Anxiety



Anne Lennon May 2018

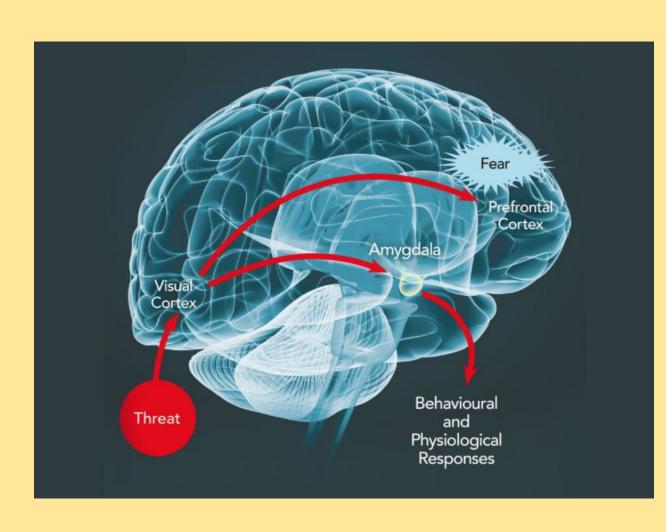
Anxiety & Evolution



- Anxiety developed as an adaptive response to environmental threat
- Necessary for Human survival in the Environment of Evolutionary Adaptedness (EEA)
- Natural selection favoured those with the ability to experience anxiety as this conferred a survival advantage

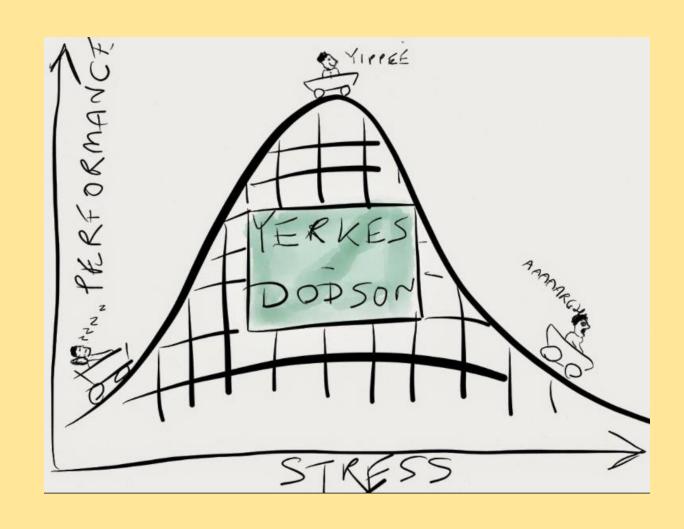
Anxiety and the Brain

- Threat in the environment
- Relayed rapidly to the Amygdala
- Amygdala sends signals to the Hypothalamus
- Hypothalamus sets off chain of reactions including
- > stimulating the release of the stress hormone cortisol from the adrenals
- > Triggering the release of adrenaline
- > Activation of the autonomic nervous system
- Sometimes known as the Fight or Flight Response



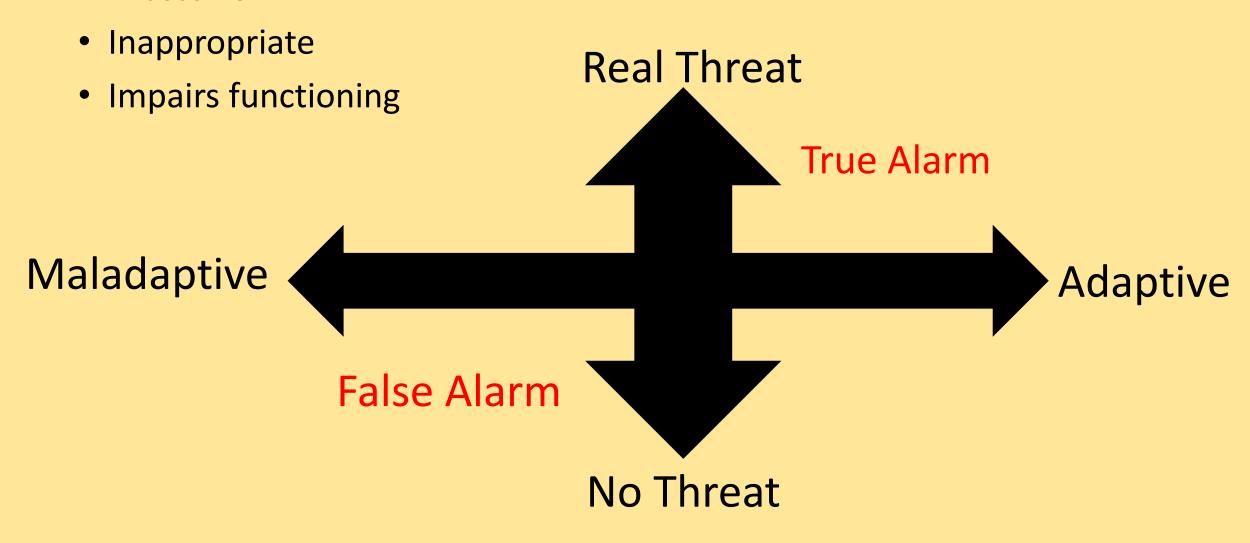
Anxiety – is it necessary?

- Children need to experience anxiety in order to:
- > Experience new things
- > Become independent
- ➤ Develop new skills
- > Develop an awareness of dangers around us
- ➤ Progress in life
- ➤ Leave Home!!



Anxiety – When is it Abnormal?

Excessive



Anxiety

Features:

- Emotional
- Somatic Symptoms
- Cognitions

