



Counselor's Corner



Mrs. Rae

Anxiety

Anxiety is a common feeling that everyone experiences at one time or another. The feeling of anxiety can be labeled with a variety of different terms.

- stress apprehension the jitters worry
- nervousness
- fear butterflies panic agitation freaking out

It is important to realize that everyone experiences anxiety of some form. Some individuals feel it more often, more deeply, less frequently, or less intensely. Genetics, brain chemistry, life events, and personality all play a part in how you experience anxiety. Learning to recognize your anxiety will help to manage it. There are some steps that can help individuals control the anxiety they have in their life.

1. **Prevention:** Spend time doing relaxation techniques on a regular basis. This will help control every day stressors that come your way. EX: exercise, getting fresh air, relaxing bath, reading, listening to music.....
2. **Intervention:** Recognition of anxiety levels rising and performing some form of a prevention technique to reduce or extinguish levels. This will take practice and patience to become habit forming.

Here is a simple activity you can try by yourself to rate your present anxiety level.

Rate your present anxiety level on the scale below.

0	1	2	3	4	5	6	7	8	9	10
Completely Peaceful					Moderately Anxious					Highly Anxious

Now ...try doing some form of a prevention technique that works for you. This activity must have effort with it to be affective. After 5 minutes rate yourself again. This is one step to recognizing the problem area.

0	1	2	3	4	5	6	7	8	9	10
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