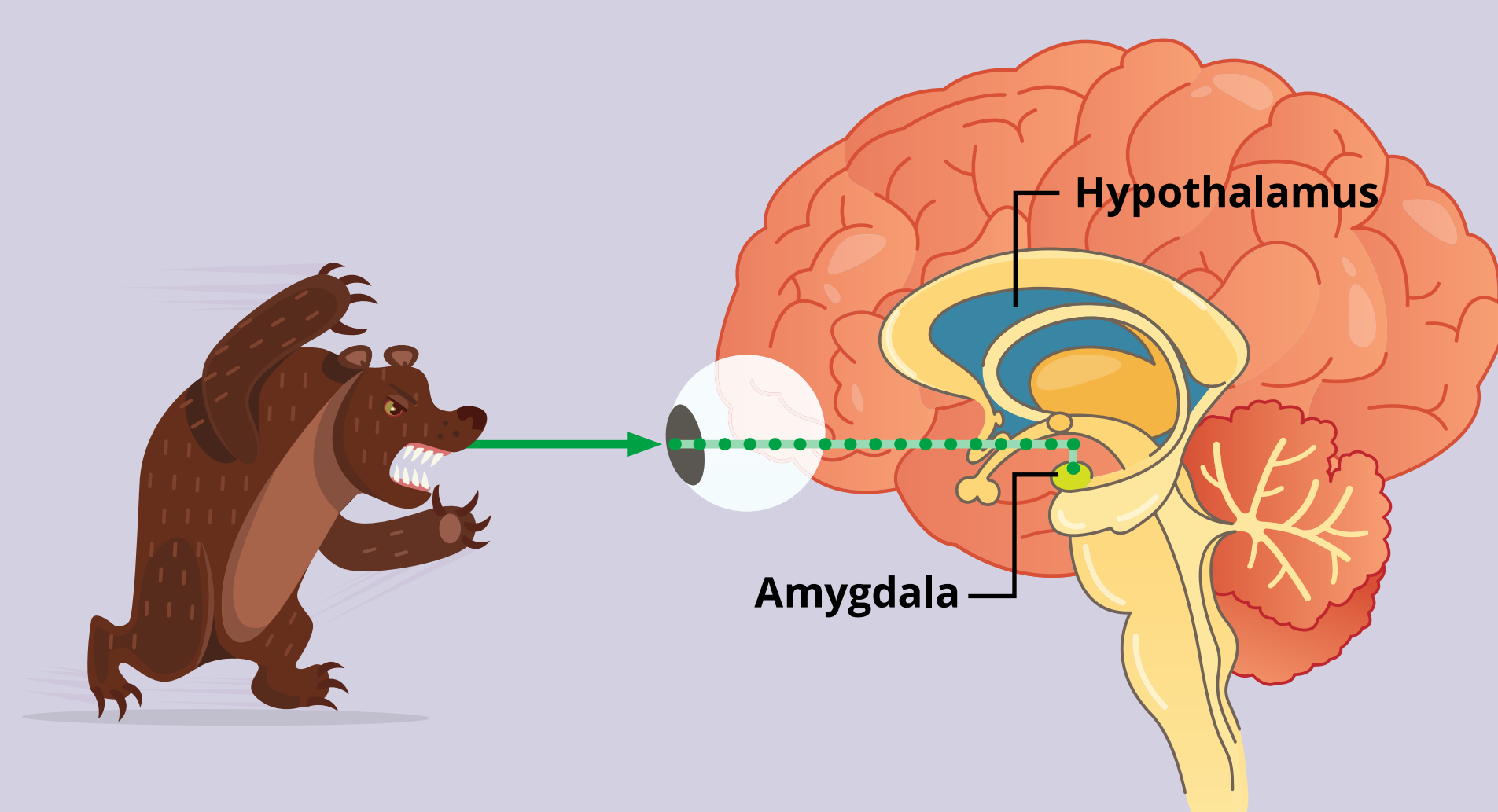


THE SCIENCE OF Anxiety

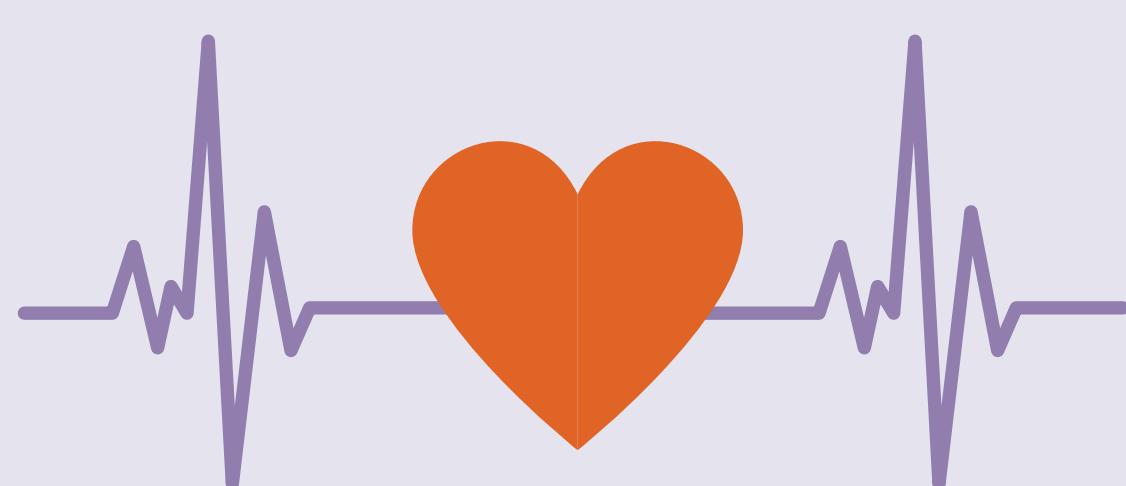
The decision-making area of your brain determines the existence of a threat. This triggers a response in the amygdala, which tells the hypothalamus to initiate the fight-or-flight response.



