

Solutions to Anxiety

Armed with an understanding of the problems that arise from our natural response to anxiety, we can finally understand how to properly understand solutions to anxiety. I'll start by recapping what anxiety is and how our default coping mechanisms are insufficient.

References and further reading

- McConnell, P. A., & Froeliger, B. (2015). Mindfulness, mechanisms and meaning: perspectives from the cognitive neuroscience of addiction. *Psychological inquiry*, 26(4), 349-357.
- Maremmani, A. G. I., Rovai, L., Rugani, F., Pacini, M., Lamanna, F., Bacciardi, S., ... & Maremmani, I. (2012). Correlations between awareness of illness (insight) and history of addiction in heroin-addicted patients. *Frontiers in psychiatry*, 3, 61.
- Hoffmann, M. (2013). The human frontal lobes and frontal network systems: an evolutionary, clinical, and treatment perspective. *International Scholarly Research Notices*, 2013.

Glossary

Anxiety
Amygdala
Samskara
Lidocaine
Frontal Lobe
Prefrontal Cortex
Sanskrit
Karma Fal

Meditation Videos



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