

Anxiety



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May 2018

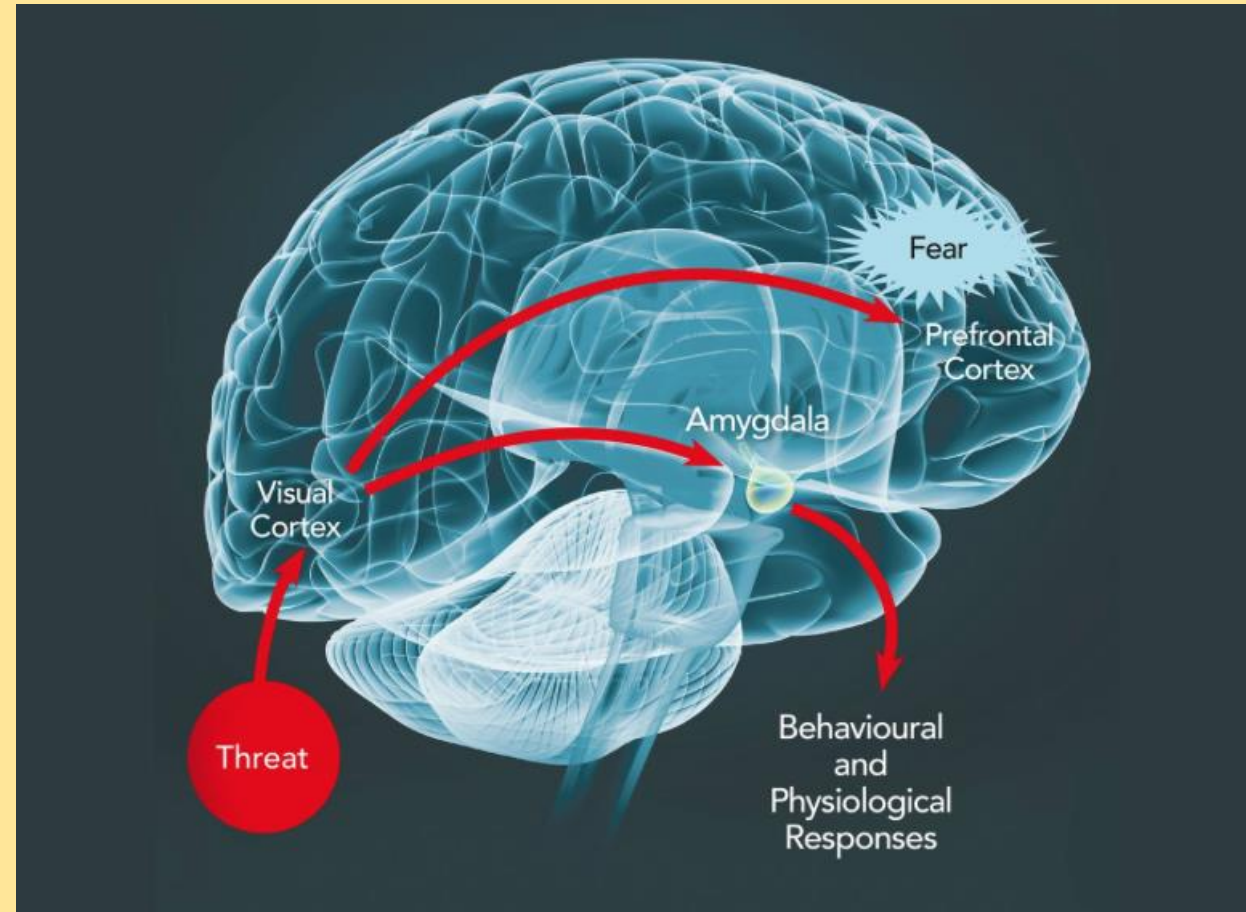
Anxiety & Evolution



- 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

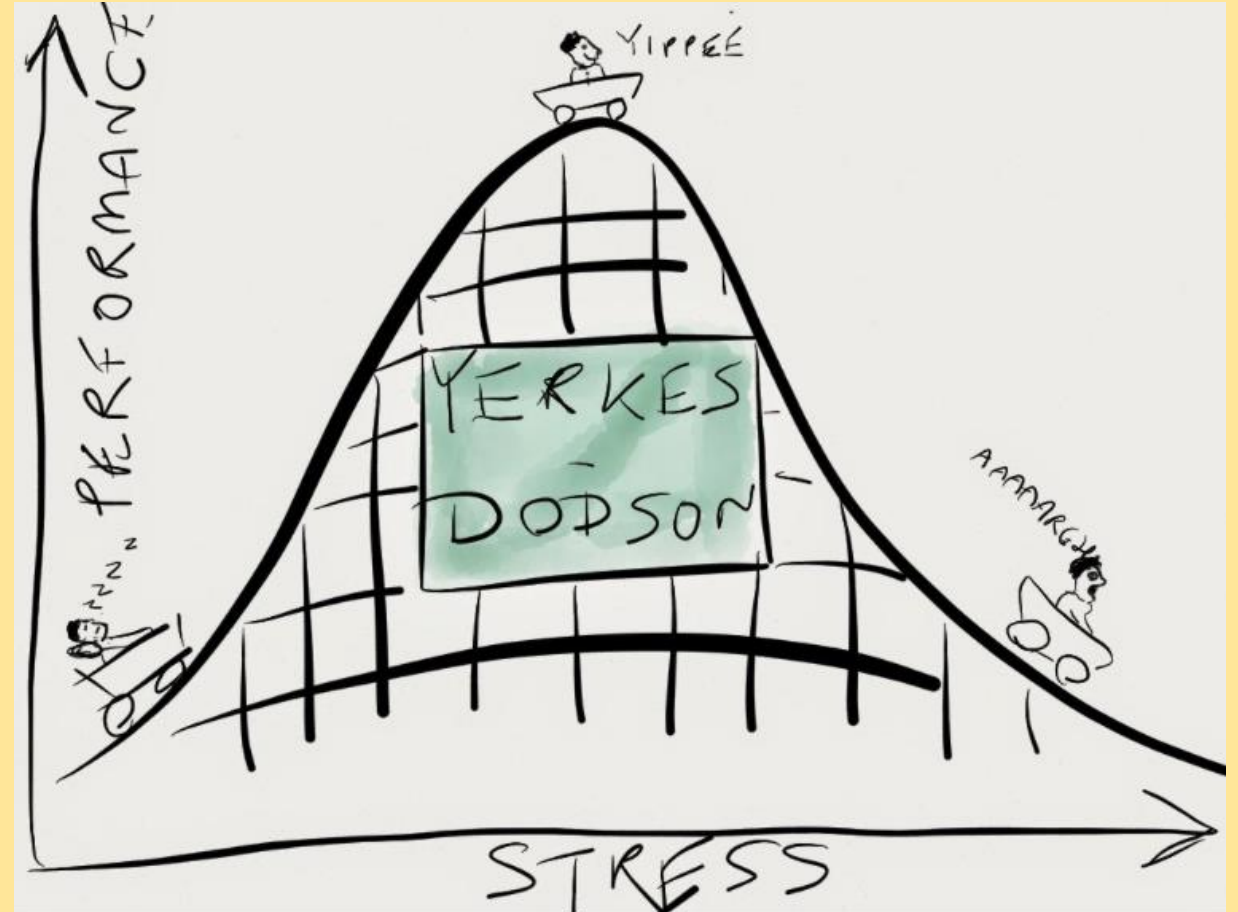
Anxiety and the Brain

