

BELOW explanations were provided by the research conducted by Andrew Huberman, an American neuroscientist and tenured professor at Stanford.

### What fear is not? Stress vs. Anxiety:

#### STRESS:

- Stress and anxiety are not the same as fear.
- Stress causes physiological and cognitive response:
  - Physiological STRESS response typically involve
    - The quickening of heart rate
    - Quickening of breath
  - Cognitive STRESS RESPONSE:
    - Creates a narrower awareness, think about this perspective similar to viewing the world through a soda straw
- ***HOWEVER, we can have STRESS without FEAR.***

#### ANXIETY

- Anxiety tends to be STRESS about a future event
- Fear is an intense biological response to immediate danger, while anxiety is an emotion regarding things we think ***may happen***

### What is fear?

- Fear falls into a category of a nervous system response that includes stress and anxiety.
- This type of emotion can be both mental and physical.
- Physiological fear can present itself as rapid heart rate, clenching of teeth, nausea, and urge wanting to avoid or run away.
- Cognitively by our thought and memories, these memories, can be perceived as protective or dangerous.

### **TOOLS to COUNTER FEAR:**

- **Sharing**: Fear often begins to dissipate when we talk to someone else. When we share, we not only make room for comfort, but we also release our shame.
- **Creating a positive anchor**: Imagine what you want in the future as if it already was. A specific visual that crystallizes what you imagine to be healing, success, or recovery. Write it down. Be SPECIFIC. Detail! Detail! Detail!
- **Opposite action** (a tool used in *Dialectical Behavior Therapy*):  
you can check the facts and determine if your fear is not effective or if it is legitimate. From there you can act accordingly: doing what you are afraid of over and over again; Exposing oneself to events, places, tasks, activities, and situations that present fear; Doing things offer mastery, giving yourself control over your fears.

**Finally:** It is important to remember that we have the capability and resources within.