

Chapter 1 : Extinguishing Anxiety: Know Your Triggers! - Beyond Blue

Learning your anxiety triggers can help you cope more effectively with anxiety. Every person with anxiety has different triggers, so it's important to know what specific things make you feel anxious. Recognizing your triggers can help you make a choice in how to respond rather than simply reacting.

Posted by Beyond Blue Anxiety arrives much like a surprise visit from an unwanted guest. You can be sailing along in your recovery program, doing all the right things, and then, BAM! You feel like you need to grab the paper bag you used to breathe through during your more severe panic attacks. But a few days after returning, I experienced the same heart palpitations and knot in my stomach that I recognize as acute anxiety. I grabbed her book and have underlined practically every word of it. Here is the illustration she uses that I think is very useful to seeing how this occurs on an unconscious level. You have developed a fear of pit bulls. His bark the trigger is associated with the negative event bite. Since your amygdala has a killer memory, it automatically pairs the pain of the dog bite with the barking, so that you experience a kind of learned anxiety. One was Memorial Day. On a subconscious level, I associate the beginning of summer with anxiety, because I tend to relapse in the summer, and during the summer of and , I experienced the most acute anxiety and depression of my two-year slump. The second was hanging out at the pool yesterday. The pool is a setting and settings, alone, can act as a trigger, says Pittman that creates some anxiety for me since, again, during that time of severe depression I remember not being able to contain my tears there, and wishing that I could find a way to drowned myself in the water. You are going to feel like that again this summer. I began to exhibit physical symptoms. I clenched my jaws. And I had no interest in touching the free hotdogs and burgers that were being served because my stomach was knotted up. The third ongoing trigger is the release and letting go of a project in which I poured myself into the Commencement address. Some projects absorb so much of your time and attention that, when they are over, you have an uncomfortable vacancy that creates anxiety. When you go home, the first days are tough, because you miss them. You have grown to enjoy them, and the letting go process can be a tad painful, especially if you have abandonment issues from your childhood. So the way out of your anxiety, says Pittman, is to build new associations. For example, I have been concentrating on moments in the last few summers that I have been genuinely happy: I love playing cop! Especially to seven-year-olds trying to swim one length of a pool for the first time. In all seriousness, swim meets are a positive association for me, because I have memories that span ten summers or more from my youth, when I participated on swim team, and had a blast with fellow teammates. They were a source of great joy. And so I try to go back there, and replace the summers of depression, with new swim team memories of coaching the kids, being pool cop, etc. I will discuss other strategies and techniques that Dr. Pittman offers in her book in later posts. However, identifying your triggers is a great starting place to learn how to try to pluck the seeds of your anxiety before they have a chance to grow too long and entangled.

Chapter 2 : Do2Learn: Educational Resources for Special Needs

Identifying your triggers is an important step in managing them. Keep reading to learn about these anxiety triggers and what you can do to manage your anxiety. Anxiety triggers.

