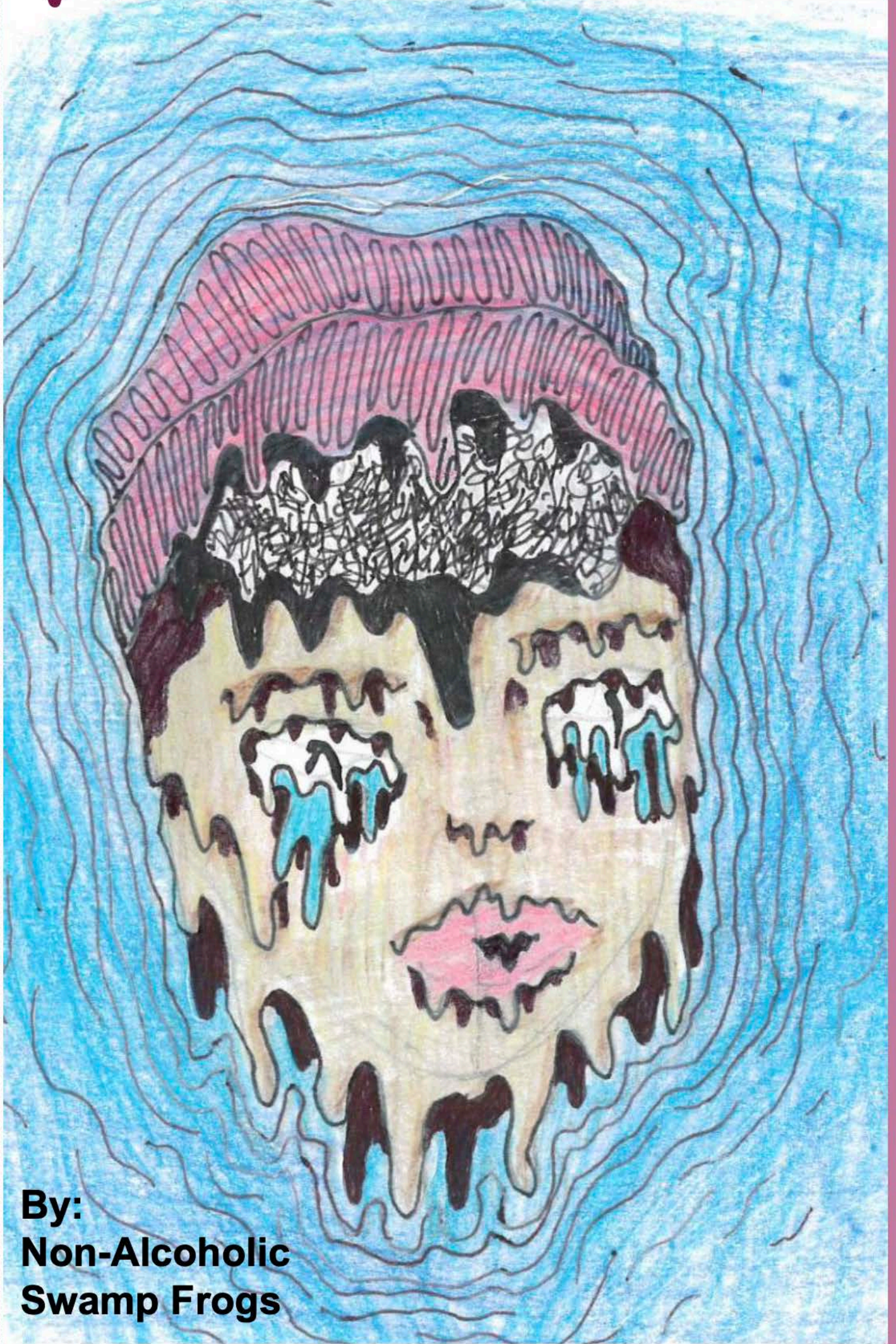


ANXIETY DISORDER



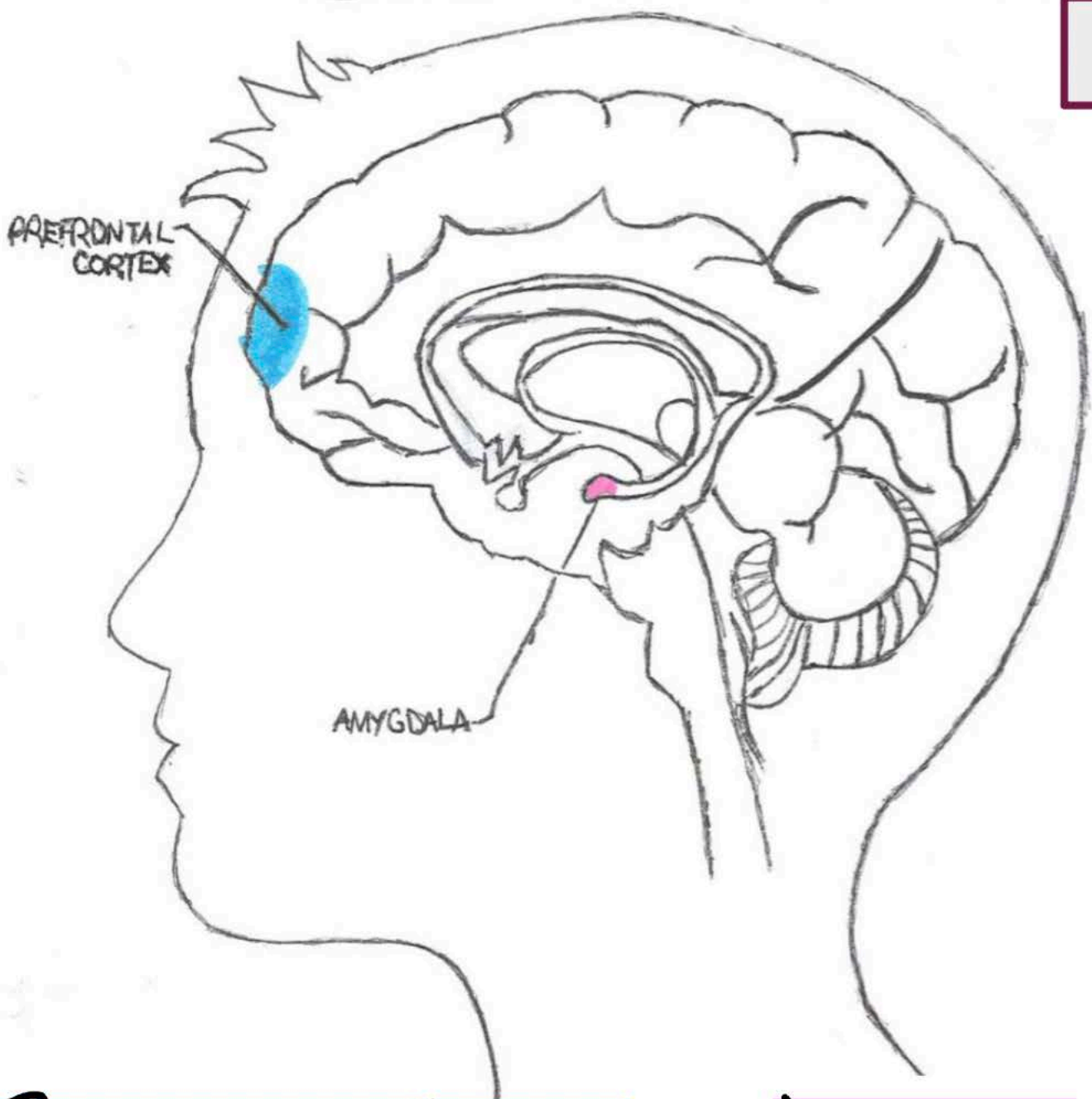
By:
Non-Alcoholic
Swamp Frogs

READ ME!

This zine is all about anxiety. Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome (Oxford Languages, 2022). Our zine includes information about the stigmas of anxiety, people's personal experiences with anxiety, misconceptions about anxiety, and artwork inspired by their experiences.

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- 1... Scientific Model of the Brain with Anxiety
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PREFRONTAL CORTIX

- Reasoning
- Decision making
- Personality
- Regulates reaction to stress

AMYGDALA

- Fear
- Sex
- Rage

("Shaoweezy, 2022")

Teens with anxiety have an overactive amygdala for fear and aggression. The Prefrontal Cortex tries to deactivate an overactivated amygdala (Bezdek, 2017 & Neurotransmissions, 2017).

