

Literature and Coping Skills
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Lecture 18
The Psychology of Fear and Anxiety-II

Hello, everybody, I am Ajit K Mishra, your course instructor for Literature and Coping Skills. I am back with another segment. If you remember in my last lecture, I talked about the psychology of fear. But before that, I started with the idea of taking you back to literally experience and the things that it does to us, and the idea of poetry and healing.

So, by now, you might have gathered some valid, some important ideas about the association, the relationship between literary experience and our emotional responses, and literary experience and the power of healing.

So, in my last lecture, I focused on the psychology of fear. And I also talked about how fear has certain neurobiological aspects. I talked about the triggers that cause fear; I talked about how to manage fear, and a variety of other things. So, today, I am going to talk about the psychology of anxiety.

As I told you, in my last lecture, that for the sake of convenience, I have kept them separated, although to most fear and anxiety means the same, they are not different. But we know that they have certain subtle differences, although they have a huge amount of similarities between them. So, before I talk about the psychology of anxiety, let me quickly give you a recap of what I did in my last lecture. So, I talked about what fear is. So, we focused on the both sides of fear the negative and the positive as well.

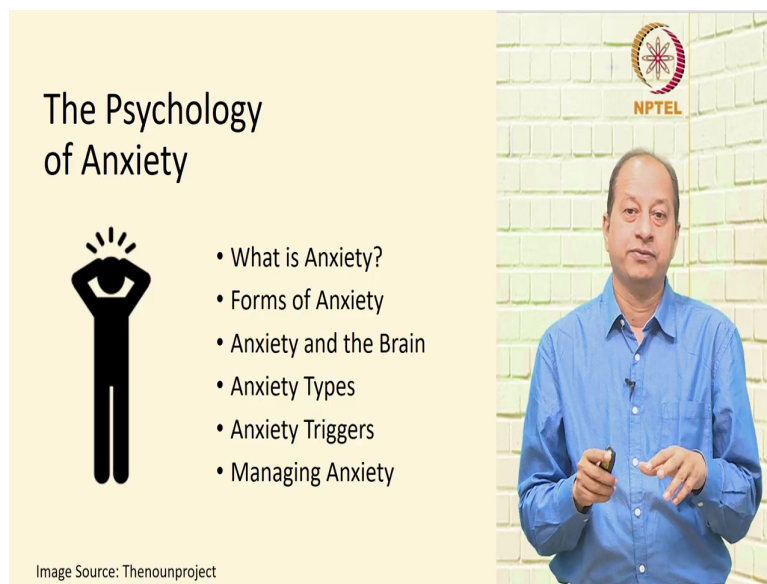
So, that must have helped us take a fresh look at the idea of fear. We looked at different forms of fear- starting with trepidation and moving towards the sharpest and most intense of all fear forms terror. And then we focused on those brain areas that get activated for our emotional responses, emotional reactions, whenever we are faced with certain emotional stimulus, including amygdala. I also talked about various fear triggers that cause fear in us.

And then I also talked about those three human responses to fear SSSR if you remember, freeze, flight and fight, fear responses. And then I talked about the function of fear, how it performs a variety of functions, including trapping us within its spiral, and then helping us

adapt certain measures and develop certain skills with the help of which we can overcome the fear that has grown larger, and contain it timely.

And then I also talked about managing fear, how we can manage fear, with the help of certain ideas, certain tricks, or certain strategies, how we can develop certain skills in us so that we can manage our fear well. So, with that, I will take you to the idea of anxiety, so that is how we come to the idea of psychology of anxiety.

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So, today, I am going to talk about these important aspects of anxiety and try to establish a link between our psychological well being and anxiety states. So, we will start with what is anxiety, then move to forms of anxiety. And then we will come to anxiety and the brain and see how anxiety and brain functions are correlated, and closely associated. And we will also go to anxiety types to see the different types of anxiety that we need to take care of, so that we do not run into them.

And then we come to anxiety triggers the causes of our anxiety. And then finally, we will know how to manage our anxiety with a few tricks. But before I talk about each of these ideas, let me tell you all that like fear, anxiety is also an inherent and integrated part of our existence. And that is one big reason why most people see such a great closeness between fear and anxiety.