February 24, , 2: Recognizing Your Depression Triggers Dr. Sometimes called stressors, triggers are anything that almost inevitably brings on depressive symptoms and tips you off-balance. A trigger might be emotional, physical or psychological. Not getting enough sleep, conflict in the family, a looming deadline at work, a situation that stirs old feelings of inadequacy—the particular constellation varies from individual to individual. Triggers are a fact of life. Learning what events, interactions, and even negative self-statements leave you vulnerable will help you offset a downward emotional spiral. Note dates that are meaningful or stressful for you, such as the anniversary of a divorce or death. Maybe a yearly physical exam or mammogram brings on anxiety. Maybe an annual family reunion leaves you feeling emotionally raw. Maybe post-vacation letdown opens the door to low mood. Noting occasions that tend to be difficult for you allows you to anticipate and plan for threats to your well-being. What circumstances at work affect your mood and behavior? At home, do certain actions of those around you tend to upset you? Are there times of day when you are more susceptible to stresses? Taking inventory of traumatic incidents in your past will help identify future triggers. Are you overly sensitive about subtle criticism? Are you quick to lash out when you feel rejected? What about your self-image: Are you too judgmental, or can you be accepting of your strengths and weaknesses? When I know my triggers, what then? You need to develop proactive strategies to stay on your feet. What problem-solving tools can you use to keep strong? For example, are you using positive thinking to offset negative thoughts when triggers get the better of you? Do you need to delegate more to reduce stress? What is the current level of your depression and are you attending to it well? Consider changes you can make to minimize your exposure to the triggers that most trouble you—but be careful not to let your world become too narrow. Can you attend that family reunion but limit your presence to what you can handle? Can you institute official family quiet time between getting home and making dinner? Depending on your situation, you might even think about an extreme adjustment like changing jobs. Make sure the people in your life are aware of your triggers and insist that they respect the boundaries you set up in self-defense. Just as you can learn what your triggers are, you can also figure out how you typically respond. It also helps to have a regular schedule for waking, sleeping, eating, and exercising—and for relaxing and refueling, too.

Chapter 3 : Anxiety disorders - Symptoms and causes - Mayo Clinic

This anxiety may have "triggers" which essentially pick the anxiety disorder back up again and cause it to have more impact in your life, often becoming harder to manage. Natural Triggers of Anxiety There are also several natural, understandable triggers of anxiety.

These mood shifts or episodes last at least a week in the case of mania, and at least two weeks in the case of depression, according to psychiatrist Jeffrey Bennett, MD, an associate professor of psychiatry at the Southern Illinois University School of Medicine in Springfield. There are several types of bipolar and related disorders. In cases of mania, these symptoms are severe enough to be causing significant problems in your day-to-day life. For example, you might be unable to go to work or school, or you may be compulsively spending money. For example, you are able to work and socialize. When mood shifts are severe enough, they can have a profound effect on your life. Some episodes of depression and mania are accompanied by loss of reality or psychosis, characterized by hallucinations or delusions. Can these episodes be avoided? But understanding certain triggers can help you better manage bipolar disorder. One of the most common bipolar triggers is stress. In a study published in June in the *Journal of Affective Disorders*, negative or stressful life events were associated with subsequent mood swings. Earlier in their course, episodes of depression or mania in bipolar disorder appear to be triggered more often by stressful life events. While causes of stress are highly individual, certain life events and lifestyle patterns may act as triggers. Watch out for these common culprits. Shift workers, people who work long hours, and students who are short on sleep are all at risk for having a recurrence of a mood episode related to a lack of sleep. This treatment approach, available in group as well as individual sessions, helps you develop an orderly life schedule of sleep, diet, and exercise habits, to make you more effective at managing bipolar disorder. But getting into a spat with a loved one could also be a red flag: Your argument could be due to the irritability that often occurs during a manic or depressive episode, or could itself cause stress that becomes a contributing factor for a recurrent episode. In a study published in May in the *Journal of Affective Disorders*, people with bipolar disorder said negative social experiences were among the events that triggered suicidal thinking for them. Getty Images *The Stress of a Bad Breakup or Failed Marriage* A number of people with bipolar disorder "especially those with a history of severe manic episodes" have failed marriages. You might consider a durable power of attorney that allows someone else to make major decisions for you, such as financial ones, when you are going through an episode of depression or mania in relation to or during a breakup. In fact, assigning a durable power of attorney could be useful for anyone who might be experiencing an episode of bipolar disorder. Intoxication with drugs such as cocaine and amphetamines can cause or worsen manic symptoms, while the aftereffects of cocaine or use of alcohol are associated with worsening of depressive symptoms. What should you do about bipolar depression? Other drugs that have been linked to manic symptoms include corticosteroids, thyroid medication, and appetite suppressants. Experts chalk this up to sunlight: Use the nine months of pregnancy to work with your entire medical team "your bipolar disorder specialists and your ob-gyn" on treatment approaches you can try during and after pregnancy to help prevent postpartum depression, postpartum mania, or postpartum psychosis. And the emotions you may feel about your job loss can be equally unpredictable. For others, the financial and emotional strains involved can trigger major stress. Either way, the dramatic shift in emotions could trigger a bipolar episode. It may be a good idea to put away three to six months of savings to help with the transition, should you lose your job. Getty Images *The Death of a Loved One and Bereavement* The death of a loved one may be the most stressful life event any of us will ever face. This occurs when someone with controlled bipolar disorder attends the funeral of the loved one and has a manic episode over the course of the following week. The period of bereavement should be one of increased monitoring and heightened support, advises Bennett.

