

# Anxiety Revealed

at

UNSPOKEN HORIZONS™



## 1. WHAT IS ANXIETY?

Anxiety is a natural response to stress, characterized by feelings of worry, nervousness, or unease about something with an uncertain outcome. It can be mild and occasional or persistent and overwhelming.



## 2. THE SCIENCE BEHIND ANXIETY

Anxiety activates the body's fight-or-flight response, involving the amygdala, a part of the brain that processes fear. This triggers the release of stress hormones like cortisol and adrenaline, preparing the body to respond to perceived threats.



## 3. SYMPTOMS OF ANXIETY

- Excessive worry or fear
- Restlessness or feeling on edge
- Racing thoughts
- Physical symptoms (rapid heartbeat, sweating, stomach issues, headaches)
- Trouble concentrating
- Fatigue or sleep disturbances



## 4. DIAGNOSIS OF ANXIETY

A mental health professional evaluates symptoms, medical history, and lifestyle factors. There is no single test; diagnosis is based on criteria from the DSM-5 and ruling out other conditions.



## 5. WAYS TO COPE WITH ANXIETY

- Practice deep breathing and grounding
- Stay active and eat nourishing foods
- Journal your thoughts
- Limit caffeine and alcohol
- Get enough sleep
- Spend time in nature
- Focus on what you can control



## 6. THERAPY & PSYCHOLOGY HELPS WITH ANXIETY

Therapy provides tools to understand thoughts, emotions, and behaviors that contribute to anxiety and helps build healthier coping skills.

Types of Therapy That Help:

- **Cognitive Behavioral Therapy (CBT):**  
Helps identify and change negative thought patterns.
- **Acceptance and Commitment Therapy (ACT):**  
Encourages acceptance of thoughts and focus on values.
- **Mindfulness-Based Therapy:**  
Uses mindfulness practices to reduce stress and increase awareness.



## 7. MEDICATION: SOMETIMES HELPFUL, NOT ALWAYS NEEDED

Medication can help manage symptoms for some people, especially in moderate to severe cases. It is not a cure, and it works best when combined with therapy and lifestyle changes.

Always work with a healthcare professional to find the right approach for you.



## 8. WAYS TO PREVENT AN ANXIETY FLARE OR ATTACK

- Identify and manage triggers
- Build a consistent routine
- Practice stress management daily
- Use coping skills early
- Stay connected to supportive people

Sometimes you can prevent it. Sometimes you cannot—and that's okay. It takes time, patience, and self-compassion to get anxiety under control. Healing happens in moments. Keep showing up for yourself.



*"Anxiety is not a sign of weakness.  
It is your mind trying to protect you.  
You are stronger than you know."*