And that is how people treat anxiety and fear as synonymous. Apart from the subtle differences, fear and anxiety have a lot of similarities between them. So, we need to

understand that fear is qualified by an object whereas anxiety is not. So, fear is anxiety that is attached to a specific object, observable danger or threat, whereas anxiety is not characterized by any such object. So, it floats in vacuum, it has no form, it has no object, it has no target.


So, it is important that we understand the difference, this particular subtle difference between fear and anxiety. I can cite an example to explain this further, take for example, the case of a golfer. So, the golfer may experience a fear and anxiety simultaneously, the golfer may experience fear as he or she moves towards the ball, picks the shot or prepares for the shot and then finally takes a shot.

So, the golfer may be scared of the fear of failure, if you do not hit it properly, it might not go a long way. But, at the same time, that fear will turn into anxiety, the moment the golfer begins to think about what others are going to respond to his shot, what kind of responses are they going to show when the shot is taken. So, this time, the golfer will be overwhelmed by something that we call performance anxiety.

So, the golfer will be worried about how his or her performance is going to be, how his performance is going to be rated by the audience by people around him. Similarly, I mean, it can happen to a dancer. So, the dancer can fear breaking his or her leg while performing. So, that can be a fear and imagined feel. But at the same time the dancer can be preoccupied by a sense of anxiety of how the performance will be rated. So, again, the performance anxiety.

We are going to face an interview, we will experience anxiety, and that anxiety will have no form, it will have no object, I may feel one particular expert on that panel. But my anxiety will not have any such object or any such figure. So, this difference will help us understand the subtle differences between fear and anxiety. And that will help us understand anxiety better. And that will also help us manage our anxiety.

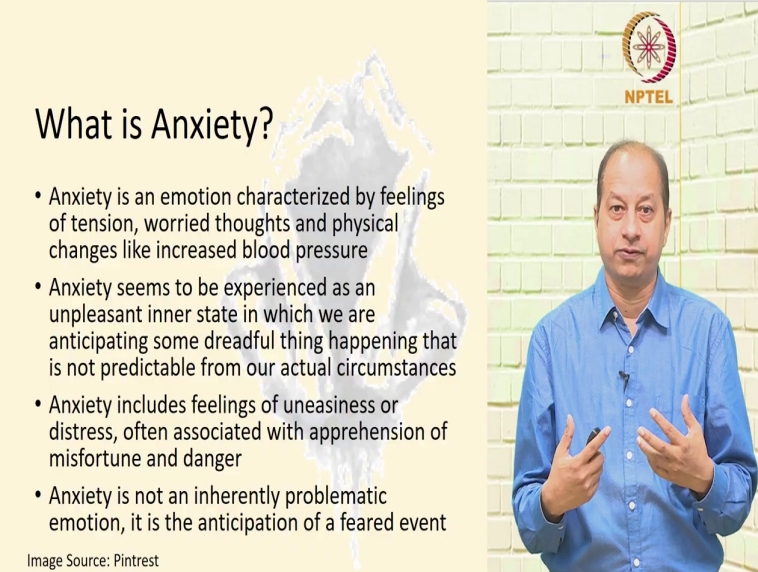
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What is Anxiety?

- Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure
- Anxiety seems to be experienced as an unpleasant inner state in which we are anticipating some dreadful thing happening that is not predictable from our actual circumstances
- Anxiety includes feelings of uneasiness or distress, often associated with apprehension of misfortune and danger
- Anxiety is not an inherently problematic emotion, it is the anticipation of a feared event

Image Source: Pinterest



So, let us take a quick look at each of these components. Let us start with what is anxiety, and take a look at what things make up anxiety. So, this image probably lets you know tells you, how anxiety looks like how you project yourself, when you are overtaken by anxiety. You do not know what to do because you have lost contact with yourself. Your executive brain has stopped functioning, and you are totally frozen. You do not know what to do, so that is the power of anxiety because I told you, if you have developed fear for something, then you have a chance of overcoming that by taking care of the object of your fear because fear is qualified by as an object. But anxiety does not have any object. So, what are you going to do? How are you going to pick the object of your anxiety?

How are you going to give a form to your anxiety, to the source to the object of your anxiety? That is a very, very difficult task, so that is the reason why most people find it very difficult to cope with anxiety, while it is easier to cope with fear. So, we all know anxiety is also a type of emotion that is characterized by feelings of tension, worried thoughts and physical changes, like increased blood pressure. The moment you experience anxiety, your blood pressure will go up, your heartbeat will go up, your heart will begin to raise, pound.