COMMON MISCONCEPTIONS ABOUT ANXIETY

- Medication is the only way to treat anxiety.
(REALITY) Although medication is effective, science shows that Cognitive-behavioral therapy is as just or more effective than medication.
- Medication for anxiety is addictive so it should only be taken if necessary.
(REALITY >> SSRI and SNRI antidepressants aren't addictive.
- If you have an anxiety disorder it is important to avoid stressful situations.
(Reality) Avoiding risk and treating yourself as if fragile leads to feeling demoralized.
- The causes of anxiety usually start within someone's childhood so therapy should only focus on that time period.
(Reality) Research shows that effective therapy focuses on the here and now, including new skills to manage emotions and thoughts.

(Myths and misconceptions, n.d.)

STIGMAS

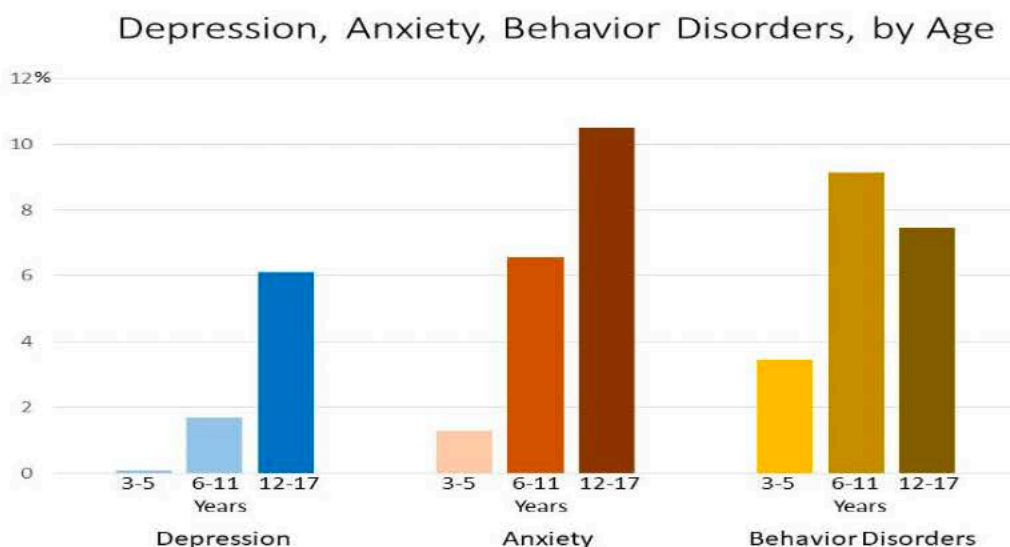
3

- Most people believe that mental illness is a negative thing and so they discriminate others that have them.
- "Self-stigma refers to the negative attitudes, including internalized shame, that people with mental illness have about their own condition."
- Institutional stigma is more systemic, involving policies of government and private organizations that intentionally or unintentionally limit opportunities for people with mental illness. Examples include lower funding for mental illness research or fewer mental health services relative to other health care.

(Beyond Blue, n.d.)

STATISTICS

32% of adults in California reported anxiety in 2021 (KFF, 2022). Below is a graph of how teens are affected.