Chapter 4 : Recognizing and Managing Your Anxiety | HealthyPlace

Effective stress management starts with identifying your sources of stress and developing strategies to manage them. One way to do this is to make a list of the situations, concerns or challenges that trigger your stress response.

We all have demands and we all respond to those demands differently. How we respond to those demands determine our stress level. Life is full of stress. Sometimes it comes and goes and sometimes it lingers. Sometimes our stressors are small, and sometimes they are big. Stress may come from within or come from an outside source. There are different types and causes of stress. Understanding stress is an important part of stress management. Stress management gives us the opportunity to take a step back and reset. We want to be able to recognize stress as it comes and deal with it effectively. There are two main types of stress – acute stress and chronic stress. This is often referred to as the fight-or-flight response. It can propel you to move away from danger, or in some cases even give you energy. Generally, acute stress does not cause significant problems. When acute stress occurs frequently or on a regular basis it can trigger anxiety, panic attacks, post-traumatic stress disorder, and other health-related issues. The body does not have a fight-or-flight response to this type of stress. As a matter of fact, you may not even recognize this type of stress at all. It typically builds up over time and the effects may be more problematic and cause longer-lasting issues. You may even want to rate the intensity on a scale of 1-10. By writing down your stressors, you may identify some patterns and triggers. Take time to recognize if the stress feels temporary or if it lingers throughout the day or longer. Observe if you are triggered by small things or larger issues. Lastly, identify if they are internal or external stressors. Most of our internal stressors come from our own thoughts and beliefs. We have the ability to control these, but sometimes we become plagued by worry, anxiety, uncertainty, fears, and other forms of negativity. Identify if this is true for you. External stressors are things that happen to us that we often cannot control. These are unpredictable events such as new deadlines or unexpected financial issues. These types of stressors can also include major life changes – positive or negative. These can include a promotion, the birth or adoption of a child, or unexpected health issues or death of a loved one. You may wish to research some online stress tests. There are several versions that determine stress levels with a high degree of accuracy. Once you have identified your triggers, you can start thinking of ways to manage your stress. You may wish to engage in relaxation, meditation, mindfulness exercises, or other stress management techniques. It is important to remember stress management techniques are often not an immediate cure. These techniques sometimes need to be practiced and used over time to be effective. Recognizing stress is just the first step toward managing it. You may not be able to eliminate it because life happens, but you can learn to cope better. If you find that your stress is chronic and you do not feel you are able to cope or you begin recognizing mental or physical symptoms that indicate you are under too much stress, consult with a physician or therapist. Retrieved on November 8, 2017, from <https://www.healthyplace.com/stress-management/recognizing-your-anxiety-triggers/>

Chapter 5 : Ask The Therapist: Recognizing Your Depression Triggers | Esperanza - Hope To Cope

The strengths that have helped you to succeed are also your greatest emotional triggers when you feel someone is not honoring what makes you special. When your brain perceives that someone has taken or plans to take one of these important things away from you, then your emotions are triggered.

