

COPING WITH FEAR

Overview of Fear

Fear is a normal emotion to encounter. Fear is defined as a basic, emotional response to a perceived threat or damage. For example, if you encounter a bear running to attack you.



It is only when fear is present during the safe periods of our lives where it becomes a concern.

We are going to explore this feeling and how it can be coped with when it is chronic.

Chronic Fear

Chronic is defined as something that is continuous and persistent. Chronic fear is common for those who have experienced significant trauma throughout their life especially in their childhood. Often times, chronic fear comes up as symptom for different mental health disorders and concerns. Chronic fear affects your overall health and well-being.

Effects of Chronic Fear

Having chronic fear can impact your physical health. It can lead to health issues like high blood pressure. It can put stress on your heart which can lead to having a heart attack. Chronic fear can bring wear and tear on your body. Chronic fear also affects your brain and its functioning. It can lead you to not be able to rationalize and effectively make decisions. Listed below are some of the physical symptoms of chronic fear.

- Increased heart rate
- Tightened Muscles
- Heightened glucose levels
- Sweating
- Dilated pupils
- Reduce production of tears and salivation

Coping Skills

Though fear can be crippling, it does not have to be the guiding force of your life. It is important to have healthy coping skills so that you are able to live and thrive especially for your overall well-being. Here are some coping skills for fear.

- Practice mindfulness
- Practice self-care

- Seek out a trustworthy therapist
- Surround yourself with healthy community
- Find a support group
- Journal your fears



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Resources

<https://www.simplypsychology.org/what-is-fear.html>

<https://www.nm.org/healthbeat/healthy-tips/emotional-health/5-things-you-never-knew-about-fear>

<https://my.clevelandclinic.org/health/diseases/24757-phobias>

<https://www.medicalnewstoday.com/articles/323492#What-happens-in-the-body>