

Soundbite Script – What’s with all this stress and anxiety?

Jennifer Worden, LMSW-C, psychotherapist, OSF HealthCare

“Stress is commonly more like a temporary reaction to an event, a change, a new experience or a difficult conversation. It’s something new, and we’re not quite sure how it’s going to work out. But once we get through it, we often feel that sense of relief.” (:24)

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“But someone with chronic anxiety may feel that smoke alarm going off all the time. They continue thinking about what happened, asking themselves, ‘Did I look stupid? Did I embarrass myself? What if they’re mad at me?’” (:17)

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“Getting married, going through a divorce, having a child, losing someone, moving or starting a new job, anything that’s new and unknown can cause stress. (:17)

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“We all have that one activity or thing that helps us calm down. For some people, it might be making jewelry or coloring. For others, it might be calling a friend who helps them feel grounded.” (:19)

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“These are what we call somatic techniques, which are things that actually calm the body. That can involve engaging our muscles, focusing on our breathing and being more in touch with our bodies.” (:25)