

Tip sheet

Anxiety

At the core of our response to change is the brain's natural inclination to seek stability and predictability.

When faced with change, our brain perceives it as a threat, triggering the release of stress hormones such as cortisol and adrenaline.

This response is rooted in our evolutionary past, change often signaled potential danger.

What if your relationship is to change? Do you automatically - Fight the feelings; have catastrophic future focused fantasies or excessive worry and the 'What if's'; shame yourself and judge yourself for feeling the anxiety or distress?



We feel this in three ways

- **Physical:** racing heart, sweating, breathlessness, dizziness.
- **Thoughts:** repetitive, fixed view of a situation with little relation to reality.
- **Behaviour:** withdrawal/avoiding situations.

Managing anxiety

Know that this is perfectly normal and helpful in that it serves a purpose

Everyone reacts and feels differently from time to time and across different stages of life

Give yourself time to process where anxiety is being triggered in your life

Avoidance can often create greater anxiety towards what is being avoided, so keep on doing the usual things to enjoy life. 'What you resist, persists'.

Anxiety may be a sign that you need to slow down or adjust how you are looking after yourself

This could present as a lack of sleep or insomnia, aches and pains or low energy

Some people are also more sensitive to caffeine as a trigger to the nervous system or maybe you have accumulated stress from different areas of your life.

If you are finding that your anxiety is beginning to affect your quality of life, it may be a good time to get some support to discuss this. This could be a friend or family member, your GP or one of the Counsellors at Vitae who are here to support you in your hauora and journey.

Contact

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