You might experience:

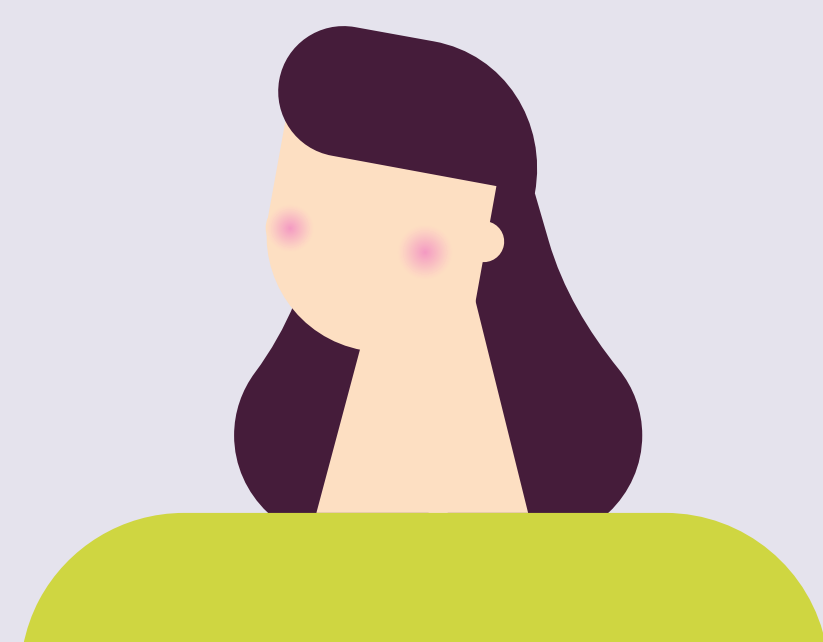
Rapid heart rate and breathing

Oxygen fuels a rapid response.



Pale or flushed skin

Blood flow is reduced.



Tense muscles

This helps you prepare for the perceived threat.

