

Rebound Anxiety

In this video, I introduce the concept of “rebound anxiety,” or anxiety that is caused by substance use wearing off. Rebound anxiety is actually caused by things that we use to “self-medicate” our anxiety. When a substance or behavior that we use to control our anxiety wears off, it leaves a “rebound” of anxiety. I’ll explain the basics of anxiety physiology, including introducing our sympathetic nervous system. Ironically, through principles of physiological tolerance, the very things that we use to control our anxiety can actually make it worse.

References and further reading

- In Gellman, M. D., & In Turner, J. R. (2013). Sympathetic nervous system. *Encyclopedia of behavioral medicine*. Springer.
- Kales, A., Soldatos, C. R., Bixler, E. O., & Kales, J. D. (1983). Rebound insomnia and rebound anxiety: a review. *Pharmacology*, 26(3), 121-137.
- Piesiur-Strehlow, B., Strehlow, U., & Poser, W. (1986). Mortality of patients dependent on benzodiazepines. *Acta Psychiatrica Scandinavica*, 73(3), 330-335.

Glossary

Adrenaline

Rebound Anxiety

Melatonin

Pineal Gland

Anxiolytic

Sympathetic Nervous System

Caffeine

Benzodiazepines

Meditation Videos



P24 - Techniques Around Sleep



P23 - Meditative Rewind Practice