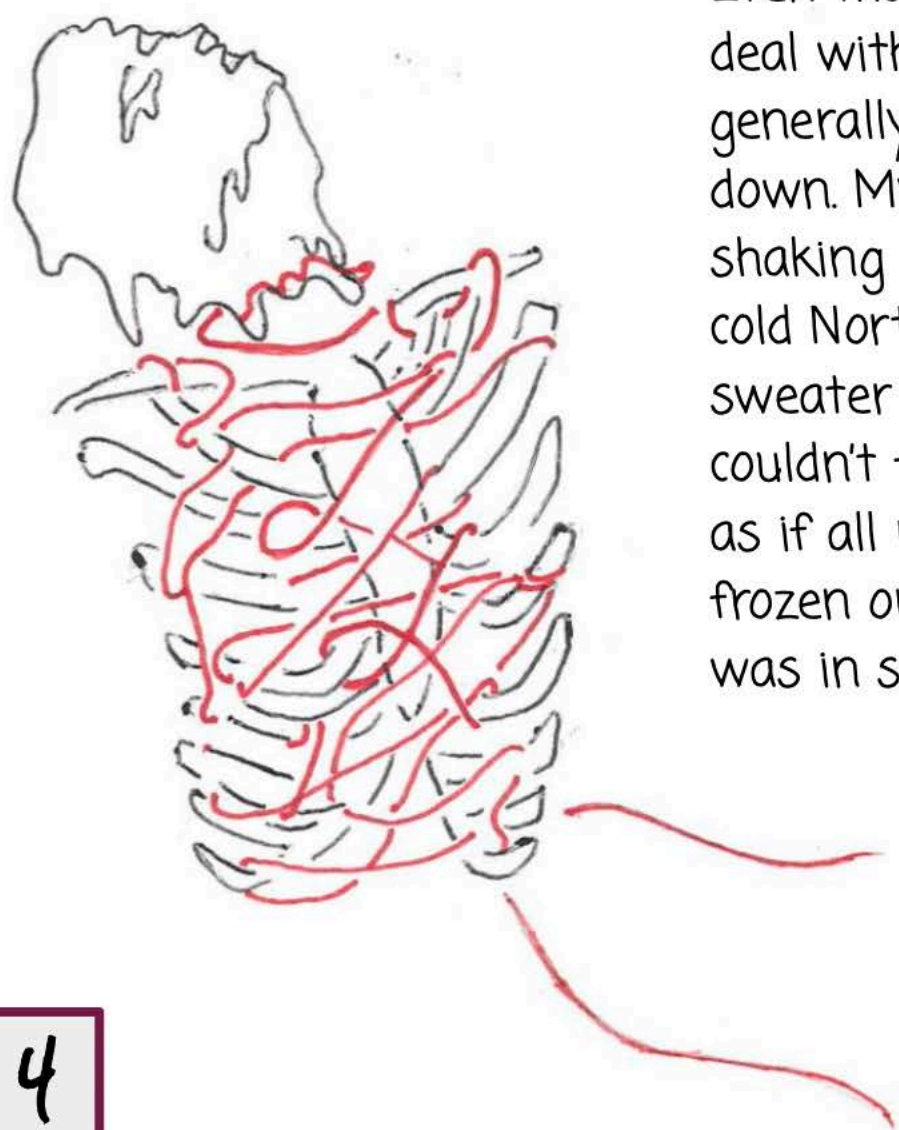


<https://www.cdc.gov/childrensmentalhealth/data.html>

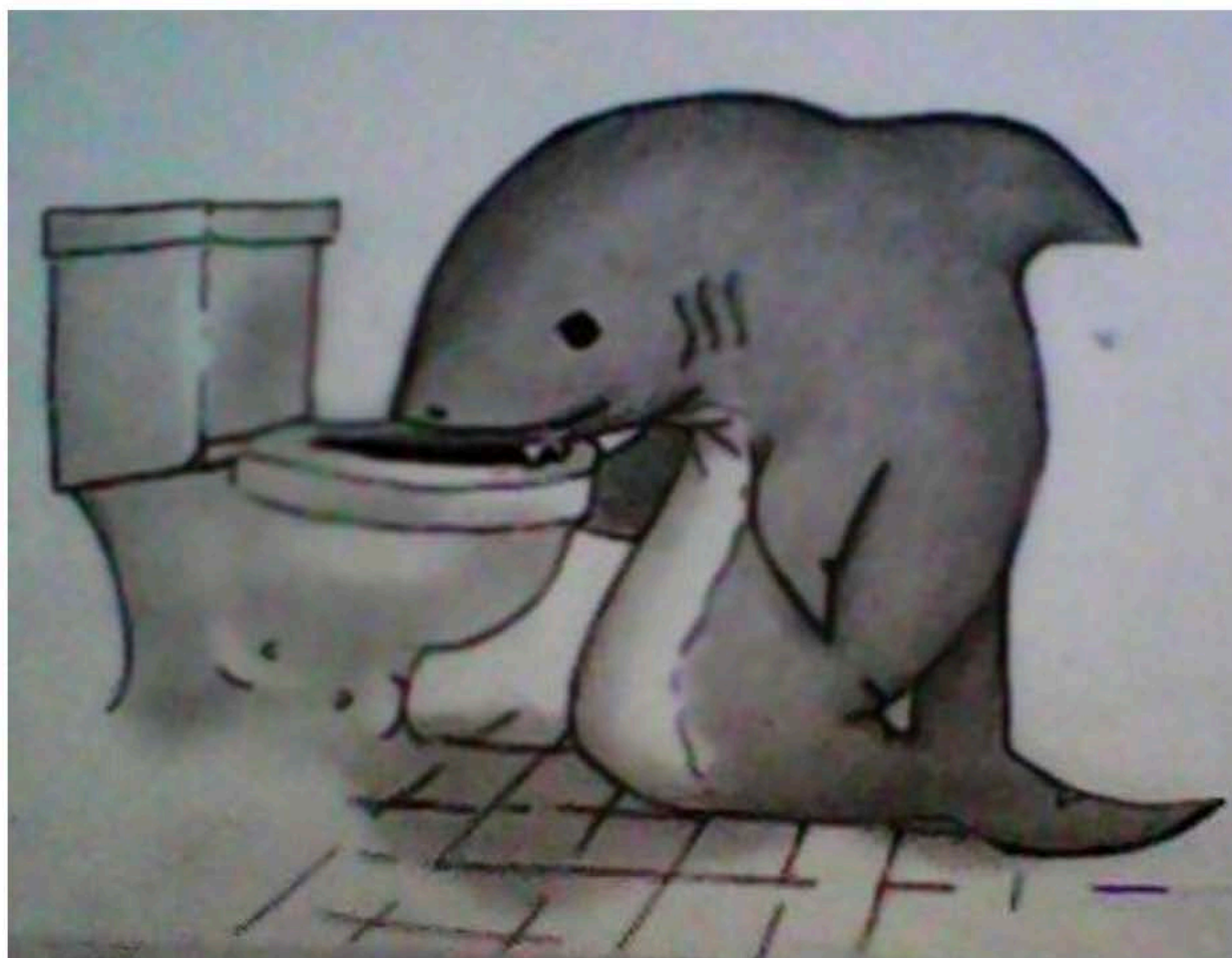
DAY OF THE DEAD

A PERSONAL EXPERIENCE

During the Day of the Dead in my 9th grade, another student forced me to do something I didn't want to. I told our dean about what happened. Shortly after, I had a bad panic attack. Suddenly, the whole room was staring at me. A giant safari animal in a cage. Completely out of place. I felt like a cactus in a pillow shop. I was short of breath- running a marathon without moving. I felt as if the world stood frozen and I could hear my own heartbeat. It sounded heavy and deep, like a book falling off a shelf every 3 seconds. I was so mad- a bull who saw red, at the same time, small- a mouse who just met a giant elephant.



Even though I knew how to deal with panic attacks generally, I couldn't calm down. My hands were shaking as if I was in the icy cold North Pole without a sweater or warm clothes. I couldn't feel my fingers, it felt as if all my nerves were frozen or missing. I felt as if I was in school without clothes.



Eventually, my best friend got me some water and tissues to wipe my tears. It felt comforting. Like a warm blanket on a rainy day. Like ice cream after a failed exam. She smelled like a candy shop, sweet and comforting.