You can experience palpitation and a variety of other things. So, anxiety will make you experience it emotionally psychologically and physiologically as well. Or the same time will experience if you are anxious, that means you are greatly nervous, therefore you are experiencing swearing, or some kind of mild trembling in a variety of other things. So, it will reflect on your psychological and your physiological state simultaneously.

So, it seems to be experienced as an unpleasant inner state, as I have already told you fear most often is projected outwardly, it is an external state, you are afraid of something that lies there, that is there maybe the rabid, the barking dog down the street or you may be scared of the speeding car, you may be scared of the snake right in front of you. So, most often, it is externally projected. It is not an interstate, if it is not imagined. But anxiety is always an unpleasant interstate.

And when in anxiety, we begin to anticipate some dreadful thing happening that is not predictable from our actual circumstances. So, your circumstances may be very, very pleasing, may be very, very happy, jovial, cheerful, still you can experience anxiety, because your anxiety has nothing to do with your environment, or your actual circumstances.

You might be in the company of your friends, who are very happy. But you might simultaneously experience anxiety, because it is an unpleasant inner state. So, while being the company of friends, you can still experience anxiety, that is the power of anxiety. That is the strength of anxiety. Unless we come to terms with its power and strength, we will not be able to overcome, we will not be able to take care of anxiety.

So, anxiety includes feelings of uneasiness. That is exactly what I meant when I say that you may be in the company of your friend who is extremely happy, but you are uneasy. Even while being in the company of your friends, you can feel extremely uneasy, and you do not know why it is so, you cannot give a reason for your feelings. So, it also leads to distress, which is often associated with the apprehension of misfortune and danger.

So, you are always hounded by some kind of misfortune or danger. You do not have a form. You do not have the objects right in front of you. But you are apprehensive of it. So, it is your fight against an invisible enemy, so that is anxiety for you. When it is about fear- it is your fight against a visible enemy, an objectify-able enemy. So, fighting with fear is comparatively easier than fighting with anxiety.

But as I have already told you all, we are evolutionarily designed to fight our way back into the safe mode. So, we will have to leave this Survival mode. So, anxiety will promptly push us into survival mode. But we have to devise ways to fight our way back into safe mode. So, despite this overpowering and overwhelming power of anxiety, we still find, we still devise ways to overcome to fight our way back and get rid of it.

So, we will be taking a closer look at some of these ways soon. So, anxiety is not inherently problematic, like fear. So, most people think that fear is a negative emotion. You can do this yourself. You can check with people around you, you asked them, I am naming two emotions. You tell me which emotion would you like to have, would you like to experience, would like to go with.

So, you tell them happiness. Yes. Most of them would say yes. In fact, all of them will definitely say yes to happiness. But not all of them will say yes to fear. So, we all want to avoid fear, we all want to escape fear, we all want to remain insulated from fear. But we have discovered that fear is not that negative as it has been painted to be. So, fear can in fact, help us protect ourselves, preserve ourselves, and then adopt adaptive measures to become more resilient, and stronger.


So, fear has this wonderful positive side as well. Similarly, anxiety is also not inherently problematic. So, it also has a positive side to it. And that is the reason why it always pays to be a little anxious to experience anxiety. If you are not experiencing anxiety, that means you are not experiencing that particular feeling at home, for example, you have an interview, the next day, if you are not experiencing nervousness and anxiety that means you are not focused on it.

You need to experience anxiety. So, the moment you experience anxiety, you get a signal from yourself, that there is something which is extremely disturbing and distressing and you need to take care of it. And that is exactly when you begin to think about it, you begin to act upon it, and you find ways, but before you can strategize and find ways you need to cultivate certain coping skills, so that with the help of those skills, you can devise these strategies.

So, anxiety is not inherently problematic. It is in fact, the anticipation of a feared event. It is just the anticipation of a feared event; it can be an interview, so that interview, while you know it can give you a job, can make your life settled. It also brings with it the fearful stimulus. So, most people treat it as a fearful event. Examination, most people treat it as a fearful event, although it is not there to scare you, your interview is not there to scare you, they are there to give you something substantial.

