

This is a partial excerpt from my book *12 Weeks to Self-Healing: Transforming Pain through Energy Medicine*. In the book you will find several solutions to Self-Healing!

Anxiety

The purpose of this self-evaluation is to help you organize your symptoms so you can better understand your experience and so you can communicate clearly with your health care providers, such as your physician, acupuncturist, massage therapist, and mental health counselor.

Anxiety is another disorder that may exist in conjunction with pain. As is true of depression, anxiety can range from mild to severe. Anxiety Disorder is characterized by excessive, exaggerated anxiety. People worry about everyday life events and continually fret about their family, work or school, money, or health. They tend to expect that something bad will happen. When the anxiety is severe, it interferes with their daily life, their activities, and their relationships.

Check the symptoms below that you experience on a regular basis.

- I worry more often than not
- I experience excessive tension
- Others say I have an unrealistic view of problems
- I feel restlessness or edgy
- I experience irritability
- I have excessive muscle tension
- I have frequent headaches
- I perspire more than others for no apparent reason

- I have difficulty concentrating
- I feel nauseous
- I go to the bathroom frequently
- I feel tired or fatigued

Several factors can contribute to anxiety, including genetics, brain chemistry, and environmental stresses. Some believe that genetics is often a myth and that our beliefs have a greater influence than our genetics. In the brain, the levels of neurotransmitters (chemical messengers) that communicate from one cell to another may affect anxiety. Environmental factors such as stress from a job loss or change, relationship issues, financial issues, or loss of a loved one can also create anxiety.

I suggest looking at anxiety as a possible symptom of not challenging your creativity. Are there creative endeavors that you have given up? Would your nervous, intense energy be better spent in a creative direction? Whether you focus on writing, art, music, or launching a new business; creativity is an excellent first step to healing your anxiety.

Learning to stay in present time has been helpful for many.

Self-Test

- I tend to worry more days than not and have difficulty controlling the worry
- I feel restless or on edge
- I am easily fatigued
- I have a difficult time concentrating
- My mind goes blank often
- I tend to be irritable or others say I am irritable
- My muscles are tense

I have difficulty falling asleep, staying asleep or have restless sleep

If you have checked several of these, please contact your doctor or a local mental health professional to do further testing.

Another form of anxiety is Panic attacks. They can come on suddenly and you feel terror without warning. These episodes can happen at any time and you may feel as if you are having a heart attack or are going to die. The fear is an overreaction to the current situation, and you feel out of control.

Some symptoms of panic attacks are as follows:

- "Racing" heart
- Feeling weak, faint, or dizzy
- Tingling or numbness in the hands and fingers
- Sense of terror, of impending doom or death
- Feeling sweaty or having chills
- Chest pains
- Breathing difficulties
- Feeling a loss of control

Panic attacks usually last less than ten minutes, although some of the symptoms may linger for a while. Although my panic attack was an isolated incident, people who have one panic attack often have them occasionally. If they have them often, it's known as Panic Disorder.

We are not sure of the cause of Panic Disorder, but changes in life situations can contribute. People who experience anxiety may be more likely to have panic attacks as

well. If you suffer from anxiety or panic attacks, please discuss these symptoms with your doctor.

Disclaimer:

This preliminary screening test for anxiety and panic attack symptoms does not replace, in any manner, a formal psychiatric evaluation. It is designed to give a preliminary idea about the presence of anxiety and panic attack symptoms.