

- (1) Tension fuels a creative force building motivation, increased energy and excitement. (2) Worry and sensations of mild panic. (3) A few steps on, a person finds themselves getting anxious and has difficulty stopping negative thoughts. (4) Highly anxious and can't focus (except on negative thoughts) interpret all events pessimistically. (5) Panic attacks, emotional and physical signs of anxiety. E.G. Feel isolated, tense, have digestive disturbance and poor sleep patterns. (6) Exhausted and depressed as the body struggles with the effects of persistent anxiety. (7) If someone has PTSD, symptoms of depression will be accompanied by flashbacks to the traumatic event and nightmares. (8) A catastrophic loss of access to the higher functions of their brain, blocking logic, clarity and empathy. Psychotic episodes and schizophrenia can be part of the extreme end of stress and anxiety.

1

32 year old Simon keeps thinking about the presentation he has to give to his new boss. The thought makes him feel slightly nervous, brings 'butterflies' to his stomach and makes his hands clammy.

2

Mum Marie has a second child and starts to worry about money and how she looks, partner reassures her but she continues to worry. Feeling isolated, she has problems sleeping and becomes snappy.

3

Simon hears that there is going to be a series of redundancies; starts to think 'last in first out' and loses sleep over the financial impact of redundancy. Tired and preoccupied with all the times in the past when life hasn't worked out. Fears he is a 'loser.'

4

Marie worries constantly, is withdrawn and disinterested in things she loved to do. Lays on the sofa a lot, fearful and stressed she can't think straight.

5

Simon has a good review at work. He is given an important project to head up but still thinks he is useless and will lose his job. Exhausted, he has his first panic attack and starts to dread going to work.

6

Marie gets support from husband and best friend but can't 'pull herself together.' Unable to carry out day-to-day tasks, she feels as if she is living a nightmare and can't see a way out.

7

Simon can't enjoy his family as he is consumed by exhaustion and thoughts about work. Has major panic attack at work, panicking he leaves and gets signed off by his doctor. Mind is a racing torrent of thoughts.

8

Marie and Simon have thoughts of suicide/think others are going to harm them/believe their extreme thoughts to be true. Crippling anxiety and exhaustion fuel their misery and no one can get through the steel cage of negative thoughts.