According to The Art of War author, "winning without fighting" is a key principle for managing every confrontation. And when it comes to anxiety the hardest battles are with our selves. No matter what I do, or where I go. Now, of course I still avoid it. But I do so strategically. What sets off your anxiety, panic? List all the anxiety triggers you can think of. A why, or a where. A how, or a who. Use these questions to help identify and analyze anxiety triggers: Do I experience particular sensations in my body in response to the trigger? What ideas or beliefs do you hold about the trigger? For example, riding on public transport might make some people feel like they are in immediate danger. Ask yourself why you believe that. Am I afraid something specific will happen as a result of this trigger? How realistically probable is it that that idea or image will become a reality? Preferably before I freak out. Am I afraid of the fear itself? If so, you might want to look at ways to deal with anticipatory anxiety before you engage with specific anxieties, compulsions or concerns. How am I protecting myself from the anxieties brought up by the trigger? Obsessions, compulsions and self-medication may play a part in this. Do you have a plan to deal with the trigger before it snowballs into a panic attack , or has other serious affects on your daily life? Also, put together a list of ways to cope and support yourself - make it trigger specific. The answers to these questions may not seem like much on their own but put together they can paint a pretty clear picture of the nature of your anxiety. Kate White View all posts by Kate White.

Chapter 6 : How to Recognize & Deal With Emotional Triggers | Omega

Your current mental and emotional state matters; The better you know where you're at, the easier it is to work with your anxiety, and defuse triggers before anxiety attacks. Author: Kate White View all posts by Kate White.

Sign up now Stress management: Know your triggers Your response to the demands of the world determines your stress level. Take time to consider common stressors and how they affect you. By Mayo Clinic Staff The kids are screaming, the bills are due and the pile of papers on your desk is growing at an alarming pace. Understanding the types and sources of stress – short term and long term, internal and external – is an important part of stress management. So what stresses you out? Stressors are events or conditions in your surroundings that may trigger stress. Your body responds to stressors differently depending on whether the stressor is new or short term – acute stress – or whether the stressor has been around for a longer time – chronic stress. The acute-stress response is immediate and intense, and in certain circumstances it can be thrilling. Examples of acute stressors include having a job interview or getting a speeding ticket. However, severe acute stress can cause mental health problems – such as post-traumatic stress disorder. It can also cause physical difficulties such as tension headaches, stomach problems or serious health issues – such as a heart attack. Chronic stress Mild acute stress can actually be beneficial – it can spur you into action, motivate and energize you. The problem occurs when stressors pile up and stick around. This persistent stress can lead to health problems, such as headaches and insomnia. The chronic-stress response is more subtle than is the acute-stress response, but the effects may be longer lasting and more problematic. Effective stress management involves identifying and managing both acute and chronic stress. Know your stressors Effective stress management starts with identifying your sources of stress and developing strategies to manage them. One way to do this is to make a list of the situations, concerns or challenges that trigger your stress response. External exasperations External stressors are events and situations that happen to you. Some examples of external stressors include: These changes can be positive, such as a new marriage, a planned pregnancy, a promotion or a new house. Or they can be negative, such as the death of a loved one or a divorce. The input from the world around us can be a source of stress. Consider how you react to sudden noises, such as a barking dog, or how you react to a bright sunlit room or a dark room. Out of the blue, uninvited houseguests arrive. Or you discover your rent has gone up or that your pay has been cut. Common stressors at work include an impossible workload, endless emails, urgent deadlines and a demanding boss. Meeting new people can be stressful. Just think about going on a blind date, and you probably start to sweat. Relationships with family often spawn stress as well. Just think back to your last fight with your partner or child. Strategies to manage external stressors include lifestyle factors such as eating a healthy diet, being physically active and getting enough sleep – which help boost your resiliency. Other helpful steps include asking for help from others, using humor, learning to be assertive, and practicing problem-solving and time management. Internal irritations Not all stress stems from things that happen to you. Much of our stress response is self-induced. Those feelings and thoughts that pop into your head and cause you unrest are known as internal stressors. Examples of internal stressors include: Common ones include fear of failure, fear of public speaking and fear of flying. Uncertainty and lack of control. Few people enjoy not knowing or not being able to control what might happen. Think about how you might react when waiting for the results of a medical test. These might be attitudes, opinions or expectations. You may not even think about how your beliefs shape your experience, but these preset thoughts often set us up for stress. Consider the expectations you put on yourself to create a perfect holiday celebration or advance up the career ladder. The good news is that we have the ability to control our thoughts. The bad news is that our fears, attitudes and expectations have been our companions for a long time and it often takes some effort to change them. Strategies to manage internal stressors include reframing your thoughts and choosing a positive mindset, challenging negative thoughts, using relaxation techniques, and talking with a trusted friend or counselor. Take the first step Recognizing a problem is the first step toward solving it. Manage it, not eliminate it. Stress is a fact of life. You can learn ways to handle it.

