



ANXIETY: THE BRAIN'S DANGER DETECTOR

Hi, this is Evelyn, Job Links specialist in helping people stay in school or on the job. This month, we're talking about anxiety.

So, what is anxiety anyway?

Everyone gets visited by anxiety from time to time. **Anxiety is the brain's way of protecting us from danger.** It's got 3 parts: 1) thoughts, 2) feelings 3) actions. All three kick in automatically **whenever it seems like something bad could happen.**

Here's an example: Joe almost lost his arm in a piece of machinery at the shop. It really hurt and he didn't see it coming.

The next time he uses that machine, anxiety will kick in:

- 1) Thoughts: "Oh boy I really hurt myself last time!" "What a stupid thing to do." "I could lose my arm!"
- 2) Feelings: Fear, shame, anger at himself;
- 3) Actions: He goes slowly when using the machine. He's very careful. **OR** he *decides to avoid the machine.* Maybe he asks his foreman to change jobs.

It's that last action, avoidance, which can turn anxiety into a problem: because Joe got hurt once, *anxiety wants him to stay away from machines forever.*

If he lets anxiety run the show, if he walks away, he may not get the best jobs. He might even get fired.

If he faces his fears, if he uses the machine again, anxiety will learn to trust his judgement and he'll gain experience and confidence.

There is no universe where facing fears is comfortable or fun. If anxiety has been running your show for a long time, you may even feel like you'll die if you try to face them. The good news is you don't have to live that way. There are some simple and effective things to do that will slow down runaway anxiety.

If you're in school or on the job and you'd like to know more about how to keep anxiety from running your show, call us at Job Links. We'd be glad to lend a helping hand.

Recruiter's Corner

FREE Motivation Workshop November 24th, 2021

It is normal to struggle with motivation, even more so in uncertain times. Whether you are trying to find motivation to look for a new job, go back to school or simply improve your overall daily motivation; this workshop will help to demystify motivation and help with tips to overcome low motivation. For more information or to register please contact us by November 19th.

To get the latest news from Job Links, visit our website <http://joblinks.etsb.qc.ca> or look us up on [Facebook @JobLinksServices](#).

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We look forward to helping you!

