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Visual piece



The background of my picture is a bunch of scribbles. It represents what is going on in your mind during a panic attack. You can't just focus on one thing, your mind jumps from place to place. No matter how much you try to focus on what you need to do, or just getting things under control, you just can't. All that's going through your mind is negative things like how people are looking at you or if it's noticeable or not. Three simple words can make things a lot worse. Just calm down. I think that this is one of the worst things you can say to somebody who is taking a panic attack because it's really not that simple. You can't just decide to stop having a panic attack. It has a mind of its own. It might upset someone if you say this to them because they may think that "just calming down" is something they should just be able to do in that moment. It isn't. It takes time to be able to start calming down, and it takes a while to learn how to deal with panic attacks, so to be able to "just calm down" is nearly impossible.

I think this drawing is a good representation of what really goes on in your mind during a panic attack, versus what people think you should be able to do while it's happening. They only expect the things you can't do.

Fictional Text

Different

Why is it
everyone else can
while I can't?

They can all
talk in front
of the class
while I can't.

My heart pounds,
I get cold sweats,
and my knees shake.

Why is it
that they can
easily make friends?

I get too nervous
around the others,
it's like I'm in
a completely different world.

A world where
it's just me.
No one else
understands me.

I don't want to be different,
I want to be like them.
I want to have fun
but instead I sit by myself.

Anxiety in Youth (Informational Text)

Anxiety can be very difficult to understand for a lot of people, and some people may not even know they have it. I find that a lot of people do not take the subject of anxiety as seriously as they should. For this essay, I will be going over what anxiety is, the signs of anxiety, what causes it, the different types of anxiety, and how it is treated.

What is anxiety? Many people have this question. Medical News Today has a great definition on the work anxiety that can sum it up without too much confusion. “Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying.” (www.medicalnewstoday.com) This definition clarifies that the term “anxiety” doesn’t just apply to one situation, there’s multiple situations where it could fit.

Some people will think they have anxiety because they worry. Everybody worries from time to time, but anxiety is much more than just being worried. If you do have anxiety, you may often feel very worried or anxious often. There are also physical signs of anxiety such as shakiness, being nauseous and sometimes feeling your heart pounding in your chest. (www.youthbeyondblue.com)

Having anxiety is something that people constantly struggle with, and I think knowing a few signs of it can benefit everyone because the more people know about the disorder, the better they can deal with it.

Anxiety can have loads of causes and it won’t be the same for anyone. As said on Medical News Today, some things such as school work, work, stress about things like finances, or and trauma that’s happened in earlier years or is currently happening. It can also be in the side effects of some medications, or it may run in your genes. Anxiety also may be triggered by substance abuse. (www.medicalnewstoday.com) Knowing the causes of anxiety can help you further understand the problem, and also possibly avoid stressful situations in the future.

Although anxiety can be passed down from generations, it usually is based off of the person's experiences. For example, if someone has a difficult childhood, they may get anxiety early on from the events that took place. As said on youthbeyondblue.com, panic disorder is when someone has intense fear or intense panicking with no warning. A few of the symptoms are dry mouth, shortness of breath, and a pounding heart. Post-traumatic stress disorder is when someone has vivid dreams, flashbacks, or disturbance when something triggers the memory of the event. (www.youthbeyondblue.com) These are only two types of anxiety. There are plenty more. This tells people that anxiety is different for different people and the effects may be a lot different.

A lot of people suffer with anxiety and don't get treatment. This could be for a few reasons. I think that the number one reason people don't get treated is because they're nervous. They could be nervous about how they'll get treated, what the doctor will say, having to talk about their feelings, or any other anxiety related problem. A lot of people will go on medication for their anxiety to help calm it down. They'll also suggest therapy sometimes because it helps a lot of people cope with the situation. According to the Anxiety and Depression Association of America, "Success of treatment varies. Some may respond to treatment after a few weeks or months, while others may need more than a year." (www.adaa.org) This says to people that the results of treatment aren't always the same for everybody, and it takes a bit of experimenting to figure out what works best for each individual.

Anxiety is a serious thing, and serious things need to be treated seriously. I think if anyone suspects they may have anxiety, go talk to a doctor to confirm or deny it, and if you have it, start treatment as soon as you can. I hope in the future to see more awareness on anxiety and for people to treat it how it should be treated.

How to Help Your Child With a Panic Disorder (Non-Fiction)

Just like adults, children can have anxiety too. This anxiety can easily cause panic attacks in the child and can lead to panic disorder. Children can often experience this, and a parent or caregiver may get very confused or even frustrated when trying to help the child deal with their anxiety.

AnxietyBC.com says that the first thing to do when you know your child has a panic disorder, is to educate them on the subject. A good way to let them understand the disorder is to explain that anxiety is when our bodies tell us that we're in danger when there is no real danger. It then says to teach them about panic attacks. Make sure the child knows that panic attacks can seem very scary but they'll be okay. Also tell them that panic attacks will end even if it feels like forever.

It also says that for older kids, be sure to talk to them about anticipatory anxiety. This is when the body is negatively responding to things that could, but have not and might not have happened. (www.anxietybc.com.) I think that educating children on panic disorder will only benefit them if they have it. It will let them know that they aren't the only ones dealing with the problem, and that they can get better within time.

AnxietyBC.com then says to teach your child how to relax in the case of a panic attack. Teach your child to take deep breaths, because during panic attacks people tend to breath fast which could cause dizziness or for the child to become lightheaded. Also teach them how to relax their muscles. Teach them how to relax their whole body at once. This will help them calm down. For older children, teach them not to overestimate when it comes to panic attacks. Some may think they'll die or that it'll go on forever. Reassure them that everything will be okay. Also teach them not to think of the worst possible outcome of their panic attack. A lot of children will think that no one will help them or they'll embarrass themselves in front of their peers. Make sure they know to only relax in this situation, overthinking will most likely only cause the panic to increase.

(www.anxietybc.com.) Teaching a child to relax and how to act during a panic attack is a great idea. They'll

soon know what to do when they feel a panic attack coming on, along with what they shouldn't do. They'll be able to help themselves a good amount.

I'd imagine that panic disorders on children is just as difficult, if not more difficult, than it is on adults. Children may not have as much knowledge on the subject as others do, so it's important that they know what's going on, and how to help themselves when something happens.

Citations:

"Home Management Strategies for Panic Disorder." *AnxietyBC*. 29 Jan. 2013. Web. 11 Jan. 2016.