Chapter 7 : Understanding & Recognizing Stress

Your triggers may have contributed to your difficulties controlling anger. However, recognizing and dealing with them, patiently and with perseverance, can build your inner emotional strength, helping you handle anger healthily.

It is the result of the feeling under too much mental or emotional pressure. Your inability to outsmart stress and cope can result to serious medical conditions. Chronic stress for example may lead to serious cardiovascular illnesses and other body disorders. A lot of people suffer from so many stress-related illnesses as they continue to struggle balancing their work, relationships and financial status. We all know that stress does not solve any issue, it only gets in the way of sorting out a resolution. The greatest effect of stress is in our mental health which directly affect our physical health. When the way we think is affected by stress, it becomes part of us and our perception of the world is altered. Stress can affect the way you feel, think and behave and how your body works, to the point of biochemical processes. It will teach you how to fix problems in your life and give you a sense of peace. It also includes live demonstrations of the Eutaptics tapping process by Robert Smith. Get full course description here. How to Recognize Chronic Stress Cognitive symptoms of stress include: Memory problems When you begin to become forgetful and unable to remember thinks and it starts to get in the way. This may be a sign that your mental function is not working properly. Memory problems due to stress is progressive and it is best you address the issue before it worsens and affect your productivity. Inability to concentrate Similar to memory problems. When a person begins to develop chronic stress disorder, he may never get optimal concentration level to remain productive. A highly-stressed person can have a million things run within his mind without noticing it. Poor Judgment Stress can cause to feel rushed and overwhelmed. Because of this, you may lack judgment on things that may appear to you as irrelevant given a particular moment. In reality, it may be something important. You can miss a lot of opportunities because of being stressed or put yourself at risk. Seeing only negative It is hard for people experiencing high stress to feel positive, that is why they react on every incoming experience in a negative way. Because of this, a lot their reactions to things are negative in nature because their perception is altered by the stress responses they are going through. Feeling anxious and racing thoughts Natural mental processing is quick, but when the mind is calm, it draw responses coming from various memories without the ability to decipher which one is helpful and which one is completely out of bounds. Constant worry Stress can make a person worry about things that are perceived to be real, in reality, it can be nonexistent. The mind is a valley of thoughts carrying varying intensities of emotions. Worry is a result of being out of control of these emotions. General unhappiness Among the symptoms of stress is becoming unable to be happy or find joy in simple events and activities. Stress is a happiness killer. Loneliness and Isolation Stress can cause to activate so many negative emotions that can lead for an individual to feel lonely and detached from relationships. Aches and pains A stressed individual is unable to release tension quickly and usually it builds up. Muscular tension is very obvious and often even a massage cannot really cure it. Moreover, pain maybe caused due to deprived blood flow as the body utilizes the circulatory system to produce a fight or flight response. Headaches and chest pains Chronic headaches can be caused by stress buildup due to mental strain. Rapid heart rate is due to the body needing more blood supply in the muscles to produce a fight or flight response. If left uncheck this can lead to serious medical issues including cardiovascular illnesses. Common causes of stress Daily living that may appear similar for the majority may be perceived by another individual as highly stressful. There is a deeper psychological process involving stress that is why each situation is unique to an individual. However the following are common external causes:

Chapter 8 : 7 Causes of Anxiety | Everyday Health

Like disease stressors, pain stressors can cause stress or be aggravated by stress. Environmental stressors include noise, pollution, a lack of space, too much heat, or too much cold. Using the above list as a reference, write down and note which category the main stressors in your life fall into.