So, therefore, it is important that you understand that these feared events are not that fearful as we paint them to be. So, adjust the anticipation of a fear event. Therefore, it is not

inherently programmatic is the anticipation. So, the problem lies in the anticipation in the apprehension. So, if we can take care of the anticipation or the apprehension element, that means we can take care of anxiety as well, we can take care of that fearful event as well. So, that is, that is the idea.(Refer Slide Time: 19:14)



Forms of Anxiety


Duration, intensity, and frequency

Normal

- Anxiety is a sensation that is experienced by virtually all human beings
- A feeling of a diffuse, unpleasant, vague apprehension
- Adaptive and serves to improve peoples' functioning or wellbeing

Pathological

- When anxiety becomes chronic and severe, it becomes pathological
- Pathological anxiety is an exaggerated fear state in which hyperexcitability of fear circuits that include the amygdala is expressed in increased behavioral responsiveness to fearful stimuli



So, when it comes to the forms of anxiety, we can understand these various forms on the basis of these three things, duration, intensity and frequency. When it comes to anxiety, we need to understand the duration, intensity and frequency. So, what is the duration of your anxiety? Your anxious experience? What is your anxiety all about? Is it a prolonged experience?

Are you able to overcome it or does it leave you after a short period? For example, you just faced the interview and your anxiety is over, is that the case? Or even when the interview is over, you will experience the same kind of anxiety over a prolonged period. If that is the case, then there is some problem.

Intensity of your anxiety. Is that anxiety positive? Is that anxiety you are going to help you adapt? Or is it extremely distressing, challenging? It is so distressing that you cannot manage it, you cannot contain or control it. So, is that the case? The intensity also needs to be measured.

And finally, the frequency. How often are you visited by anxiety? Is it often? As I told you, fear never leaves us. But anxiety should leave us. We cannot afford to be in a state of anxiety, frequently, consistently. We are in a state of fear, constantly, but we cannot afford to be in a

state of anxiety constantly. So, is it extremely frequent? So, you can sit down to map your anxiety, the frequency of your anxiety. How often do you experience anxiety?

Every now and then every moment, if that is the case there is some problem, you need to begin to think about it seriously. So, these are the three things that help us understand the forms of anxiety, where duration, intensity, and frequency. So, like fear, anxiety also has a positive side, it helps us. And we all know that anxiety and nervousness, they all help us. If I am experiencing anxiety, that means I am focused on that particular activity, that particular task. If we are not experiencing any anxiety, either, I am absolutely confident about it, or I do not care about it.

So, the experience of anxiety is a natural phenomenon. It is a universal phenomenon. So, there is nothing wrong about experiencing anxiety. So, great performers experience anxiety, before delivering each of their performances. So, there is nothing bad about it so that is the reason why there is a type of anxiety that we can call normal. It is normal anxiety, that means it is absolutely normal for each one of us to experience that type of anxiety, because that helps.

So, this is an important aspect of this normal type of anxiety. So, this type of anxiety is a sensation that is experienced by virtually all human beings. So, you are not the only one who experiences anxiety. So, if you have developed this type of thought, so promptly drop that, you are not the only one to experience anxiety, in the same way as you were not the only one to experience fear. There are lots of people around this world who experienced both fear and anxiety.

So, you are not the only one you are the chosen one. So, the very idea, the very realization of this idea that anxiety is a universal and it is a sensation that is experienced virtually by all human beings makes it easier for us to manage because, okay, people around me also experience anxiety. So, anxiety is not such a negative and such a disturbing or distressing emotion, so that will help you develop some kind of confidence in you. And then that brings us to the idea of anxiety as a feeling of diffuse unpleasant and vague apprehension.

So, when you look at these three words that describe anxiety, they are descriptors of anxiety. The first is diffuse, it is so diffuse, that we cannot give a form to it, it is object plus, formless, we cannot give a form to it, it is very diffused, slippery, we cannot even manage it properly.

Therefore, it is very important that we understand its diffuse nature, then it is unpleasant. We all know, it makes us uneasy, or feel uneasy. It makes us feel distressed. And it is extremely vague. It is so vague, because it is formless, it is objectless.

