



FREE
&
Open to
Everyone!

Understanding Anxiety

with Tanya Curtis – Behaviour Specialist

We hear the word anxiety and for most a picture pops up of what anxiety looks and/or feels like. The picture is different for many.

The list of possibilities of what anxiety may look and feel like, from low to high intensity symptoms experienced in the body, is endless.

Further to this it is common to associate anxiety as a condition of 'someone else'. But is it possible that anxiety is experienced by most, if not all people at some stage in their life ... possibly even daily?

If yes, then it is important we get to the bottom of understanding anxiety. Put simply:

Anxiety occurs in the body when we perceive that we do not have the required skills to respond to life and the lessons life presents.

~TANYA CURTIS

So let's understand this phrase in more detail:

1. Anxiety occurs in the body
2. When we do not perceive we have the required skills
3. To respond to life and the lessons life presents

ANXIETY OCCURS IN THE BODY

Anxiety, on presentation, is simply the symptoms that our body is experiencing. Our body, through its behaviours, words, thoughts and/or feelings, is talking to us all the time; but what is it saying?

When our body is expressing via preferred behaviours, words, thoughts and/or feelings, it is simply telling us that it 'perceives' it has the required skills to respond to what life is presenting at that given moment.

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LOCATION

All presentations will be held at:

**Robina Community Centre
Meeting ROOM 1.2**
196 Robina Town Centre Drive
Robina QLD

BOOKINGS

To attend please RSVP
online at coun.org/events

For further information
email gc-events@coun.org

To combat anxiety is to embrace each life-lesson as an opportunity ... an opportunity to self-master life and all that it presents ...

As soon as the body starts expressing even the tiniest forms of unwanted behaviours, words, thoughts and/or feelings it is then simply expressing that a part of life has been presented that we do not perceive we are completely equipped to respond to. Thus ...

Anxiety is simply the body's means of communicating to us how it is currently experiencing life.

WHEN WE DO NOT PERCEIVE WE HAVE THE REQUIRED SKILLS

One of the most important words in this line is 'perceive'; simply meaning it is not whether a person does or does not have the required skills at any given moment to respond to life, rather, it is whether the person themselves feels/perceives that they do in fact have the required skills.

The perception of skills is actually what discerns anxiety, rather than the actual and existing skill level.

If a person does not perceive they have the required skills to respond to what life is presenting it is a guarantee their anxiety levels will be elevated and shown through symptoms in the body.

Alternatively, once a person perceives they do have the required skills to respond to what life is presenting then their anxiety levels will be showing minimal if any symptoms of anxiety; thus the body is more likely to be in its natural harmonious state.

TO RESPOND TO LIFE AND THE LESSONS LIFE PRESENTS

Life is presenting each and every one of us an endless array of lessons, which we can simply call 'the classroom of life'.

In our traditional classroom we learn to read, write etcetera. But what if our lessons go far beyond the traditional classroom and instead all-day-every-day we are in the 'classroom of life'?

Life presents to us all places to be, people to spend time with, projects to be part of, awareness to experience and so on. All-day-every-day life is presenting us new lessons.

Some lessons presented may be ones we perceive we are equipped to approach, whereas others, we may perceive

For some, anxiety may look or feel like:

- A panic attack
- Heart palpitations
- Excessive sweating
- Redness in the face and neck
- Shallow breathing
- Claustrophobia
- Difficult to function in day-to-day life
- Not coping
- Heart racing
- Sweating
- Clamming palms
- Feeling small like you don't exist
- Tantrums
- Refusal to leave the house
- Refusal to participate in a difficult task

as overwhelming, challenging and not ones we perceive we have the required skills to respond to.

Thus, anxiety is simply a symptom that our body experiences when we perceive we have not YET developed the skills to respond to the life lessons we have been presented and re-presented.

Combatting anxiety is simply embracing each life-lesson as an opportunity ... an opportunity to self-master life and all that it presents.

Disclaimer: Anxiety can be a serious condition, requiring medical attention. If you are feeling suicidal/and or desperate please seek appropriate medical assistance, contact your GP, or this international link <http://togetherweare-strong.tumblr.com/helpline> that provides a list of support services.

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