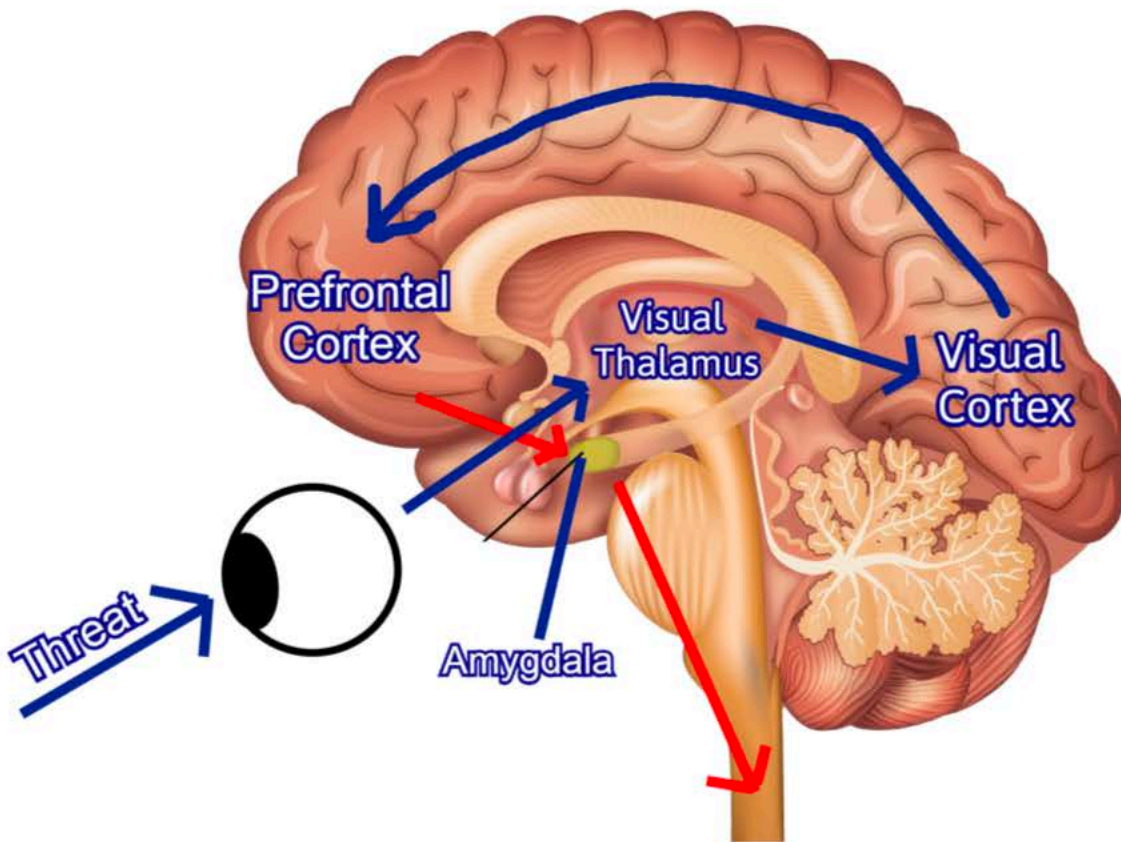


# COPING WITH ANXIETY DISORDERS



LAYLA ALEXA AXEL JOSE NOA





When a threat is detected, the eye sends a message to the **Visual Thalamus**, which sends it onto the **Visual Cortex**. This then processes the image and sends it to the decision-making **Prefrontal Cortex**. The cortex sends messages down the emotion-controlling **Amygdala & the rest of the Nervous System** to react in a way to protect itself.

This is the basic construct of ***Fear***!  
(The Biology of Anxiety, 2022).

**Anxiety** is a state of defense, it is often excessive, sustained, or inappropriate when it sets off. It interferes with everyday functions and sets in-motion maladaptive behaviours, from avoidance of threat-generating situations to substance use, to avoid the extreme discomfort of anxiety.

