

Introduction to Anxiety

Anxiety is the body's response to situations that are interpreted as threatening. Without any anxiety you would probably make bad decisions, such as driving too fast on the highway or not paying your bills. However, too much anxiety can lead to avoidance or unpleasant physical, emotional, and cognitive symptoms.

What are some things that trigger your anxiety?

- 1.
- 2.
- 3.

What physical symptoms do you experience when you are anxious?

- 1.
- 2.
- 3.

What are some thoughts that I have when I am anxious?

- 1.
- 2.
- 3.

What do you do to cope when you are anxious?

- 1.
- 2.
- 3.