

Anxiety – it's a bugger!

Jan Sky

Do you ever get anxious? I mean really anxious? When you feel warm (or even hot) all over; your palms sweat and you get that sick feeling in your stomach.



Here's my anxiety story ...

I was attending a course in Brisbane this week as part of a professional development program I had engaged with, so it was a really important day for my advancement.

The trip from my place on the Gold Coast to Brisbane usually took about an hour and as registration was 8.30am I needed to leave adequate time. Heavy rain prompted an early departure from home, so with all things in place I was in the car by 6.45am. The Navgirl was set and I was on my way.

Part way up the motorway the Navgirl diverted my direction. So, thinking it was because of traffic, rain, accident, I followed her diligently.

Alas she led me astray, taking me all the way to similar address in Redland Bay on the eastern peninsular. Redirecting her was imperative especially as after travelling for an hour now, she said I had another hour to go!!

My state of anxiety kicked in. I became hot, felt a fast beating heart and heard a voice inside my head saying "turn back – go home".

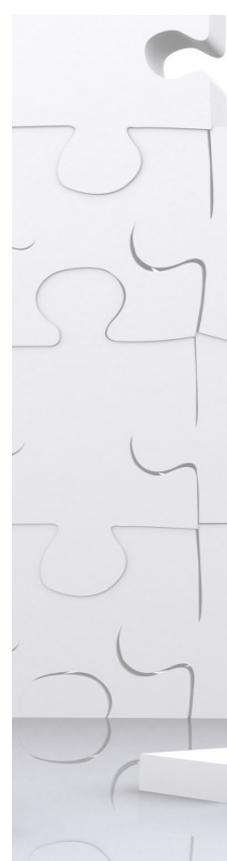
Pushing through this dialogue and emotional feelings, I set Navgirl to take me to the street of the car park in Brisbane (listed on our instruction sheet) and off I went. There is in fact a street of the same name 30 minus outside of Brisbane so unknowingly, she took me there.

I know very little about Brisbane, having only moved to Queensland from NSW not so long ago and unaware of geographic directions - north, south, east, west! Oh no, going back home was becoming a stronger thought in my head and I started running through the things I could be doing there. *How could I arrive late? What would others think of me? I'll miss the best part of the day! Everyone will look at me when I walk in, and I need to pee!*

With a sick feeling in my stomach, a heat rising throughout my body ... not to mention those thoughts, for the third time set the Navgirl I continued my journey.

Arrival time at carpark in Brisbane was 9.15am and I was told that as I'd missed the early bird rate and the cost would be \$89 for the day! Phew (well I said something other than that), I'd gotten this far and had been given another opportunity to turn around. A small voice inside my head said *"go ahead, park and go upstairs"*. I did.

My questions to you are:'



- What would you have done in my situation?
- What goes on inside your head in similar situations?
- Can you identify the 'state' you're in when a similar situation happens to you?

My state of **ANXIETY** has been reduced over time by introducing my stronger state of **CALM** and **DETERMINATION**. I made a conscious effort to breathe through the situation and then **PROCESS** comes into play for me.

It's taken awhile for me to behave in this way in these types of situations – yet behaviour change doesn't happen overnight, well not for me at least.



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