Flying could be an enormous stressor for one individual and actually be a pleasurable experience for the next. We all experience stress for different reasons. And a situation that makes one person want to run for the hills may be a minor inconvenience or even an invigorating challenge to another. The first step in conquering your personal stressors, or stress inducers, is to identify them. Stressors usually fall into the following categories: These stressors are very individual. Family stressors can include changes in your relationship with your significant other, financial problems, coping with an unruly adolescent, or experiencing empty-nest syndrome. Social stressors arise in our interactions within our personal community. As with emotional stressors, social stressors are very individualized you may love speaking in public, while your colleague shakes in his boots at the mere suggestion. Change stressors are feelings of stress related to any important changes in our lives. This may include moving, getting a new job, moving in with a significant other, or having a baby. Chemical stressors are any drugs a person abuses, such as alcohol, nicotine, caffeine, or tranquilizers. Work stressors are caused by the pressures of performing in the workplace or in the home, if that is where you work. They may include tight deadlines, an unpredictable boss, or endless family demands. Decision stressors involve the stress caused by having to make important decisions, such as the choice of a career or a mate. Phobic stressors are those caused by situations you are extremely afraid of, such as flying in airplanes or being in tight spaces. Physical stressors are situations that overtax your body, such as working long hours without sleep, depriving yourself of healthy food, or standing on your feet all day. They may also include pregnancy, premenstrual syndrome, or too much exercise. Disease stressors are the products of long- or short-term health problems. These may cause stress say, by preventing you from being able to leave your bed, be triggered by stress such as herpes flare-ups, or be aggravated by stress such as migraine headaches. Pain stressors can include acute pain or chronic pain. Like disease stressors, pain stressors can cause stress or be aggravated by stress. Environmental stressors include noise, pollution, a lack of space, too much heat, or too much cold. Using the above list as a reference, write down and note which category the main stressors in your life fall into. You may even find that some of your stressors fall into more than one of these categories. There are probably items on your list of stressors you can let go of, however. If having to clean the entire house on your day off every week is preventing you from having any leisure time, perhaps you can fit a cleaning service into your budget. If ironing shirts is keeping you up late at night, send them to the cleaners instead. Remember, your time is valuable, too. Reducing the strength of your stressors is usually a more viable option than eliminating them entirely. For example, if you are having trouble concentrating on your work because of loud noise in the office, consider buying a pair of earplugs. If your morning trip to work forces you to drive two hours in heavy traffic every day, try another option such as mass transit or carpooling and bring along the morning paper, a good book, or a CD player or IPOD loaded with favorite music. Coping is no doubt your only option for the majority of the items on your list of stressors. There are several techniques for learning to stay calm and clearheaded under pressure. As you master them, even your biggest stressors will pose less and less of a threat. Go back through your list of stressors and mark an E for each item you can eliminate, an R for each stressor you can reduce the strength of, and a C for each item you can learn to cope with. For the items marked with an E or an R, jot down any ideas you have on how to accomplish these goals for example, sending shirts to the cleaners or buying earplugs. We will show you how to reduce the stress in your life in the next section. This information is solely for informational purposes. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider.

5 Steps for Managing Your Emotional Triggers if you don't recognize your feelings, How you can relieve the stress of secrets without breaking trust.