So, this understanding is important. And if it is so there is nothing bad about it. It is very diffused, unpleasant and vague, we all know that. At the same time, anxiety, like fear, also performs an adaptive function. Because it serves to improve our functioning and wellbeing, our everyday functioning, if we are not anxious about things that we do. If I do not experience anxiety, that means I am not leading an authentic existence.

Therefore, it is important for me to understand that anxiety is relevant, it is important to my wellbeing and my existence, because it is a signal, it gives me signals about possible changes, possible misfortunes. So, it serves to improve our functioning and wellbeing. So, if you can recall the interview example, it helps you serve, okay, it serves you function well, do well in the interview.


On the flip side of it, we have another type of anxiety, which is not normal, at least through the lens of medical science, neuroscience, it is not normal, it is pathological. The moment we call it pathological, that means it comes under the scrutiny of the lens of medical science, or neurobiology, it is pathological. Anxiety up to this particular level is fine, because it is very, very positive, it has adaptive functions, rules, but anything beyond this particular limit, turns out to be pathological.

So, therefore, when anxiety becomes chronic, and severe. Chronic means the frequency increases; severe intensity increases, duration increases, then it becomes pathological. That is the reason why I talked about duration, intensity and frequency of anxiety. So, it suddenly becomes pathological. That means anxiety has become a problem. It has become a mental challenge for you. It is not a positive emotion for you anymore. It has developed certain negative proportions. It has become pathological.

So, pathological anxiety is an exaggerated fear state, exaggerated fear state in which the hyper excitability of fear circuits, you remember the fear circuits of the amygdala, the hippocampus, hypothalamus, the medial prefrontal cortex. So, the fear circuits that include the amygdala are expressed in increased behavioural responsibility to fearful stimuli. So, it becomes exaggerated.

And that increases behavioural responsibility to fearful stimuli. That means, you experience a certain change in your behaviour to the fearful stimuli. So, you behave in manners, that escape definition, that escape risen, understanding, so that is how anxiety is certain turns out to be pathological if it is not contained, if it is not managed, if it is not regulated properly.

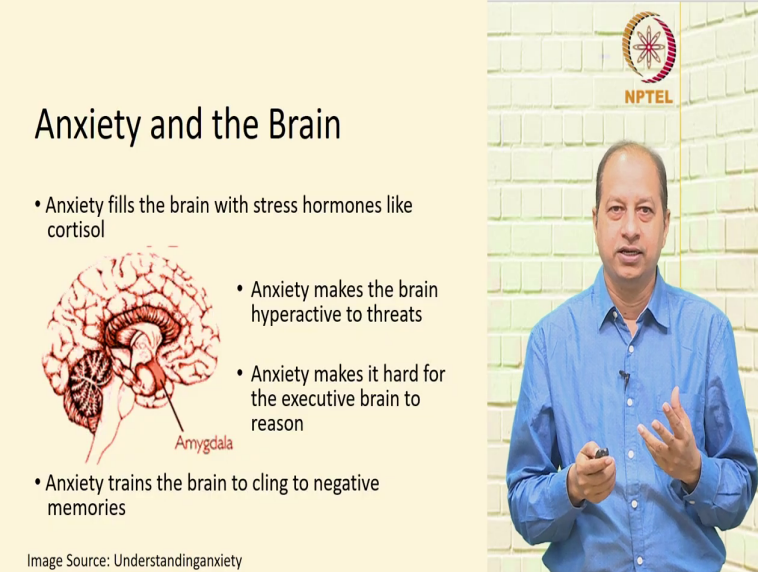
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Anxiety and the Brain

- Anxiety fills the brain with stress hormones like cortisol
- Anxiety makes the brain hyperactive to threats
- Anxiety makes it hard for the executive brain to reason
- Anxiety trains the brain to cling to negative memories

Image Source: Understandinganxiety



So, that takes us to the idea of anxiety and the brain. In the same way, as we took a look at fear and the brain, let us take a look at anxiety and the brain. So, the amygdala is the most important thing when it comes to emotional responses or emotional reactions. Amygdala does everything along with the prefrontal cortex, the hippocampus, and the hypothalamus. So, it is amygdala- that is the main actor. So, anxiety fills the brain with stress hormones like cortisol.

