

# WHY DO WE WORRY?

[www.yourwellbeinguk.com](http://www.yourwellbeinguk.com)



When we feel that we are in danger it triggers an internal worry alarm (anxiety).



This worry alarm is a defense mechanism wired into our body.



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Worry can equal protection.

A little worry can be a good thing, it protects us when necessary as it tells us not to play with fire...



A little worry can also help us if we have an important task to do like an exam or speaking in front of people.

Here's the Science... When the worry alarm is triggered, a series of neurochemicals (neuro = nerve system) are dumped into your body to help you survive. Your body speeds up, your system cools down and your muscles get ready to fight, run (flight) or freeze. You get extra oxygen to your bloodstream. Your body shuts down any unnecessary systems (like your digestion). Worry can be positive and it can make you capable of incredible things (like lifting a car if someone you love is inside it).



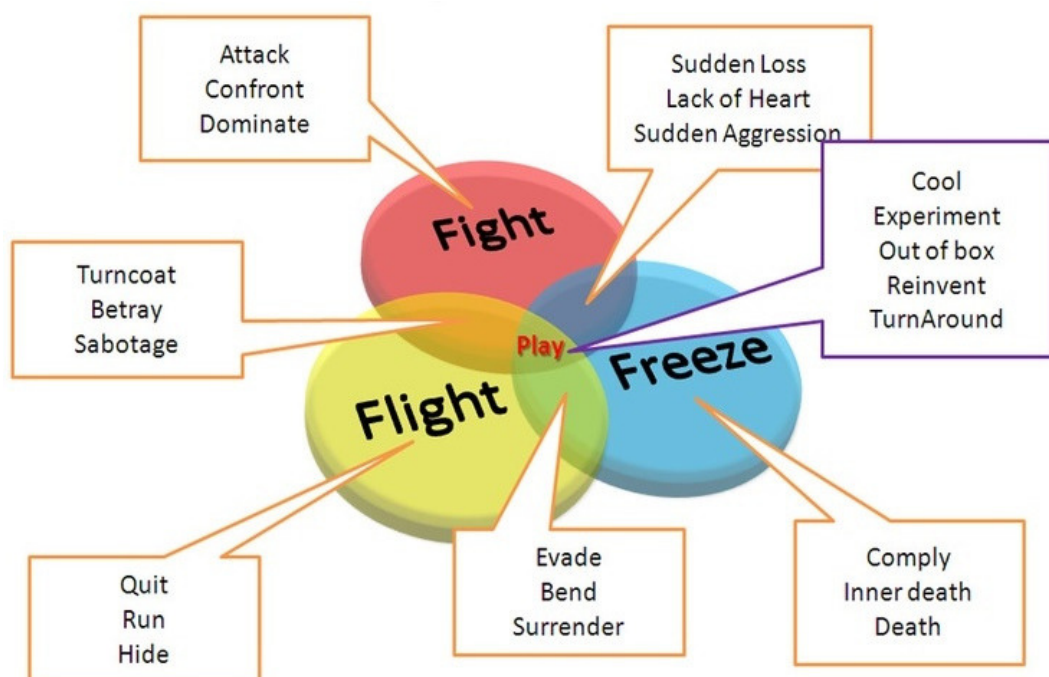
Sometimes our worry alarm goes off when we think about the future or something that may have impacted us negatively from the past. We can sometimes think negative things that may not be true. This is when the worry alarm is not helpful.

