



# UNDERSTANDING ANXIETY

We hear the word ‘anxiety’ and a picture might pop up of what anxiety looks or feels like. But this picture can be quite different for different people and the symptoms, experienced in the body, can range from low to high intensity.

It is quite common to think of anxiety as ‘someone else’s’ condition. 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 that we understand anxiety and get to the bottom of it.

## ANXIETY OCCURS IN THE BODY . . .

Our body, through its behaviours, words, thoughts and/or feelings, talks to us all the time. Thus, anxiety is a range of symptoms that our body is experiencing.

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

As soon as the body starts expressing even the tiniest form of non-preferred or unwanted behaviours, words, thoughts and/or feelings it is letting us know that a part of life has been presented that we perceive we are not yet entirely equipped to respond to.

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

Thus...

Anxiety is the body’s way of communicating to us how it is currently experiencing life.

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### PUT SIMPLY –

Anxiety occurs in the body when we perceive that we do not yet have the required skills to respond to life and the life lesson presented.

### IN MORE DETAIL:

1. Anxiety occurs in the body ...
2. when we perceive we do not yet have the required skills ...
3. to respond to life and the lesson life has presented.

### ANXIETY CAN LOOK OR FEEL LIKE:

- A panic attack
- Heart palpitations
- Excessive sweating
- Redness in the face and neck
- Shallow breathing
- Claustrophobia
- Difficulty functioning in daily life
- Not coping
- Clammy palms
- Feeling small, like not existing
- Outbursts or tantrums
- Refusal to leave the house
- Refusal to participate in a difficult task



## WHEN WE PERCEIVE WE DO NOT YET HAVE THE REQUIRED SKILLS . . .

One of the most important words here is 'perceive', which means it is not whether a person does have the required skills to respond to life at that moment or not; rather, it is whether they feel/perceive that they do in fact have the required skills.

The perception of skills is what founds anxiety, not the actual or demonstrable skills level.

If a person perceives they do not yet have the required skills to respond to what life presents, their anxiety will be heightened and expressed by the body in the form of symptoms.

Alternatively, once a person perceives they do have the required skills to respond to what life is presenting, there will be minimal if any symptoms of anxiety and 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.

In the traditional classroom we learn to read, write, etc. But what if our lessons go far beyond its limits 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 much more. All-day-every-day life presents us new lessons.

Some lessons may be ones we perceive we are equipped to handle, others we may perceive as overwhelming, challenging and beyond our skills level.

Thus, anxiety is a symptom that our body experiences when we perceive we have not YET

developed the skills to respond to the life lesson in front of us.

Understanding and overcoming anxiety is about embracing each life lesson as an opportunity ... an opportunity to self-master life and all that it presents.

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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.



# FABIC RESOURCES

**fabic.tv**

Behaviour Support videos for parents, carers, kids and professionals in mental health, disability, education and beyond.

**fabic.study**

E-learning short courses and certificates in the Body Life Skills programs and other topics to support lasting behaviour change.

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Books and products that bring about lasting behaviour change to live and reach our true and full potential.