

UNDERSTANDING Anxiety

...with a better understanding comes increased awareness and positive action can take place.

THE
BRIGHT
CENTRE

WHAT WE'LL COVER...

Facts about anxiety

What might be triggering you to feel anxious

How to reduce feelings of anxiety



WHY LISTEN TO ME?

Hello, my name is Tanya Bright and I founded The Bright Centre in 2018 with the goal to help as many million people as possible to lead healthier & happier lives.



Tanya Bright
Founder at The Bright Centre™

- I have a **Masters In Science: The Psychology and Neuroscience of Mental Health** from King's College London
- I am a **Mental Health First Aider**
- I am a **Master Practitioner in Neuro-Linguistic Programming (NLP)**
- I have helped, **100s** of people around the world

I believe that we all deserve to live a life with peace of mind. I believe that everyone deserves a good quality of life and it starts by understanding our mind. With this understanding we can learn to master our mind by becoming more aware of the different processing patterns that lead to unwanted feelings of stress, overwhelm and anxiety.

1 in 4 people in the world struggle with their mental health every year because of a lack of knowledge, support and stigma that still exists around mental health. I am trying to help educate that being proactive with our mental health is just like going to the gym for our physical health, but for our mind.

I have experienced my own mental health struggles since aged 15 including eating disorders; anorexia & bulimia and numerous spells of anxiety at different levels of severity. Members of my family struggle with anxiety on a daily basis as well as ADHD and Autistic traits.

WHAT IS ANXIETY?

Initially it is important to understand what anxiety actually is...

World Health Organisation definition

Anxiety disorders are characterised by excessive fear and worry and related behavioural disturbances. Symptoms are severe enough to result in significant distress or significant impairment in functioning.

A Different View of Anxiety

Aligning with and continuing to advocate the neurodiversity perspective, our brains are all wired differently which means our experience of the world is different. This wiring can cause us to feel anxiety for different reasons and at different times. The severity that is experienced can also vary and be more or less impactful to our life.

The medical world and wider society class anxiety as a disorder. The Oxford English definition of 'disorder' is a (medical) condition or illness that causes problems with the way part of the body or brain works. The definition identifies it as a problem within the person. This means that 1 in 8 people in the world are disordered as this remains the most up to date statistic published by the World Health Organisation of how many people in the world live with a mental disorder, anxiety and depression being the most common.

Continuing to use the term disorder is one of the reasons that there is such a stigma surrounding anxiety and a barrier for people to get help. Anxiety is a feeling just like other feelings and it can cause problems if it isn't understood and managed.

The feeling of anxiety is our brains way of telling us that we are in danger or frightened of something and at times can be used to protect us if we listen to it.

FACTS ABOUT ANXIETY

Here are 3 facts about anxiety:

Fact No.1

In 2019, 301 million people were living with an anxiety disorder including 58 million children and adolescents

(World Health Organization)



Fact No.2

Anxiety & Neurodivergency;

50% of ADHDers experience anxiety

80% of Autistic people experience anxiety

(Anxiety & Depression Association of America, National Autistic Society)



Fact No.3

It is normal to feel anxious now and then. It is when it lasts longer than a couple weeks or the feelings of fear are taking over your life that you should seek professional help

(Mental Health Foundation)

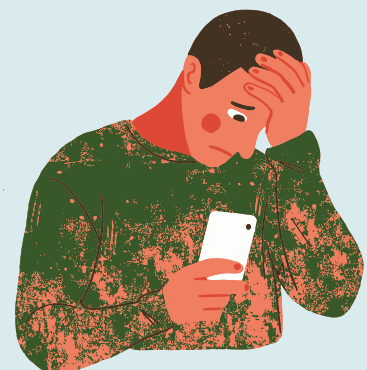


TRIGGERS TO KEEP AN EYE OUT FOR

By becoming aware of triggers that cause you to feel anxious, you can make predictions of situations and take action which will help you to alleviate these feelings. This will also help you to gain a sense of control which in itself can help to reduce feelings of anxiety.

STRESS - when the demands on you are greater than your perceived ability to cope

- **Examples of EXTERNAL STRESS.** Finances, pressure at work, juggling all of lifes demands, breakdown of a relationship, trauma.
- **Examples of INTERNAL STRESS.** Thoughts and feelings that arise in the mind and body. These can cause feelings of unease, low confidence, uncertainties and unrealistic expectations.
- Certain levels of stress are good for us to keep us on track and focussed. However, too much stress can cause our brain to release too much of the stress hormones including adrenaline and cortisol which can cause us to feel anxious and can be detrimental in the long-term.