So, if the cortisol level grows up, the executive brain will stop functioning properly. That means the amygdala will also be affected by the stress hormones. So, these stress hormones will lead to the aggravation of anxiety, increasing anxiety levels. So, at the same time, anxiety also makes your brain hyperactive to threats. The threat may not be as big, but you will suddenly begin to shout, scream, howl and growl in such a manner as if that is a huge threat.

So, there will be a miscommunication between how you perceive the threat as and how you respond to that particular threat. So, your anxiety will make your brain so hyperactive to threats, that you will not be able to distinguish smaller, manageable threats from those bigger and unmanageable threats. So, there will be a huge gap between your understanding and your response.

So, anxiety, if it turns out to be pathological, will result in this. And then we all know anxiety will make it very hard for the executive brain to rise. Your executive brain will stop functioning, it will not be able to find out what to do, and it will not be able to stop or send

the right kind of signals to the creative brain. And anxiety in turn will train the brain to cling to negative memories only.

So, if anxiety turns out to be pathological, it will make you cling to negative memories. That means you lose touch with the positive. So, it will gradually draw or drive you towards the negative. And the negative spiral is exactly where you will find yourself trapped in and then you will gradually hit the bottom, you will be enclosed within it. So, therefore, it is important that we understand these neurobiological aspects associated with anxiety experiences.

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So, a quick look at anxiety types. We all know that it rings a bell in the mind or swirling bell in the mind anxiety. So, this is a very popular anxiety disorder, general anxiety disorder, G A D or GAD. So, there is a panic disorder as well. That is a type of anxiety. The panic button is pressed every now and then. And then we have a social anxiety disorder and that will prevent you from going out or becoming social.

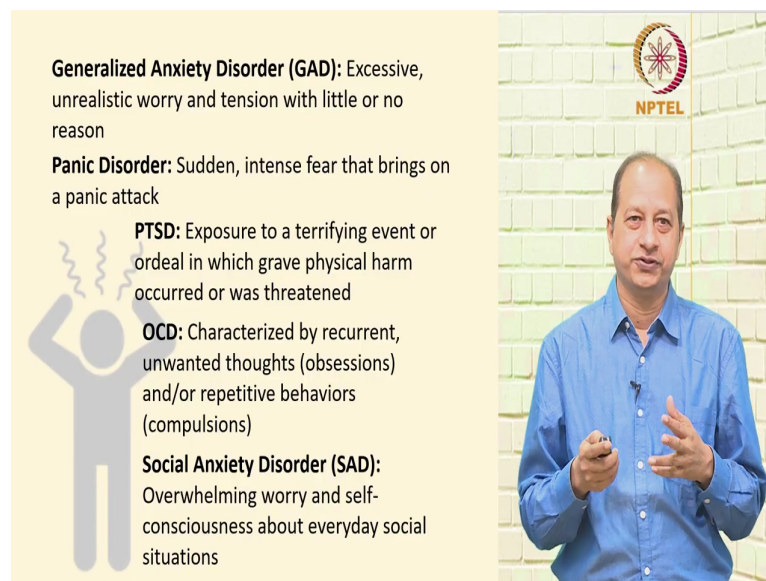
You are not social because you are scared of rejection. You will feel a lot of anxiety while meeting people, meeting strangers, conversing with them, interacting with them, developing associations bonding with, so you will lack all these abilities because of the social anxiety disorder. And then we come to post traumatic stress disorder or a severe kind of anxiety.

And then the obsessive-compulsive disorder, another severe kind of anxiety, starting with the everyday anxiety types like in general anxiety disorder, or social anxiety disorder and coming to panic disorder. And then the severe types, post-traumatic stress disorder, and

obsessive-compulsive disorders. So, these are some of the most popular, or anxiety types, and the most serious anxiety types as well.

Apart from these anxiety types, there are lots of other anxiety types, for example, decision making anxiety, relationship anxiety, and a variety of other types of anxiety. So, the list is very, very long. But for the sake of convenience, I have picked only those anxiety types that are the most serious ones, and the most frequent ones.

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Generalized Anxiety Disorder (GAD): Excessive, unrealistic worry and tension with little or no reason

Panic Disorder: Sudden, intense fear that brings on a panic attack

PTSD: Exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened

OCD: Characterized by recurrent, unwanted thoughts (obsessions) and/or repetitive behaviors (compulsions)

Social Anxiety Disorder (SAD): Overwhelming worry and self-consciousness about everyday social situations

So, when we take a look at these anxiety types, let us start with the general anxiety disorder or GAD. So, it is an excessive, unrealistic worry, and tension with little or no reason. You are constantly experiencing anxiety. And whenever anybody asks you, why are you so anxious? What is the root of your anxiety? You will not be able to tell, you will not be able to give a reason.