- 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



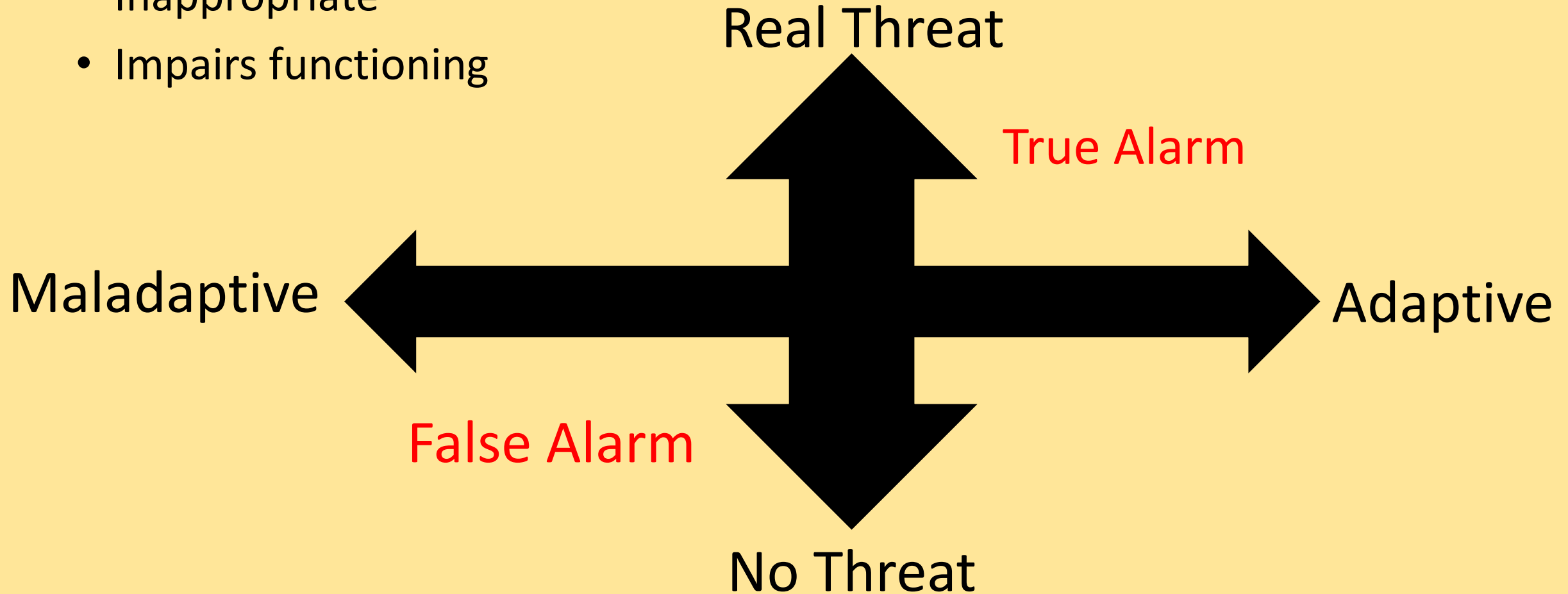
Anxiety – is it necessary?

- 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
- Inappropriate
- Impairs functioning



Anxiety

Features:

- Emotional
- Somatic Symptoms
- Cognitions

