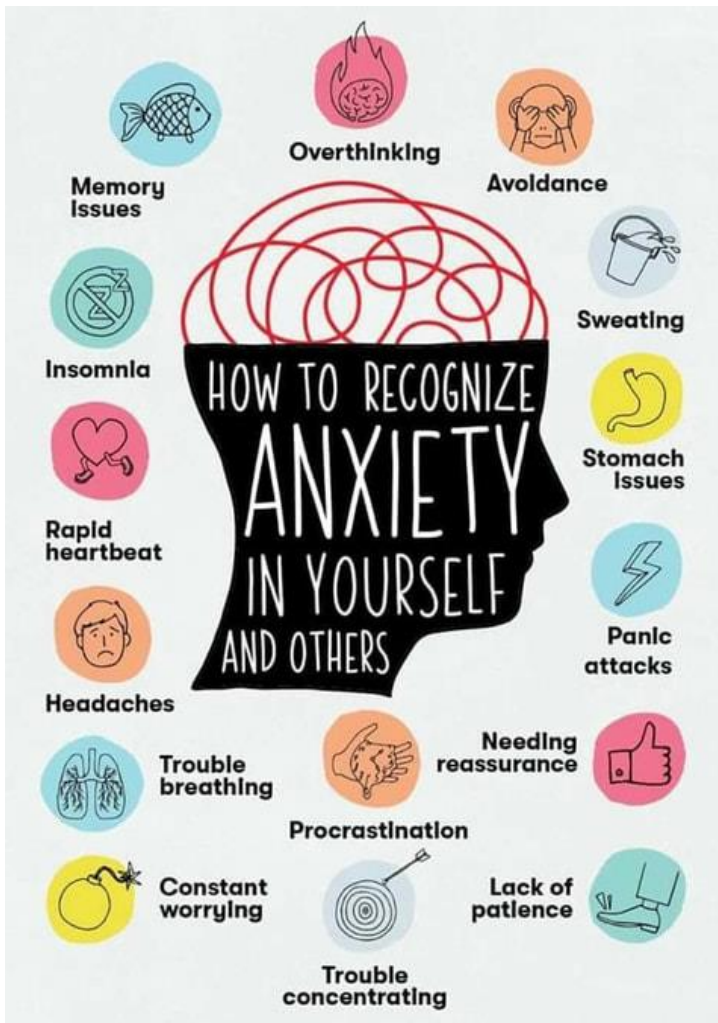


SEL NEWSLETTER

ANXIETY



Anxiety is a mental and physical reaction to perceived threats in our environment. In small doses, anxiety can be helpful as it can protect us from danger. But when anxiety is too severe or occurs too frequently, it can become debilitating.

TYPES OF ANXIETY

Generalized: excessive amount of anxiety or worry in several areas

Phobias: very intense fear of a specific situation or object which is out of proportion to its actual threat

Panic: extreme anxious response where a person experiences a panic attack

CYCLE OF ANXIETY

Anxiety drives people to avoid things that scare them. When a “scary” thing is avoided, there is an immediate but short-lived sense of relief. However, the next time a similar threat arises, it feels even scarier, creating a harmful cycle of avoidance and worsening anxiety.

Anxiety Resources:

- [Introduction to Anxiety](#)
- [Relaxation Techniques](#)
- [Panic Information Sheet](#)
- [Worry Information Sheet](#)
- [Video: Fight, Flight, Freeze – Explained for Teens](#)

Smartphone Apps:

- AntiStress Anxiety Relief Game [iPhone](#) [Android](#)
- Shine [iPhone](#) [Android](#)
- DARE – Break Free from Anxiety [iPhone](#) [Android](#)
- Breathwrk [iPhone](#)

