

más allá del síntoma

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When the Brain Sounds the Alarm: 5 Things We Should Know About Anxiety

Anxiety is part of the human experience. It can arise before an important conversation, when facing a decision, or during periods of increased stress. Understanding what happens in our brain and body helps us respond in a different way. One of the brain's primary functions is to protect us. The amygdala plays a role in detecting potential threats and activating a protective response. With anxiety, this system can become more sensitive, like a smoke alarm...

designed to protect us, but that can be triggered too easily.

Anxiety is also felt in the body. When the brain identifies a threat, the heart rate increases and breathing changes

and our level of arousal rises. Understanding these responses helps us better recognize what is happening and learn strategies to regulate our body.

When something causes anxiety, seeking relief is a natural response. We may postpone a

conversation, cancel an activity, or step away from an uncomfortable situation. That immediate relief can reinforce avoidance and, over time, strengthen the cycle of anxiety. Gradually approaching what makes us anxious...

creates a different learning experience: we can feel discomfort and learn how to manage it.

Our history also plays a role. Genetics, our experiences, the environment, learning, and the stressors we have faced help us understand how we have learned to respond to the world. At the same time, we still have the capacity to change. Our brain continues to learn through experience. We call this ability neuroplasticity.

Every time we practice a new way of responding, gradually approach what we fear, or relate to our thoughts in a different way, we are creating new experiences and new possibilities for change.

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