

UNDERSTANDING ANXIETY



THE SOCIAL CONNECT MODEL



WHAT IS ANXIETY?

Anxiety has been described as a generalised pervasive state of fear and dread.

Anxiety is felt both cognitively (thinking and emotions) and Physiologically (in the body)

PHYSIOLOGICAL SYMPTOMS

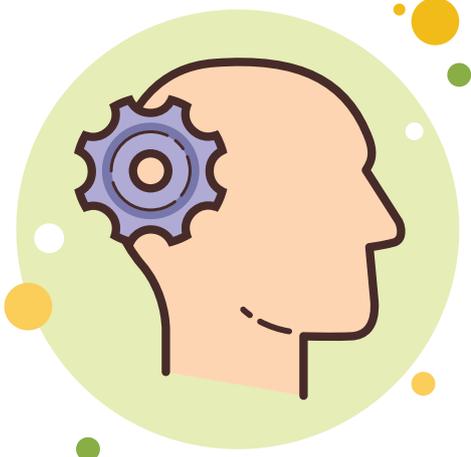
Sweating, tightness in the chest, stomach cramps, blushing, nausea and dizziness are all examples of the physiological symptoms of anxiety. This list is not exhaustive and each individual will experience different symptoms.



COGNITIVE SYMPTOMS

The cognitive symptoms of anxiety include fear, negative thoughts, feelings of inadequacy and memory difficulties.

While these symptoms can be related to anxiety, they are not necessarily due to anxiety. They also occur for other reasons.





PSYCHOSEMATIC EFFECT

When the physiological and cognitive components of stress combine, this is known as the psychosomatic effect.

4 F'S OF ANXIETY

This model of anxiety is a helpful way of explaining some of the different ways people respond to stress and anxiety



FLIGHT



When in "flight" response, the person will try to flee the thing that is causing them stress or anxiety. When someone is in flight mode, they may not look anxious but instead may look agitated, scared or angry. The flight response can cause children to try to escape classrooms, shopping centres, social gatherings and other settings.

FIGHT



When in "fight" response, the person will appear angry and easily aggravated. If not addressed, this may turn into a meltdown as the child will lose control of their actions due to the levels of anxiety reaching a peak.

FREEZE



The Freeze response is very straightforward as the person effectively shuts down and it may look like the person is frozen to the spot.





FAWN



The Fawn response is rarely discussed but is a very common response to anxiety.

Fawning means to flatter someone excessively. Essentially "fawning" is the use of people pleasing to diffuse conflict, feel secure in relationships and earn the approval of others.

The behaviour stems from a feeling of inferiority in the face of those who they perceive as "better" than them. This may be due to their own perception of the other persons social standing, their intellect, or their looks. This list is not exhaustive . There may be many other causative factors.

The person's perception of the power drives the fawning behaviour.