PAST TRAUMAS / EXPERIENCES

- Challenging experiences from your past whether from your childhood, adolescents or adulthood is a very common trigger of anxiety.
- Traumas including; bullying, losing a parent, emotional or physical abuse, neglect and experiencing racism can all trigger anxiety.

NUTRITION

- **Example; ALCOHOL.** Is a quick and deceptive fix for feeling better if you are stressed or anxious. Initially it makes you feel more relaxed as it slows your brain down but soon after, because it has changed the chemicals in your brain, it can leave you feeling more anxious as messages aren't travelling around your brain properly.
- **Example; SUGAR.** If you eat a diet high in sugar which can be found mainly in processed foods and junk foods, you are sending your body on a rollercoaster ride of spiking and dipping your blood sugar levels. The anxious feelings of this are usually felt when the body is deprived and craving more sugar.
- The gut-brain connection is scientifically proven which is why, vice versa to these examples, if you are feeling worried and anxious you may feel this as a nauseous feeling in the stomach or even feel cramps.



PHYSICAL OR MENTAL HEALTH STRUGGLES

- Health struggles whether physical or mental can cause anxiety or make it worst.
- **PHYSICAL HEALTH STRUGGLES.** If you are living with a serious or ongoing condition this can cause anxiety to be triggered.
- **MENTAL HEALTH STRUGGLES.** Anxiety can develop as a result of other mental health struggles such as depression. Many people are diagnosed with anxiety when in actual fact this is a symptom of another diagnosable condition.



TIPS TO REDUCE FEELINGS OF ANXIETY

The right tips for you will depend on the severity of the feelings of anxiety, some may work for you others may not.

The key is to regulate your nervous system;

- If you are in fight or flight mode, safety and connection will help get you back up to the area of rest & digest (opposite to flight, flight, freeze or fawn)
- Connection with others (your tribe) and yourself
- Notice and listen to the feelings in your body, so that in future you will be aware and able to stop the anxiety from worsening
- Rest, not necessarily sleep but a resting state
- Good quality sleep
- Hydration
- Nutritional food
- Exercise / movement
- Engaging in things you love
- Carry out things in line with your purpose
- Work mainly at an average level not at your best
- Focus on deep, belly breathing
- Grounding in nature e.g. bare feet in the sand absorbing natural energy
- Try to reduce unpredictability



WANT MORE OF MY HELP?

If you'd like my help in supporting you, I'd like to invite you to schedule a FREE 30-minute call so that I can help you to take the right steps.

Here's what we'll cover on the call:

- Your current situation
- What you are finding most challenging
- How I can further help you

If I am able to help you, I will be more than happy to discuss this. If not, I will help to guide you in the right direction. Either way, you'll leave with a better idea of some positive steps you can take to help reduce the anxiety in your life and the impact that it is having.

Once again, it's an honour to have you in the community & I wish you all the best!

Tanya

BOOK YOUR CALL HERE

WHAT SOME OF MY CLIENTS I HAVE WORKED WITH SAY...

...MY LIFE DOUBTING...
SHE IS TRULY AMAZING AND SO GOOD AT WHAT SHE DOES. SHE IS ALWAYS POSITIVE, SUPPORTIVE AND ENCOURAGING IN EVERY SESSION. TOO BE HONEST, THERE ARE NO WORDS THAT CAN EXPRESS HOW TRULY GRATEFUL I AM TO HER FOR TURNING MY LIFE AROUND. THANK YOU SO MUCH 🥰💕"

WHY TANYA? TANYA ENGAGES IN A WAY THAT IS PERSONAL TO YOU, APPROACHABLE, AT YOUR PACE AND CATERS FOR YOUR NEEDS, ENSURING MAXIMUM USE OF PRODUCTIVE TIME AND NOT JUST USING UP THE CLOCK IN SESSION. TASKING YOU WITH HOMEWORK, EXERCISES AND SELF REFLECTION, NOT ONLY TO HELP YOU UNDERSTAND YOURSELF BETTER, BUT ALSO TO HELP YOU LIVE A BETTER MORE POSITIVE LIFE, REDUCING ANY 'BAGGAGE'. THERE IS DEFINITELY NO HARD SELL, JUST A PACKAGE FOR 'YOU'. YOU JUST NEED TO BE OPEN AND HONEST WITH YOURSELF AND ALLOW YOURSELF TO BE HELPED.

