

Neuroscience of Anxiety

Anxiety isn't just one thing, but a collection of physiological, neuroscientific, and cognitive processes. In this video, I'll introduce the regions of our brain that contribute to our anxiety. We'll start by understanding the neuroscience difference between fear, which has to do with an existing danger, and anxiety, which is about potential danger. I'll explain the four major structures that are active in anxiety: the amygdala, the bed nucleus of the stria terminalis, the medial prefrontal cortex, and finally the hippocampus.

References and further reading

- LeDoux, J. E., & Pine, D. S. (2016). Using neuroscience to help understand fear and anxiety: a two-system framework. *American journal of psychiatry*.
- Martin, E. I., Ressler, K. J., Binder, E., & Nemeroff, C. B. (2009). The neurobiology of anxiety disorders: brain imaging, genetics, and psychoneuroendocrinology. *Psychiatric Clinics*, 32(3), 549-575.

Glossary

Cognitive Behavioral Therapy (CBT)

Anxiety

Exposure Therapy

Anxiolytic

Neuroticism

Amygdala

Bed Nucleus of the Stria Terminalis (BNST)

Gamma-Aminobutyric Acid (GABA)

Medial Prefrontal Cortex (mPFC)

Hippocampus

Corticotropin Releasing Factor (CRF)

Meditation Videos



P06 - Triphasic Breathing