# 18th International Mental Health Conference Gold Coast

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**Presentation:**

Anxiety and how it affects our behaviours

**Abstract:**

Behaviour is a word that is often misused and thus not addressed to a level that supports lasting change. Behaviour is often interpreted as 'unwanted, challenging or alike', however we are never absent of using behaviour.

The simplicity is, we all use behaviours all day, every day. Sometimes these behaviours are what we would say are wanted, whereas other times they may be considered unwanted ... either way, we are still using behaviours. Unwanted behaviours can simply be seen as the behaviours a person would prefer not to be using ... thus we all use unwanted behaviours.

Most if not all people have spent time committing to changing their own unwanted behaviour patterns, many times with short term results, but not lasting change. The question must be asked as to 'why not lasting change'. The answer is simple... rarely have we addressed the root cause of the behaviour.

Based on the principles of Functional Behaviour Assessment, Behaviour Specialist Tanya knows that all unwanted behaviour is happening for a reason; unless this reason is addressed in full then lasting change will not occur. Tanya offers her approach to addressing unwanted behaviour from the foundational principle that '**all unwanted behaviour is preceded by anxiety**', thus understanding anxiety is paramount to lasting behaviour change.

Anxiety is typically associated with those experiencing heightened symptoms of anxiety ... however Is it possible that anxiety is actually experienced by all on a regular basis?

Whether a person be experiencing depressive related behaviours, relationship challenges, anger, withdrawal, over/under eating, social challenges etc., these classifications are simply a description of a collection of behaviours that occur when a person is feeling anxious.

This talk will explore how lasting behaviour change will occur when we address the root cause of anxiety for each individual.

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