

ANXIETY

Causes

Genetics, Brain chemistry, Biology
Personality, Differences in threat perception
Life events

Types

Generalized anxiety disorder
Obsessive compulsive disorder
Panic disorder
Post traumatic stress disorder
Social anxiety disorder
Phobias, situational anxiety disorder
Separation anxiety disorder
Agoraphobia
Anxiety caused by medical conditions

What to do/Tools

Stay in the moment
Use distraction techniques
Exercise
Be in nature
Be with friends
Watch funny movies or tv programs

Accept the feelings

Know that all feelings pass

Realize that this is a sensation, not a reality

Know that anxiety cannot hurt you

Practice slow breathing

Consider meditation

Look into therapy/counseling

Practice self-care

Research aroma therapy

Challenge negative core beliefs

Practice gratitude

Schedule medical check-up/consider medication

Manage time and energy

Keep a journal to identify problems

And last but not least: remember that sexual activity is healthy

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