*I don't think she likes me*

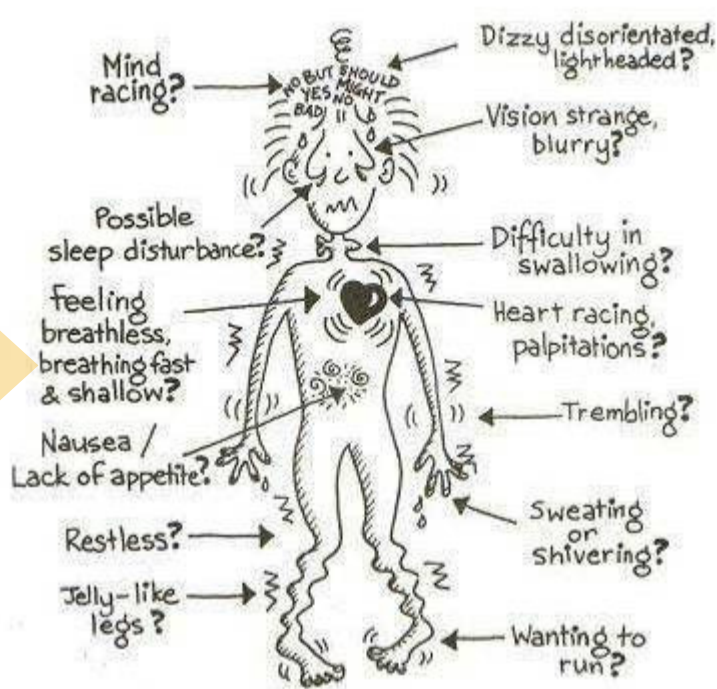
*I'm rubbish at tests....  
I'll fail*

*I'm not good enough*

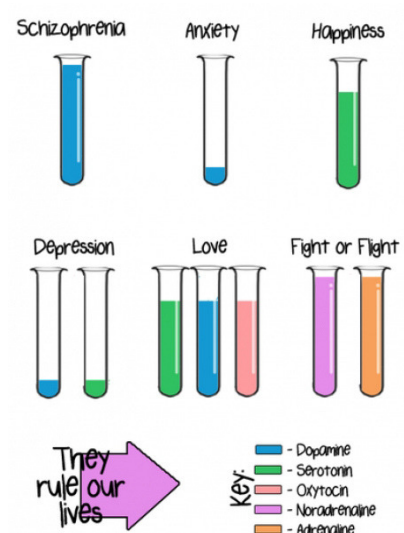
Our response to the worry alarm is known as fight, flight or freeze. We would generally do one of these things.



What happens when we have not got anything to either fight, freeze or run away from? There is nowhere for those chemicals to go... so you may end up feeling some of these things.



These are the chemicals that control our emotions. Worry is generally termed as anxiety or stress.



Sometimes you also worry because:



Your chemical messengers (neurotransmitters) are out of balance which can trigger anxiety.



Your family history, through inherited genes may play a part in anxiety disorders.



Your personal experience of any upsetting events in your life can also lead to anxiety disorders.

All these things together (or by themselves) can lead you to feel sad, depressed, tired, angry, confused, panicked, sick... the list goes on. Here are a few anxiety disorders that people all over the world suffer from:

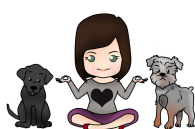
Depression	2.6 in 100 people
Anxiety	4.7 in 100 people
Mixed anxiety and depression	9.7 in 100 people
Phobias	2.6 in 100 people
OCD	1.3 in 100 people
Panic disorder	1.2 in 100 people
Post-traumatic stress disorder	3.0 in 100 people
Eating disorders	1.6 in 100 people

Did you know that 1 in 4 people suffer from anxiety in the UK?

The good news is that you can help yourself if you suffer with worry / anxiety. Here are just a few helpful tips.



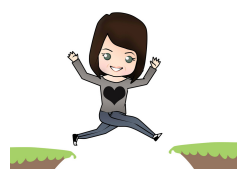
Talk to someone you trust



It is important that you understand how breathing affects your feelings. There is a FREE handout available at [www.yourwellbeinguk.com](http://www.yourwellbeinguk.com) explaining just that. Try to practice the technique next time you feel anxious.



Go out for a walk, or do something you love - dance, sing, read a book, go for a walk, go shopping, talk to a friend/family member, play your Xbox or PlayStation (Dopamine, Oxytocin, Serotonin, and Endorphins are released when we are happy)



Go to the gym or do some physical exercise (Endorphins are released when we exercise)



Try a complementary therapy (speak to a family member or teacher they will let you know what's available)



Find a local support group (find these by doing a google search)

