

## CarolinaAramburoAndFriends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being, Partners!

In this 52nd Newsletter, I want to give us a chance to consider the impact that anxiety can have on our physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. You can also read all of the articles in full [HERE](#).

### ANXIETY CAN BE EXTREMELY TAXING ON YOUR HEALTH!!!

Difficulty **breathing, uncomfortable feelings and muscle tension**... Most people may not be aware that they are experiencing an **anxiety attack when this happens**. It can be seen in many different forms, but no matter what form it is seen in, it still proves to be extremely unhealthy for us to go through. **About 4 million adult Americans tend to suffer from some type of anxiety** throughout the year, and it usually begins in childhood or adolescence. In this newsletter, I want to focus on the impacts that anxiety can have on you and your body.

This week on our Fan Page, we have included articles that will offer you information on **how anxiety can have an effect on you** and your health. These articles that we have put up cover the mental, physical, emotional and spiritual effects that anxiety can have on

your body and ultimately, your well-being.

Many of us have experienced a form of anxiety in one way or another. Whether it was because of a test that we were taking or going to a hospital, **anxiety has probably attacked each and every one of us**. The effects that it has on us can be serious. Psychologically, the effects can be as great as we allow them to be. Anxiety can be seen when we are worried about being uncomfortable or how successful we will be and can affect our ability to concentrate. In addition to this, our **sleep patterns can be hindered**. Different psychological effects can include having your alertness heightened, being on edge, or even being unable to relax. You may even feel the overwhelming need to seek reassurance from others or be dependent! Anxiety plays a large role in the ways that we think. We may tend to **fear that the worst is going to happen** and place every thought into a pessimistic outlook on life. Having anxiety can have a big impact on your day to day life if it is not maintained and controlled.

Physically, anxiety can have an effect on you too. Some people tend to ignore the symptoms that they have due to anxiety. Others may be used to them because they **deal with anxiety every day**. The effects that anxiety can have on your body are very unhealthy; it can cause many health problems in the future if not taken care of. Some of the physical effects that anxiety has on us could be:

- Increased muscular tension
- Discomfort
- Headaches



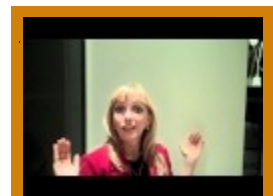
CAROLINA ARAMBURO

- Rapid breathing
- Light-headedness
- Shaky limbs
- High blood pressure
- Increased heart rate

Putting ourselves at risk of future health problems is one of the largest mistakes that we may make! If not taken care of, anxiety can **weaken your immune system**. If this occurs, it may lower your resistance to infection. The increased blood pressure may cause you to have heart problems or kidney problems and may contribute to the chances of you having a stroke. You may have **digestive difficulties, as well**.

**Anxiety, which can stem from stress**, was something that I often encountered throughout my health journey.

(Cont. on next page)



[CLICK HERE TO VIEW VIDEO](#)

[CLICK HERE TO VISIT CAROLINA ARAMBURO & FRIENDS NOW](#)

## ANXIETY CAN BE EXTREMELY TAXING ON YOUR HEALTH!!! Cont.)

Part of my **acute Post Traumatic Stress Disorder included having severe anxiety.**

I had a large sense of terror, worry, fear and apprehension. These feelings, plus many more, kept me from receiving the amount of sleep that I needed.

Going through anxiety attacks were scary. They were accompanied by **shaking, dizziness, sickness and difficulty of breathing.** I had to learn not to resist or fight the attacks to get through them. The key was to just breathe through and relax. **They would always pass** but the discomfort and fear when they were happen-

ing was difficult at best and hard to explain to those who have never experienced it.

Anxiety problems can take a toll on your **emotional health in addition to everything else.** You may feel a sense of depression, because anxiety and depression often appear together. It may become difficult to develop or maintain good relationships with people and your ability to cope with situations will reduce. A feeling of agitation or restlessness may come into play because anxiety disorders often **leave people feeling uneasy or uncomfortable in situations.** Feeling jumpy on a regular basis is another effect of having an anxiety disorder.

Some people who frequently suffer from anxiety have been placed on medication to ease their symptoms. Although this is helpful, **using spiritual practices to cope with your anxiety is an alternate fix.** Using assertive communication training, relaxation techniques, art, music, exercise and other spiritual practices can aid in the progression of eliminating your anxiety. If you suffer from anxiety, I suggest you do your research, listen to your body for ways to release it, and get some professional help if you can't manage it on your own.

## ANXIETY DISORDERS MAY IMPACT YOUR PHYSICAL HEALTH... EVEN IN SURPRISING WAYS!!!

Over **4 million American adults are suffering from a form of anxiety.** Anxiety, being defined as a generalized mood condition that can occur without an identifiable triggering stimulus, can be seen more often in women than it can in men. It can occur in many different forms, such as panic disorder, obsessive-compulsive disorder (OCD), **post-traumatic stress disorder (PTSD)**, social phobia (or social anxiety disorder), specific phobias, and generalized anxiety disorder (GAD).

