

## **ANXIETY AND BRAIN ACTIVATION**

There are two different parts to an anxiety disorder, and someone with anxiety may suffer from one or both. The first part is mental - verbal worries, nervous thoughts, etc. The second part is physical. For example, one with anxiety might experience a racing heartbeat, panic attacks, lightheadedness, pain, inability to sleep and other physical symptoms. (Calmclinic.com)

One can experience physical symptoms with less worry, and it's possible to worry often without many physical symptoms. Researchers have found that each way excites different parts of the brain. Those with worried thoughts showed more left-brain activity when nervous. Those with physical symptoms experienced more right brain activity. (Nauert PhD, Rick)

Another study looked at the way that those with phobias reacted to the belief that they would encounter their phobia. They found that the anterior cingulate cortex (ACC), insula, and thalamus of those with a phobia had their dorsal become more active than those without a phobia. (Straube T, Mentzel HJ, Miltner WH.)

A study at the University of Wisconsin - Madison found that those with generalized anxiety disorder appear to have a weaker connection between the white matter area of the brain and the pre-frontal and anterior cortex. This was compared to those without generalized anxiety disorder and the results appeared to be significant. (UWM)

Researchers have also found that those with panic attacks often have an overactive amygdala. While it's not clear what creates this over activity, the fact that that area of the brain appears to contribute to panic attacks indicates that some aspect of the brain is in control of the panic attack experience. (Calmclinic.com)

These are just some of the ways that anxiety can activate the brain.