

*“We have to recognize that the brain is a social organ & that we can leverage the power of human relationships to regulate anxiety & stimulate learning.” Dr. Louis Cozolino*

## Anxiety

Anxiety is a ramped up, never ending fear, and fear is one of our most primal emotions. Fear signals our nervous system into high alert and readies our body to defend itself. If we spend too much time in unsafe environments, fear can become our default state leaving us with a pervading sense of anxiety all the time. If we encounter a trauma of some sort — an event that overwhelms our resources to cope — the fear can get stuck in our beings leaving us with an underlying sense of anxiety in all we do. Anxiety can also stem from avoiding our true feelings. It will pop up to signal us that we are ignoring our own hearts and need care. Sometimes, too, it is a symptom of incongruence between our public self and our private self. And, at times anxiety is an indication that our hormones or neurotransmitters are depleted.

Whatever its origin, anxiety can be debilitating and impossible to manage alone. We need a safe relationship in which to express and share its heavy burden. Counseling offers such a relationship and the counselor is trained to enter into the distress with you to help you understand it and get the support your heart needs. If you, or someone you know, is suffering with fear or anxiety, I would love to help. Give me a text or call today.