Some physical effects of anxiety can include **muscle tension and headaches.** Sometimes, it is difficult for a person to identify if they have an anxiety problem or which form of anxiety they may have, since **some of the symptoms are universal to all of them.** Although anxiety is seen in many adults, it usually starts in adolescence or childhood. Some effects that it has on children could be:

- Recurrent stomach aches
- High risk for sleep disorders
- Nightmares
- Restless legs syndrome
- Bruxism (the grinding of teeth during sleep)

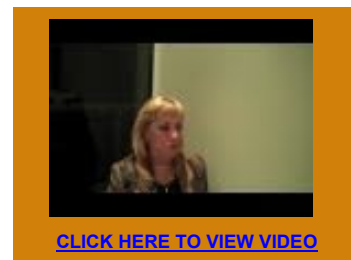
Adults can also be physically impacted by anxiety. Depending on the

type of anxiety that they may possess, the effects may waiver. **Heart palpitations, muscle weakness, and tension are common effects of all of the forms of anxiety.** Having night sweats, trembling and papillary dilation are also physical symptoms. In addition to the symptoms listed above, the following ones may show up:

- Nausea
- Chest pain
- Shortness of breath
- Stomach aches
- Heart disease
- Respiratory problems
- Allergic conditions
- Obesity

Having a specific anxiety disorder, such as obsessive-compulsive disorder (OCD), **can have major effects on your daily life.** Since having OCD usually requires a person to repeat a certain action over and over again until they feel that it is correct, having this may impact them physically. For example, they may experience skin problems from excessive washing, injuries from repetitive physical acts, and hair loss from repetitive hair pulling.

Another anxiety disorder that can have a major physical impact on us is post-traumatic stress disorder.



Anxiety can impact us on a mental, emotional, physical and spiritual level. The second health proposal is about **listening** to your body. In it, I propose that we can notice and **be aware of** what our body needs and wants. In my health journey, I listened to my body to begin to **diagnose and treat** the anxiety that came with my illnesses.

**Listening to your body** may guide you in diagnosing and treating your anxiety and may support you physically, mentally, emotionally and spiritually. I invite you to go on this **life altering journey** with me!

**ANXIETY DISORDERS MAY IMPACT YOUR PHYSICAL HEALTH... EVEN IN SURPRISING WAYS!!! (Cont.)**

Studies have found that there has been a large association between PTSD and poor cardiovascular health. Circulatory disorders or cardiovascular symptoms were associated with PTSD in both women and men. Cardiovascular morbidity has also been consistently associated with PTSD as well. Other bodily systems that are associated with PTSD include

the gastrointestinal and musculoskeletal systems. Studies have found that physician diagnoses have found PTSD relates to illnesses in these systems as well.

Usually, when a person can identify the symptoms of an anxiety disorder, it will be easier for a physician or psychiatrist to treat it. Through diag-

nosis and a specific treatment program, it may become easier for a person to maintain whichever form of anxiety it is that they may have acquired. Without a proper diagnosis or medication to aid in the decrease of the form of anxiety that you may have been burdened with, it may only get worse!

**SIMPLE SPIRITUALITY & SUSTAINABILITY**

I have created a Facebook Fan Page with these intentions:

1. To express three passions of mine that I have ironically been suppressing since 1999:
  - my passion for spirituality.
  - my passion for our earth/environment/plants/animals and the future of them/us all.
  - my passion for uniting all religions, spiritual expressions without excluding any of them and without relating to one as better than the other.....
2. To create a space where my friends and I can enrich each other's spiritual growth and we can all together empower

our community (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to live sustainable lives and learning to "heal" the world in a "green way".
4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together lead the way towards a Self-Realized Civilization, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
5. To make it all simple and synergistic.

**ARE YOU WILLING TO LET ANXIETY NEGATIVELY IMPACT YOUR MENTAL, EMOTIONAL, AND SPIRITUAL HEALTH???**

Emotionally, mentally and spiritually, anxiety can have a great effect on our lives. It can be very difficult to control our anxiety when it affects us in these areas, as we may be unclear that we have a form of anxiety at that moment.

Emotionally, the different forms of anxiety can play an important role into which symptoms you need to look out for. For example, if you have panic disorder, you may feel a sense of panic, terror and helplessness. If you have obsessive-compulsive disorder, you may feel that things are incomplete. If you have post-traumatic stress disorder, keeping your feelings bottled up after a traumatic event and having that memory triggered, can host that specific type of anxiety. If you have a social phobia, you may fear extreme humiliation or feeling embarrassed. Other emotional symptoms of anxiety include:

- Feeling of apprehension or dread
- Anticipating the worst
- Irritability
- Restlessness
- Being afraid

Mentally, anxiety can impact you because your thoughts may move towards always suspecting danger. You may start to often think about dying and may not be able to remove the feeling from your mind. Increasing thoughts of suicide can become common, as well as peculiar mental sensation. Depersonalization and de-realization are both mental effects that can occur with anxiety; you may feel removed from your body or have a feeling of separation from your surroundings.

From a spiritual perspective, if you are unable to connect with yourself or have a clear mind, it may be-

come difficult to have a good spiritual connection as well. Anxiety can bring on a sense of fear and uncertainty that affects you in multiple ways. Without the proper treatment and diagnosis, regaining your sense of spirituality and getting yourself in the correct emotional and mental state may serve to be more difficult than ever.

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)



CONNECT WITH ME



If you would, please go to this link and give us/me your feedback:  
[CLICK HERE OR SEE http://carolinaaramburo.com](http://carolinaaramburo.com)  
 That will make a major difference for me/us. We are not selling you anything. The commitment is giving and receiving of information and we appreciate your contribution. Thank you so much for the opportunity to learn together.