

## Worry

### Audio File:

[www.engcornershop.com/Authentic\\_Listening/Worry\\_Better%20Health%20Channel.mp3](http://www.engcornershop.com/Authentic_Listening/Worry_Better%20Health%20Channel.mp3)

## Summary

Worry and anxiety can take over the life of some people. Constant and excessive worrying is known as generalised anxiety disorder (GAD). GAD may occur following a stressful life event or a period of high stress. Self-help strategies include relaxation and meditation, exercise, and practising the technique of structured problem solving.

*Listen to the recording and do the following activities:*

**1. What are some of the characteristics of GAD?**

**2. What is the estimated percentage of Australians suffering from GAD?** \_\_\_\_\_

**3. Symptoms**

People with generalised anxiety disorder experience several mental, emotional and physical symptoms, including:

**What are some of the symptoms of GAD?**

**4. A range of causes**

Biological, psychological, social and cultural factors all appear to influence the development of GAD.

**List some possible contributing factors.**

**5. Self-help strategies**

**Self-help strategies that can help a person to control or reduce their worrying include:**

**6. Structured problem solving**

# Authentic Listening

Structured problem solving is a method of turning fruitless worrying into strategies to find solutions. It is best to practise first on small worries or problems, and limit yourself to working on one problem at a time. As you become proficient at the technique, you can tackle larger, more complex problems. You should write down all the steps.

**The steps of structured problem solving include:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## 7. Relaxation and meditation

Many people who experience excessive worry report that they don't know how to relax. Regular practice of a relaxation technique, such as progressive muscle relaxation (systematic tensing and relaxing of the various muscle groups), can help to reduce the physical symptoms of anxiety. Meditation involves both physical relaxation and creating a calm and peaceful state of mind. During meditation, the brain's activity - when mapped by a device called an electroencephalograph (EEG) - is different to any other measurable state of consciousness, including sleep. The brain waves produced are called alpha waves, and this brain state has been found to promote relaxation of the entire nervous system. Scientific studies show that the regular practice of meditation can be a powerful tool in anxiety management.

## 8. Exercise

Exercise is proving to be an effective strategy to help people recover from depression and anxiety.

**List the three theories mentioned that explain how exercise can lift a person's mood.**

- 1.
- 2.
- 3.

## 9. Professional help

**(a) What are the two categories of treatment that might help alleviate GAD?**

**(b) Who can help with the treatment?**

- 1.
- 2.
- 3.