

Physiologic Anxiety

In the West, we consider anxiety to be a “mental” issue, which is part of the reason that I believe anxiety is getting worse in the developed world. I’ll explain how our body can contribute to our anxiety, and how taking a mental approach to anxiety is incomplete. By leveraging our understanding of adrenaline, cortisol, and the reticular activating formation, we can see how anxiety wreaks havoc on our physical body. This helps us understand my approach to improving anxiety also involves other things in this module such as diet and meditation (which has physical effects as well).

References and further reading

- Tyrer, P. (1999). Anxiety: a multidisciplinary review.
- Myers, B., Scheimann, J. R., Franco-Villanueva, A., & Herman, J. P. (2017). Ascending mechanisms of stress integration: Implications for brainstem regulation of neuroendocrine and behavioral stress responses. *Neuroscience & Biobehavioral Reviews*, 74, 366-375.

Glossary

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Adrenaline

Reticular Activating Formation (RAF)

Diaphoresis