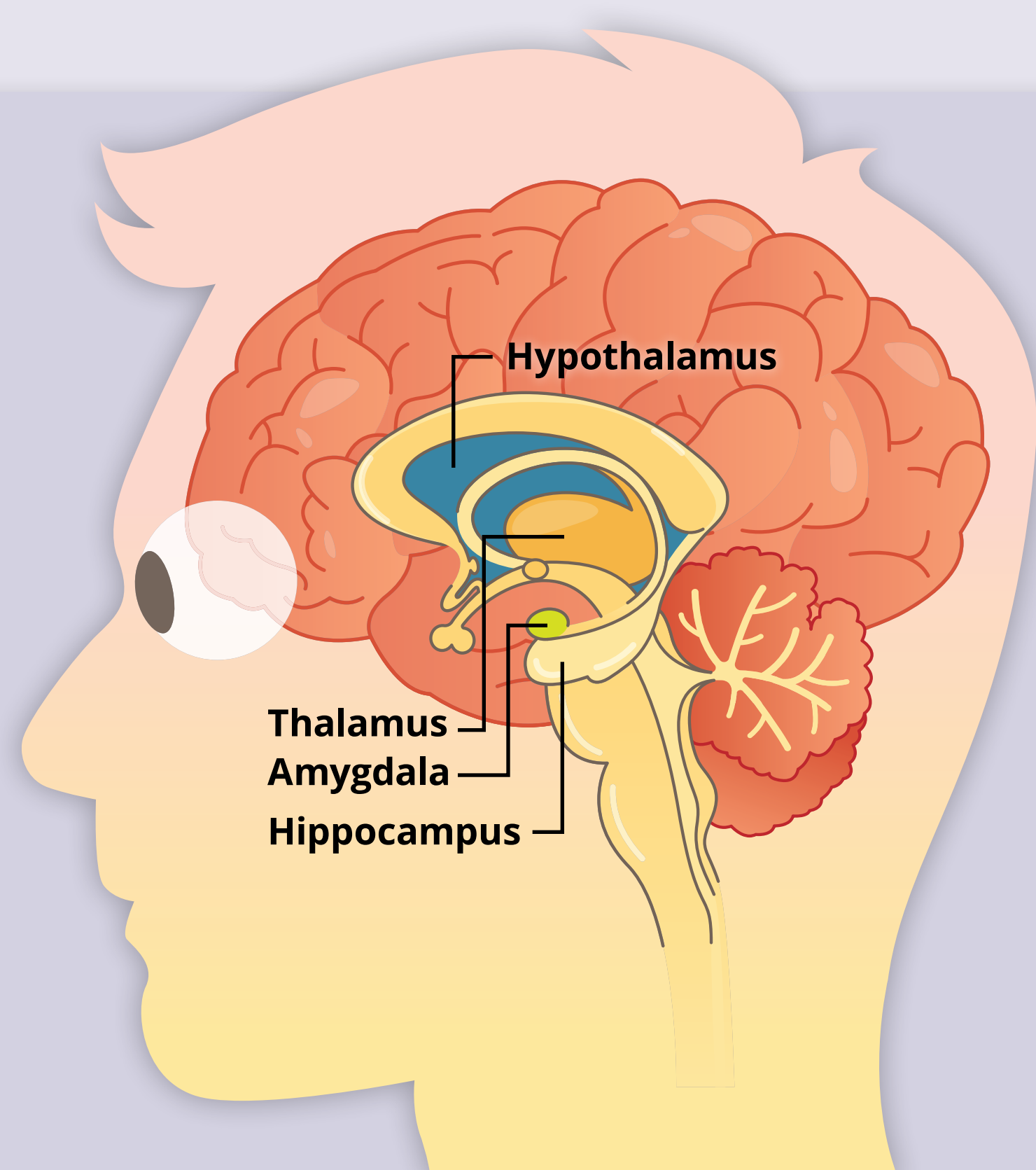


When Anxiety Persists

Anxiety disorders are the most commonly diagnosed mental illness in the U.S.

There are several major types of anxiety disorders. The most common is generalized anxiety disorder.

Symptoms of generalized anxiety disorder include feeling nervous, having trouble sleeping and experiencing excessive worrying.



The limbic system, comprised of the hippocampus, amygdala, hypothalamus and thalamus, is responsible for a majority of emotional processing in the brain.

Scientists have found individuals with anxiety disorders have more activity in the limbic system.

Neurotransmitters are responsible for communicating to various parts of the brain.

These chemicals transfer signals throughout the human body:

Serotonin: Responsible for mood, sleep and appetite

Norepinephrine: Linked to alertness and attention

GABA: Slows down signals

The Science Behind How to Cope With Anxiety



Cognitive behavioral therapy helps individuals learn coping patterns.



Exercise decreases stress hormones.



Caffeine can trigger anxiety.



Meditation can help manage anxiety.



Processed food can make you feel sad.



Alcohol can stimulate anxiety.

Medicine

Selective serotonin reuptake inhibitors (SSRIs) help block reabsorption of serotonin into neurons.

Serotonin and norepinephrine reuptake inhibitors (SNRIs) block serotonin and norepinephrine absorption.

Benzodiazepines provide fast-acting relief by acting as a muscle relaxant.

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