Warm Up

• Based what we have read so far when it comes to coping mechanisms, which one do you believe you use the most? Why?
  • Three Sentence Minimum
Stress and Anxiety

Write Everything in White
Anxiety Disorders

• Often present with rigid, repetitive, and ineffective behaviors to try and control anxiety

• Individuals who suffer from “anxiety disorders” deal with what is considered an above average amount of anxiety

• The most common are
  • Separation Anxiety Disorder
  • Specific Phobias
  • Social Anxiety Disorder
  • Panic Disorder
  • Generalized Anxiety Disorder
Separation Anxiety

- Developmentally inappropriate levels of concern over being away from a significant other
- There is also a fear that some unknown factor may lead to a permanent separation
- Must be intense enough to distract suffers from normal activities
- Causes standard stress symptoms
Specific Phobias

• An irrational fear of a specific object, activity, or situation which is severe enough to disrupt with someone’s “normal” life

• Examples:
  • Xenophobia-Strangers
  • Zoophobia-Animals
  • Pyrophobia-Fire
  • Nyctophobia-Darkness
Social Anxiety Disorder

- Can be a phobia given the right circumstances, but is usually treated as a disorder
- As always the stress must be severe enough to interfere with what would be considered a “normal” routine
- Sever anxiety or fear by exposure to a social or performance situation
  - Can be as simple as being unable to give a class presentation
  - Then again it might cause people to avoid crowded places to eat, bars, or sporting events
  - The level of disruption varies from person to person
Panic Disorder

• Panic Attack
  • The sudden onset of extreme apprehension or fear, usually with a feeling of impending doom

• A sudden and overwhelming sense of stress that last a few minutes to perhaps an hour and then subside
Generalized Anxiety Disorder

- Again the stress presented must, on some level, interfere with what would be a person’s “normal” routine
- Basically, worrying that is out of proportion to the true impact of events or situations
  - Needlessly stressing yourself because a small text you sent might lead to the doom of a relationship
- Often accompanied by other anxiety disorders