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By Reece Coker

Exploring Anxiety

By Reece Coker

About me...

By Reece Coker

What is it like being Anxious?

WHAT IS ANXIETY?

By Reece Coker

“Anxiety features within a continuum which begins at a state of arousal, moving through fear – and on towards abject terror!”



WHAT IS ANXIETY?

By Reece Coker

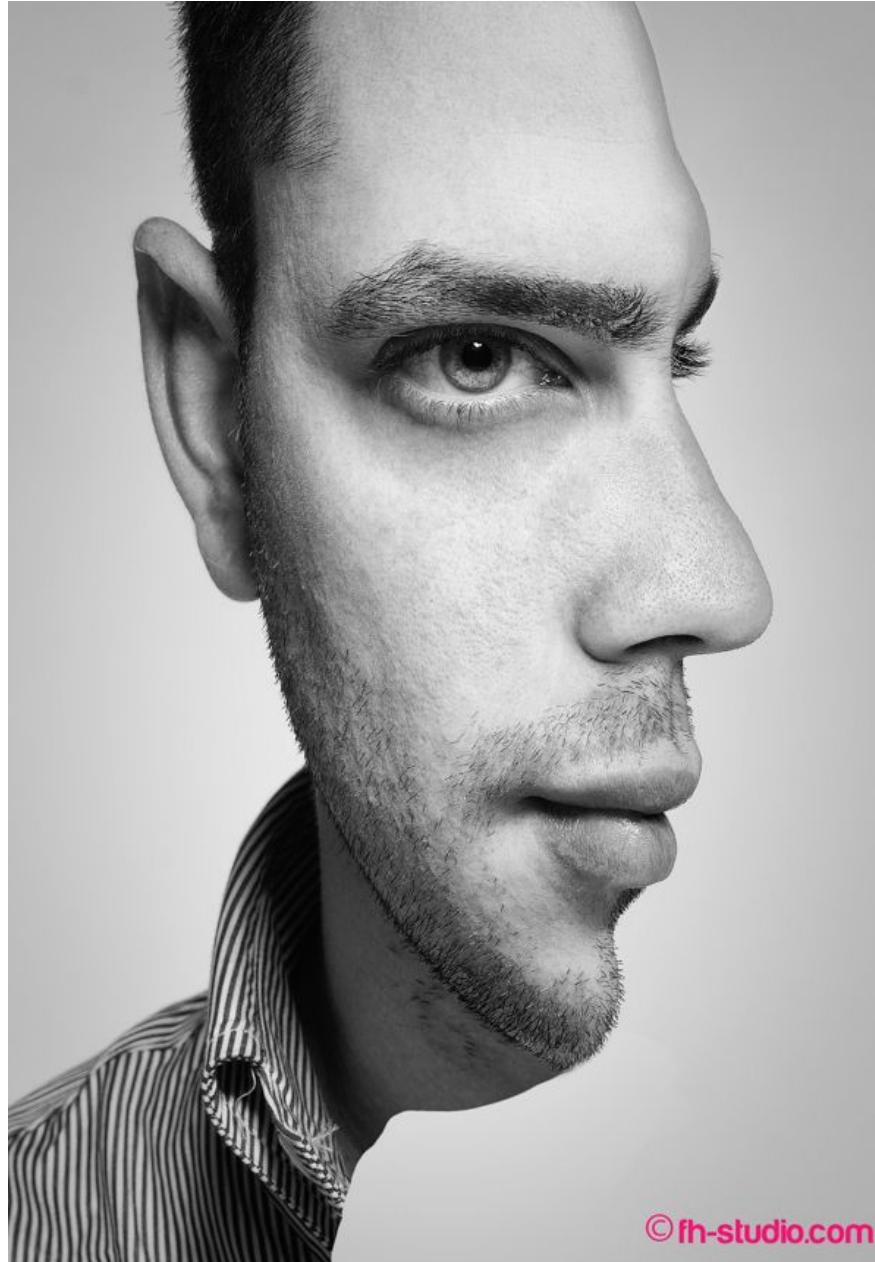
Anxiety shares characteristics with anticipation, and in fact they are polar opposites within a mirror image of the same continuum!

