

Anxiety ... and how to handle it



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What is anxiety?

Anxiety is a normal, healthy response to danger and threat. It focuses body and mind on dealing with a problem; the body gets ready for action ('fight or flight'), and the brain focuses on thinking through every possible escape route or dangerous scenario. The flow of adrenaline into the blood stream helps us run faster and think our way out of a tricky situation more quickly. This is useful when there is a life-threatening danger to deal with, but it can be unhelpful when there is less threat.

When we are anxious, we feel wound up, nervous, worried, and tense. We may go over a problem in our minds until we come up with a solution.

Feelings can range from being a bit uneasy to a continuing sense of dread or feeling panicky and frightened.

How does anxiety affect us?

Anxiety functions similarly to physical pain, calling attention to danger or risk. However, the complex mixture of physical sensations, thoughts, and actions means that we can exaggerate the potential danger and feel tense and anxious even though we are not currently under threat.

Recognising anxiety

Anxiety can affect us primarily in three ways:

Physical effects:

Racing or pounding heart, sweating, breathlessness, dizziness, shaking or trembling, chest pain or tightness, nausea, and stomach pain

Thoughts:

Thoughts are often repetitive, with a fixed view of a situation that may bear little relation to reality. Thoughts often escalate, e.g., from "Oh no, a traffic jam, I'll be late for my meeting," to "And if I'm late, I might miss this sale, disappoint everyone, and be fired."

Behaviour:

Anxiety affects how we behave and what we feel able or unable to do, e.g., avoid situations.

Discover the Power of Creative Expressive Arts for Anxiety Relief

Creative therapeutic expressive arts offer a dynamic approach to addressing anxiety by utilising a variety of artistic modalities. These techniques serve as a powerful tool to navigate emotional, psychological, and social challenges, helping individuals find relief and healing. Through creative expression, this therapeutic method encourages self-expression and self-awareness, ultimately promoting personal growth and understanding. By incorporating the realms of psychology and the creative process, it becomes a unique avenue for managing anxiety and finding emotional well-being. Embrace the opportunity to step beyond the confines of traditional therapy and explore the transformative potential of creative expressive arts in managing anxiety.

A Benefit of Creative Expressive Arts Therapy

Creative expressive therapeutic art therapy offers the benefit of soothing the nervous system by diverting our focus from worry, providing a nonverbal means to

express feelings, gaining new perspectives, and connecting with inner vitality, bringing a sense of revitalization.

Explore Anxiety's Image

- Unleash your creativity with any preferred art medium.
- Visualise anxiety—its form, personality, voice, and values.
- Explore its impact on your body and life.
- Then, envision a world without anxiety and describe the transformation.

Embrace the transformative journey from anxiety to serenity

Let Creative Expressive Arts be your guide to unlocking a deeper understanding of anxiety. Through creative exploration, discover the power to reclaim control and find your inner calm. Anxiety may be a formidable foe, but with the right tools, you can transform it into a source of strength and resilience. Unleash your creative potential and remind yourself that peace and ease are within your grasp. Begin your journey to anxiety relief today.

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