Because you do not know what it is. It is so unrealistic, unrealistic worry, your worries; your attentions have no bases, no logical foundations, so unrealistic. So, that is the general anxiety disorder. And this is a kind of anxiety disorder that most of us, in fact, suffer from. Most often we develop this unrealistic worries and tensions. And we begin to experience anxiety as panic disorder it is so sudden, intense fear. But since it is very, very sudden, it is very intense.

The intensity level is suddenly up, it is very high. For example, right in front of you see a line or right in front of you, you see a speeding car. So, the panic disorder, the panic button. Now, when you see a car in front of you that is fear, you can easily overcome that, you can jump

away from it, from its track and then save yourself. But anxiety is something that is so unrealistic, that is so formless. It will not help you but you experience panic constantly, panic disorder as if something has happened, whereas it has not happened.

So, that brings us to the idea for PTSD or post-traumatic stress disorder. Whenever we are exposed to terrifying events, or traumatic events, or things that cause some physical harm, or psychological harm to us. That turns out into a post-traumatic stress disorder. Therefore, it is called post traumatic because there is a traumatic experience. And that traumatic experience leads to PTSD, or severe kind of anxiety state.

And then OCD or obsessive-compulsive disorder. It is characterized by recurrent, unwanted thoughts, thoughts that are not wanted, for example, you are hailing hearty, you are very healthy, you still think that I may collapse I may have a heart attack and collapse, so that is unrealistic, unwanted. But these things gradually become your obsessions. And then your behaviour reflects these obsessions. So, those are compulsive reflections, behaviours.

So, therefore OCD is a very severe kind of anxiety disorder. And then, another very common type of anxiety disorder is social anxiety disorder, SAD. So, it is an overwhelming worry and self-consciousness about everyday social situations. So, you are ready to go to your office, you suddenly experience anxiety. How will my colleagues respond to my shirt today? How will they greet me? Are they going to greet me? So many unrealistic things you have not reached to that place, but you are already handed by so many unrealistic thoughts, so social anxiety disorder.

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Anxiety Triggers

- Health Problems
- Relationship Problems
- Stress
- Conflicts at Work or Home
- Unpredictable or uncertain world events like a pandemic
- Major emotional shock following a stressful or traumatic event



Image Source: Thenounproject

Then quickly anxiety triggers. So, these are some of the anxiety triggers health problems, actual real health problems lead to a lot of anxiety, if I have a health problem, if I know I have a health problem, I will definitely experience a great deal of anxiety involving my health problems.

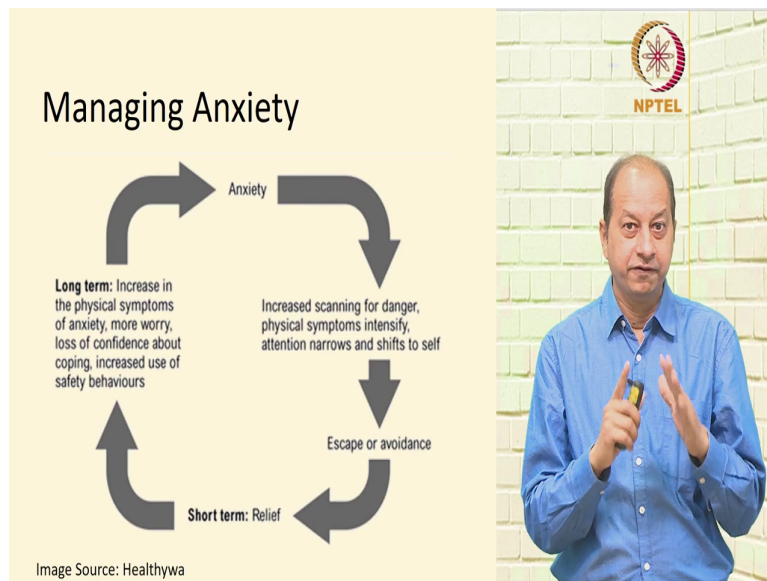
Then relationship problems, if my relationships are not going great, then we will definitely experience a lot of anxiety. So, our relationship problems starting with our family relationships, our office relationships, our work relationships, our social relationships, all types of relationships. If they have problems in them, that will lead to anxiety.