I went home. Thankfully, after I got home, I cried in the bathroom where it was quiet and peaceful. I laid in my bed, which felt as if I was in a black hole with nothing but my own thoughts. I only slowly started to drift off to sleep after feeling the dread. Then I knew why I had dreaded coming to school the next day. I felt as if I was going to be the talk of the week. Thankfully, no one knew about what happened. He was still in school, which made me mad. It didn't seem like he got in trouble, while I did.





WHY?

A PERSONAL EXPERIENCE

7

Why?

Why Now?

*Why? How? I just looked at the clock and started to
shake.*

Why? Why Cry?

I fear this crying spell may never break.

I fear if i lay down I may never wake.

Why? Why Now?

Why and how can I not breathe?

*I feel it closing in from the tips of my fingers to the
bones in my knees.*

*And it lingers forever, even when I dream, So why
and how am I supposed to breathe*

COPING MECHANISMS

- Make sleep a priority
- Use stress management and relaxation techniques
- Socialize
- Meditation
- keep physically active
- Avoid alcohol and recreational drugs
- Cut back or quit drinking caffeinated beverages
- Eat healthy foods
- Learn about your disorder
- Stick to your treatment plan
- Identify triggers
- Keep a journal

(Siri, 2021)

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9

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All artwork created by Brooke Hastings.

THE NON-ALCOHOLIC SWAMPFROGS

The Non-Alcoholic Swampfrogs are a bunch of dope 11th graders from High Tech High Media Arts. We are Miracle Morales, Brooke Hastings, Chance Rupert, and Romeo Iriarte.

