neurotransmitters that activate two systems in our bodies
3. 'Stress hormones' are released – like cortisol and adrenaline
4. And Energy get sent towards our arms and legs and away from our gut and
5. We experience increased heart rate, faster breathing, arousal, eyes widening... all to prepare us to fight, run away, or freeze to avoid anger



What is the difference between Fear and Anxiety?

Fear: A tiger walks into the room towards you



Anxiety: What if a tiger were to come in this room?



In the first example, you would run away or be attacked by the tiger. In either case, you would use up all the fuel and energy that is being sent to your arms and legs.

In the second example, nothing happens, and so you do NOT use up that nervous energy. It takes a lot longer to calm down, and you are primed to be on the look-out for more danger.

Facing your Fears allows you to reduce your anxiety and arousal in front of something that you are scared of in a step by step way, so that you can learn how to handle it without being primed for more fear and anxiety.