And then stress, we all know that stress and anxiety are generally viewed together. So, stress, it can emanate, or emerge from work burden, or ambition, target task, a variety of things. So, the moment you have stress, that means cortisol is active. And then that will lead to anxiety, the blocking of the functioning of the executive brain, and it will lead to anxiety. Conflict, at work, or home.

So, if you are passing through certain conflicts, maybe some family conflicts or office conflicts anxiety is something that you are bound to experience. And then unpredictable uncertain world events, like a pandemic, we did not have any idea about the covid 19 pandemic, before either January or February 2020. So, it suddenly happened, it was so unpredictable, it abruptly happened, suddenly happened. And it was it made our world so uncertain that we all began to experience anxiety, we all are passing through anxiety brought about by this pandemic, even today.

So, then major emotional shock, following a stressful or traumatic event. So, if you have experienced an emotional shock, following a stressful or traumatic event will experience anxiety, so that is PTSD. So, these are some of the most important anxiety triggers that we need to understand, so that we can take care of each of these anxiety triggers where they are bound to happen, these anxiety triggers, but we can do things to contain them, manage them.

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So, that brings us to the idea of managing anxiety. So, how well we can manage anxiety. So, this diagram tells us how we need to be aware of the vicious cycle of anxiety. This is the vicious cycle of anxiety. So, anxiety leads to increased sensing or scanning for danger, physical symptoms intensify, then attention narrows and shifts to self. So, when that happens, as I have already told you, we humans are designed in a manner to avoid. So, escape or avoid that is a flight instinct, the avoidance syndrome.

So, we will definitely promptly try to avoid that particular anxiety. And we do so because we know it will give us a short-term relief. At least we will be able to overcome that anxiety. Although for a short-term period, we will do so. But that particular relief will not be a long-term relief, and that will increase in physical symptoms, more worries, and loss of confidence and increased use of safety behaviours that means every time we are faced with anxiety, we will try to avoid escape, so that will lead to increased use of safety behaviours. And that will not be in the greater interest of our psychological well being. We must develop ways to manage anxiety, different strategies to take care of anxiety, and different skills to be able to come face to face with anxiety.

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So, how can we do that? So, it is all, like the art of puppetry, in which people know how to control each of their moves, so that is exactly what we can learn from puppetry, so that we can tie strings to our fingers, so that we can contain this anxiety experiences. So, we need to check our thought patterns, has it developed a regular anxiety pattern? If that is the case, then we need to be careful about it. So, checking your thought pattern periodically is going to help.


The second is so we can take small acts of bravery. We may not be warriors. But once we begin to put in small acts of bravery, those small acts of bravery will certainly make us a warrior in time to come. So, we know that we have to fight. And how do we fight without being brave. So, small acts of bravery will definitely help us overcome anxiety. For example, you are going to face an interview board or panel tomorrow, you will have to be a little brave, you will have to tell yourself that they do not need to kill me, they are going to ask me a few questions.

All I have to do is to conquer those questions. Once I do that, there will be no fear, there will be no anxiety. So, this small act of bravery will help you. And then you need to write down your thoughts. If you can do that, you will help yourself. So, journaling is a wonderful idea so that can help us overcome anxiety. So, writing down my thoughts, how am I feeling now?

What is causing that particular feeling? There are some of the tricks that we can do in order to contain or manage anxiety. And then finally, we can prefer to stay in the present moment, I

told you that anxiety, in fact, brings us very close to our negative memories. So, we constantly bring those negative memories back, and that spoils our present moment. When that happens, we lose touch, contact with the present. And that way we lose contact with ourselves. So, being in the present time is the key to overcoming anxiety.

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References

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- https://healthywa.wa.gov.au/Articles/A_E/Anxiety-reversing-the-vicious-cycle

So, that brings us to the end of this lecture. I hope you have liked the things that I talked about when we combine these two lecture, fear and anxiety that will make us understand the ideas associated with these two concepts very, very well. So, thank you for joining me.