

ANXIETY

Anxiety is a physical and psychological reaction to a recurrent feeling of apprehension or uneasiness. It can sabotage your ability to deal with everyday situations.

Anxiety may occur as a response to a real, or imagined, threat or to a “trigger”.

Sometimes trigger events serve to reawaken our subconscious mind to an unresolved conflict in our past. This *can* develop into “phobic anxiety”, which is when we actually begin to avoid certain situations (driving on highways, attending exams, keeping doctor’s appointments, etc.). Anxiety is an underlying sense, both psychological and physical, that something in our life, or psyche, is amiss.

Some of the symptoms of anxiety are:

Rapid heart rate

Muscle tension

Sweating

Shallow breathing

Vague feeling that “something bad” might happen

Hyperventilation

“Tunnel” vision

Sense of being “out of control”

Fear of dying

Nausea

If you find that you are experiencing some of these symptoms, we want you to know that you are not alone! .Call our confidential number today! There is hope and healing.

Reveille Ministry Counseling -407--333-0404