The **Amygdala** is a part of the brain that plays a major role with anxiety. The **Amygdala** is the rational thinking part of the **Prefrontal Cortex**, it interprets threats and creates a behavioral response. **Anxiety disorders** lead to a higher-active defense system which could be from early experience or from over or underactivity of some area of the brain. These parts are poised to over-interpret neutral situations as threatening or to overreact to threatening situations.

**Anxiety** starts in the anxious brain when the extended **Amygdala** intercepts incoming stimuli from the inner or outer world as a threat, a distress signal is sent out to many other parts of the brain, including the **Hypothalamus**, which in turn relays the signal to the rest of the body by switching on the **Sympathetic Nervous System**. The release of **Adrenaline** from the bodies adrenal glands jolts the brain into alertness, sharpening senses and demanding hypervigilance. The **Amygdala** communicates with the **Hippocampus**, repository of memory, which can put the threat signal into comforting context- or not.

(the biology of anxiety, 2022).



## ***Coping Mechanisms: Alexa***



**Detaching yourself from stressful environments. It's not always easy to find a place to be alone but taking time just for yourself can help clear your thoughts and help you refresh. One good example is taking walks, especially in nature.**



**Doing activities that help bring out thoughts. Some examples are journaling or drawing. Having a way to lay everything out can help you talk about and process your emotions better.**



**Eating balanced meals or snacks can help with digestion and sleeping the required hours for your age can help boost your motivation.**



**Having connections to people that you trust and make you feel safe is an absolute game changer when it comes to dealing with any mental distress.**

## ***Coping Mechanisms: Layla***



Something I have been doing as often as I can to get control over my mind and my thoughts is meditation. I breathe in for 5 seconds, hold for about 4, and exhale for 5 seconds. I put my myself in the present moment and I breathe.

I see my thoughts as passing clouds- it gets difficult to not listen to your thoughts for some people because it's hard to ever have a moment of silence in your head. But even if your thoughts are so loud that seeing as passing clouds doesn't shut them up, breathing helps. It really calms you down no matter what the situation is. I try to do this once a day: step out of whatever I'm doing for 6 minutes a day, and I meditate or do my breathing exercises.



Another thing I like to do is say everything I'm grateful for, even the smallest seemingly insignificant things. I count all the things I'm grateful for, until I really can't think of anything. It might seem stupid or a waste of time- but even the slightest change in perspective helps everything.



If you are a smoker, quit. Smoking of any kind if proven to increase anxiety- and if you disagree really look inside yourself and think if smoking actually decreases your anxiety as a whole or just gives you a fleeting moment of chemically induced relaxation?

Avoid alcohol and recreational drug use, please.

(Speaking of Health, 2021)



## ***Coping mechanisms: Noa***



**Coping mechanisms can be a lot of things, ranging from smaller personal tasks, like if chores or cleaning your space or surroundings to make your brain feel less cluttered. Or bigger projects to feel a greater sense of accomplishment, like creating an art piece as an outlet for your anxiety. Or maybe writing down every little thing on your brain so you can read it back and process what your feeling. Listening to music is, personally, what I do. I can just close my eyes and zone out of everything. So even small stuff like that can make a difference, it just depends on what you're comfortable with.**

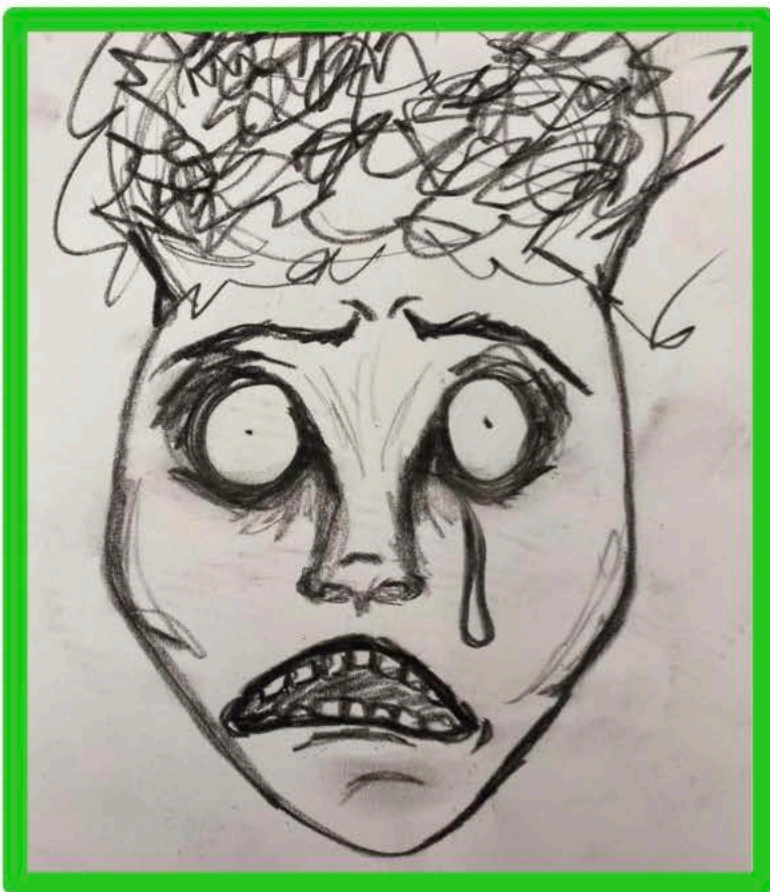


## ***Personal Experiences: Layla***

I've been diagnosed with severe anxiety disorder 5 years ago, and I can assure you even though it is severe- it has also severely gotten better. :)

I would have panic attacks so badly I couldn't breathe, and couldn't be in class. Memories, deadlines, friends, or pretty much anything- my anxiety would make me overthink the worst for every situation. These things would trigger a panic attack almost everyday. Until I really sought out help from friends and myself. I tried my best to understand why my brain would attack me for no reason, and all I could do was overthink.

I hate to say it because it's the most frustrating thing to understand when its happening right now, but time healed A LOT for me. As I got older, I experienced more anxious situations and got so stronger because I lived through all of them. Time and perspective. Taking care of yourself and having outlets for your anxiety.



By: Layla

Trusting yourself to be strong, and anything that makes you feel better that won't damage you in any way in the long run. So far the anxiety hasn't gone away- but now I am able to seperate myself from my anxiety. I've learned that my anxiety can't control me because I have power over my mind and body. You are fully capable of learning and accepting this mindset for yourself too.



# ***Personal Experiences: Alexa***

I never expressed my anxiety much externally. I didn't grow up in the best household and was never properly taught how to deal with my emotions, so as the hellfire of teenagehood came around, I had a lot of trouble communicating and understanding my feelings overall.

I didn't have a proper community to communicate or connect with so I had to learn how to take care of myself on my own. I had to care for myself emotionally and mentally for the majority of my childhood.

However, I had found resources that helped me express myself such as drawing, writing, and studying my experience through books and online resources, and later, therapy.

Over time I was able to feel more confident and more in control of my feelings and existence. I still implode from time to time but I now have people and ways to help myself get back on my feet and continue living.



By Alexa J. Soriano



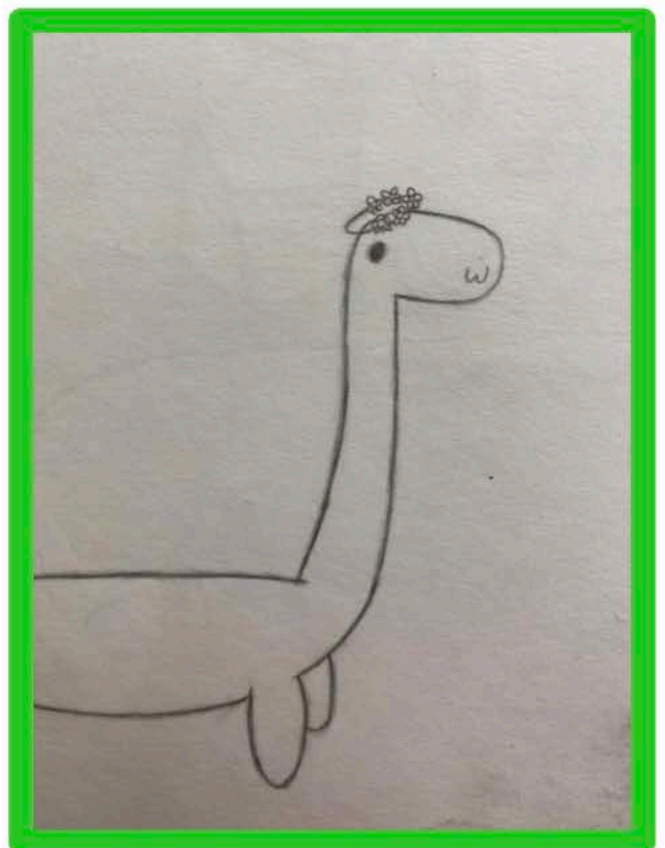
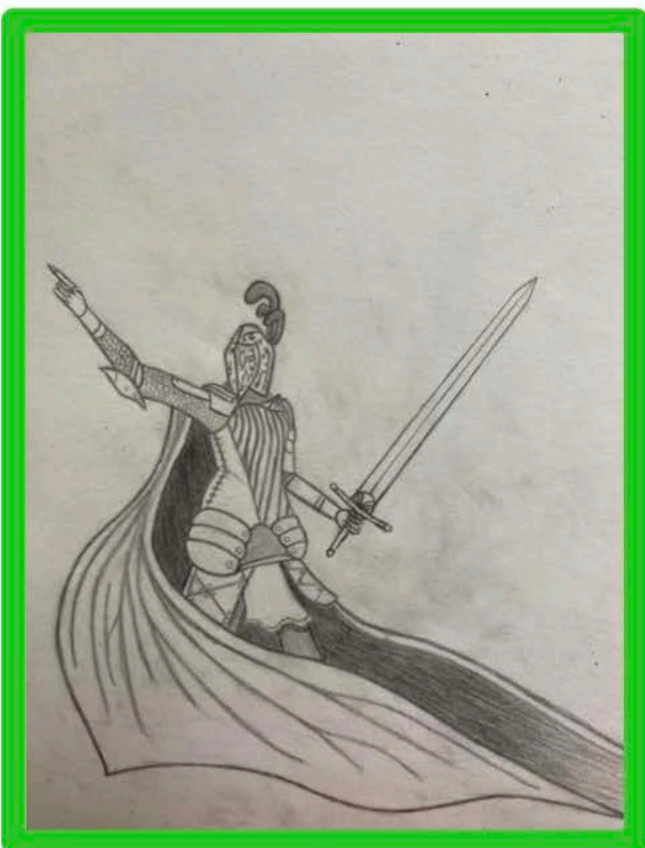
## ***Personal Experiences: Axel***

I tend to not talk about my anxiety or feelings in general mainly because I am insecure person. I haven't really thought if I have any conditions but even if I don't, I know I still get extremely nervous whenever talking to people or presenting for school.

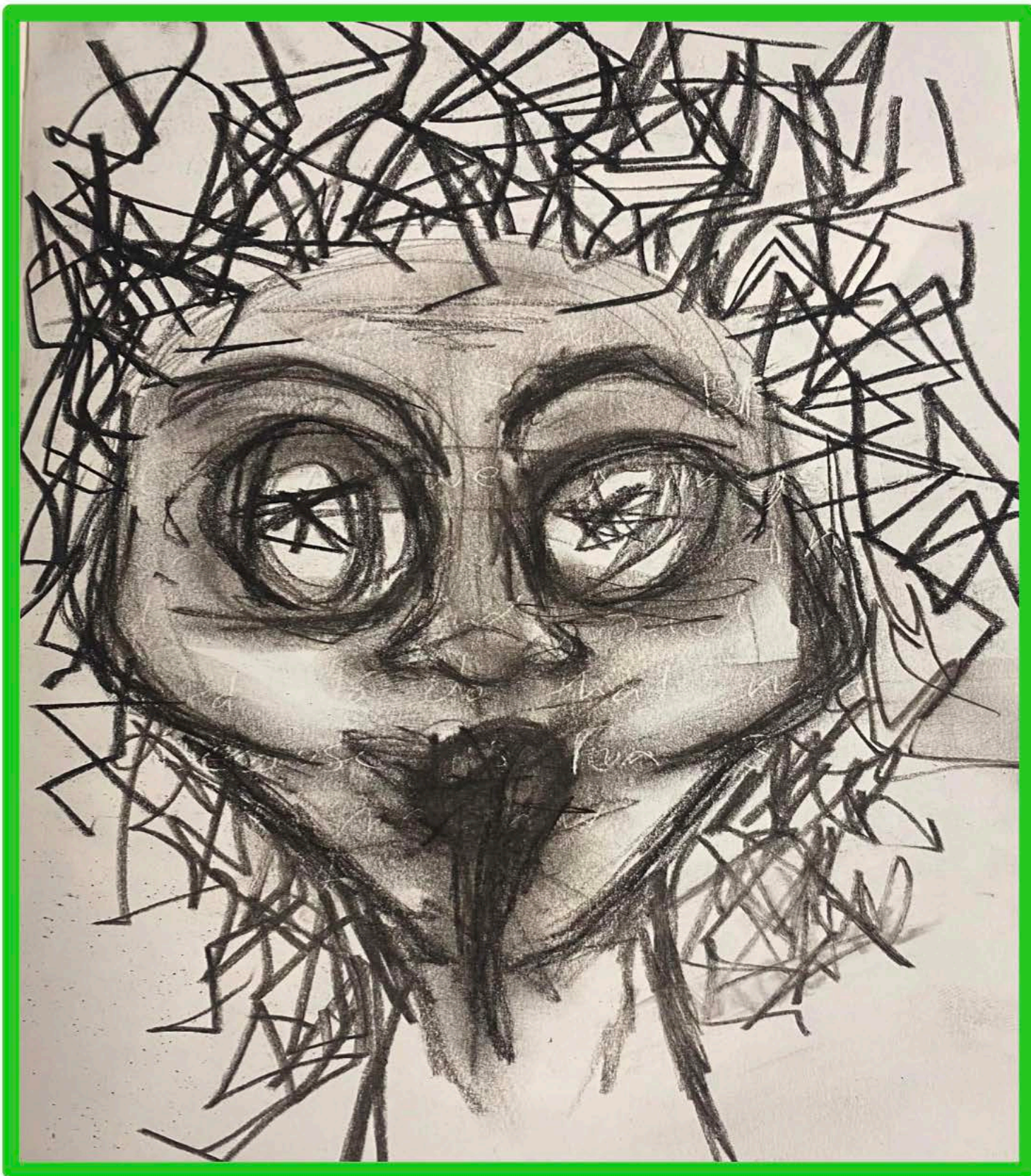
I have a speech disorder which affects my flow of speech that mentally holds me back from opportunities. This used to affect me with friends, but after speech therapy I have opened up a lot more to people, but I still get anxiety.

A lot of my anxiety is mental. It's like the character, Sadness from the Inside Out movie. Someone who doesn't like, want, and do anything, and has taken over a lot of me. Part of it is physical. My arms and or legs start to shake, and I fidget without even realizing.

From speech therapy I have gain some strategies like deep breathing but mainly help for speech and also help me relax.







By Layla



***Thank you for reading!***

***You are Loved and Appreciated  
Most Importantly, you Matter!***

Our Socials if you have questions  
or enjoyed our work:

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BINGO BANGO BONGO