

Aim: How can fear and anxiety impact an individual's life?

Your Anxiety

is calling you



Remind Me



Message



slide to answer

SAINTHOAX

What is your greatest fear?

Why is it your greatest fear?

Has it ever stopped you from
doing something?

Anxiety and Phobias

Anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome

A phobia is a type of anxiety. It's an irrational, unreasonable fear of an object or situation.

Common phobias may be fear of the heights, dark, fear of certain animals such as snakes or spiders, or fear of blood -- some people get frightened of having their blood drawn when they go to see their doctor.

Anxiety Disorders

*Remember just because you feel anxious doesn't mean you have an anxiety disorder

- *Generalized Anxiety Disorder*
- *Obsessive-Compulsive Disorder (OCD)*
- *Panic Disorder*
- *Post-Traumatic Stress Disorder (PTSD)*
- *Social Phobia (or Social Anxiety Disorder)*



Anxiety vs Fear

Anxiety- It's often a response to an imprecise or unknown threat. For example, imagine you're walking down a dark street. You may feel a little uneasy and perhaps you have a few butterflies in your stomach.

These sensations are caused by anxiety that is related to the *possibility* that a stranger may jump out from behind a bush, or approach you in some other way and harm you. This anxiety is not the result of a known or specific threat. Rather it comes from your mind's interpretation of the possible dangers that could immediately arise.

Fear- is an emotional response to a known or definite threat. If you're walking down a dark street, for example, and someone points a gun at you and says, "This is a stickup," then you'd likely experience a fear response. The danger is real, definite, and immediate. There's a clear and present object of the fear.

Although the focus of the response is different (real vs. imagined danger), fear and anxiety are interrelated. When faced with fear, most people will experience the physical reactions that are described under anxiety. Fear causes anxiety, and anxiety can cause fear. But the subtle distinctions between the two give you a better understanding of your symptoms and may be important for treatment strategies.