Anticipation moves through Excitement towards Hope and Longing...

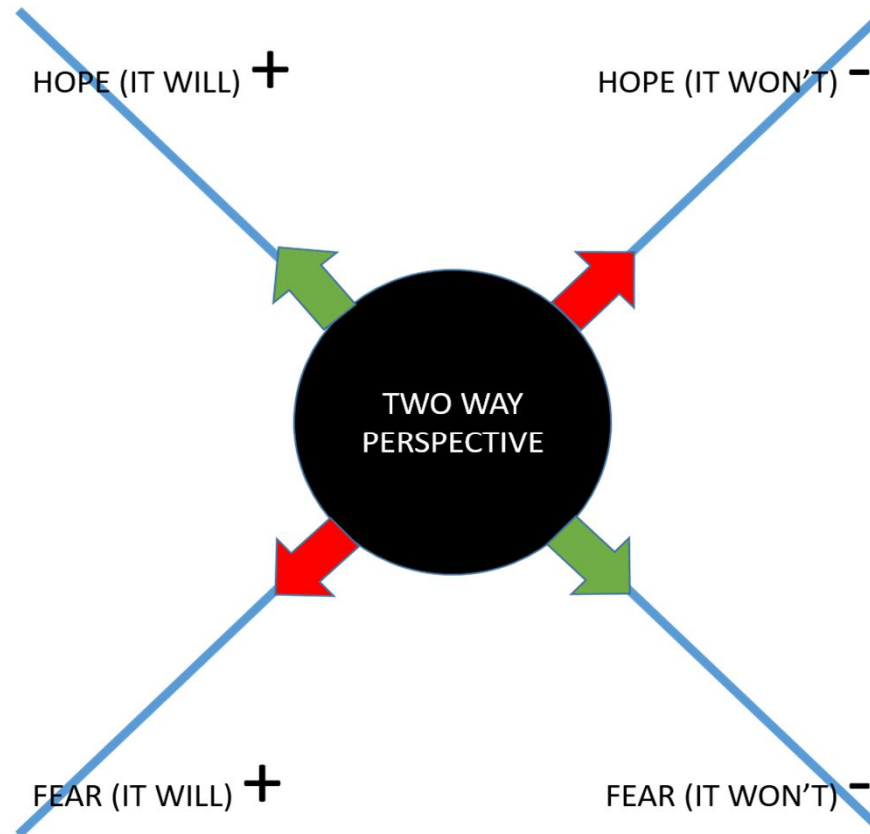
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TWO FACES
DEPENDING ON
PERSPECTIVE...



The Polar Model



The five hopes & fears that we all share

HOPE	FEAR
EXISTENCE	EXTINCTION
HEALTH	MUTILATION
AUTONOMY	LOSS OF AUTONOMY
CONNECTEDNESS	SEPARATION
EGO	EGO DEATH

Controlling Anxiety





- Strengths
- Authenticity
- Resilience
- Emotions
- Motivation



- Knowledge
- Skills
- Practice
- Resources
- Environment

- Fear Response
- Cognitive Functioning
- Cognitive Intelligence

Confidence Triangle (Coker & Higgins, 2020)
www.ppnetwork.org

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Autism & Developmental Delay

- Co-morbidity
- ADHD
- Tourette's
- A world of fear
- Emotional dysregulation

TOP TIPS FOR MANAGING ANXIETY

*Always give a sense of control and choice!
Remember that any pressure which induces
guilt will play into one of the big five fears.*

*Understand but don't always try to fuss and
fix!*

*Help to coach a sense of perspective
(although not necessarily at the time and in
the midst of the anxiety / panic)*

Technology?

Thank you!

I **hope** that you enjoyed the presentation...

Questions?

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