While perhaps most recognized for behavioral changes, anxiety can also have serious consequences on your physical health. Read on to learn more about the major effects anxiety has on your body. Share on Pinterest

The effects of anxiety on the body Anxiety is a normal part of life. For example, you may have felt anxiety before addressing a group or in a job interview. In the short term, anxiety increases your breathing and heart rate, concentrating blood flow to your brain, where you need it. This very physical response is preparing you to face an intense situation. If it gets too intense, however, you might start to feel lightheaded and nauseous. An excessive or persistent state of anxiety can have a devastating effect on your physical and mental health. Anxiety disorders can happen at any stage of life, but they usually begin by middle age. Stressful life experiences may increase your risk for an anxiety disorder, too. Symptoms may begin immediately or years later. Having a serious medical condition or a substance use disorder can also lead to an anxiety disorder. There are several types of anxiety disorders. GAD is diagnosed when extreme worry about a variety of things lasts six months or longer. More severe cases may have a profound impact on your life. Social anxiety disorder This disorder involves a paralyzing fear of social situations and of being judged or humiliated by others. This severe social phobia can leave one feeling ashamed and alone. The typical age at onset is around More than one-third of people with social anxiety disorder wait a decade or more before pursuing help. Symptoms can begin immediately or be delayed for years. Common causes include war, natural disasters, or a physical attack. PTSD episodes may be triggered without warning. Obsessive-compulsive disorder OCD People with OCD may feel overwhelmed with the desire to perform particular rituals compulsions over and over again, or experience intrusive and unwanted thoughts that can be distressing obsessions. Common compulsions include habitual hand-washing, counting, or checking something. Common obsessions include concerns about cleanliness, aggressive impulses, and need for symmetry. Phobias These include fear of tight spaces claustrophobia , fear of heights acrophobia , and many others. You may have a powerful urge to avoid the feared object or situation. Panic disorder This causes panic attacks, spontaneous feelings of anxiety, terror, or impending doom. Physical symptoms include heart palpitations, chest pain, and shortness of breath. These attacks may occur at any time. You can also have another type of anxiety disorder along with panic disorder. Central nervous system Long-term anxiety and panic attacks can cause your brain to release stress hormones on a regular basis. This can increase the frequency of symptoms such as headaches, dizziness, and depression. When you feel anxious and stressed, your brain floods your nervous system with hormones and chemicals designed to help you respond to a threat. Adrenaline and cortisol are two examples. While helpful for the occasional high-stress event, long-term exposure to stress hormones can be more harmful to your physical health in the long run. For example, long-term exposure to cortisol can contribute to weight gain. Cardiovascular system Anxiety disorders can cause rapid heart rate, palpitations, and chest pain. You may also be at an increased risk of high blood pressure and heart disease. If you already have heart disease, anxiety disorders may raise the risk of coronary events. Excretory and digestive systems Anxiety also affects your excretory and digestive systems. You may have stomachaches, nausea, diarrhea, and other digestive issues. Loss of appetite can also occur. There may be a connection between anxiety disorders and the development of irritable bowel syndrome IBS after a bowel infection. IBS can cause vomiting, diarrhea, or constipation. Immune system Anxiety can trigger your flight-or-fight stress response and release a flood of chemicals and hormones, like adrenaline, into your system. In the short term, this increases your pulse and breathing rate, so your brain can get more oxygen. This prepares you to respond appropriately to an intense situation. Your immune system may even get a brief boost. With occasional stress, your body returns to normal functioning when the stress passes. But if you repeatedly feel anxious and stressed or it lasts a long time, your body never gets the signal to return to normal functioning. This can weaken your immune system, leaving you more vulnerable to viral infections and frequent illnesses. Also, your regular vaccines may not work as well if you

have anxiety. Respiratory system Anxiety causes rapid, shallow breathing. If you have chronic obstructive pulmonary disease COPD , you may be at an increased risk of hospitalization from anxiety-related complications. Anxiety can also make asthma symptoms worse. Other effects Anxiety disorder can cause other symptoms, including: