

Action and Anxiety

April 2026 Newsletter

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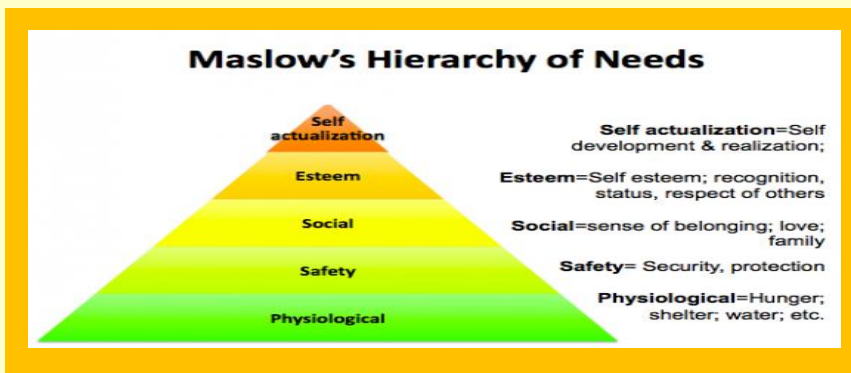
Anxiety

Wellbeing can be defined as our internal measure of contentment and happiness. If we also have a sense that all is well in the environment around us then that strengthens our positive state too.

We are constantly monitoring incoming information in relation to how it impacts us. If it is

reassurance on social media, but it can result in our anxiety getting intensified as we attempt to predict outcomes and get trapped in further uncertainty and worry.

If the situation is outside our sphere of control, then taking positive action and doing things that are within our



positive and aligns with our intentions, it enhances our well-being but if it opposes our plans in some way, it creates stress and worry.

In Maslow's Hierarchy of Needs in the picture above we see that our basic need for shelter, food and safety need to be met in order to really attend to our family, work and social commitments.

In these unsettled times worry and anxiety can cause us to seek

charge will help us to regain our inner balance and bring stability and calm into our immediate environment.

Action cures fear. Just try one of these to allay your worries and restore inner peace:

Clear out a closet, build a bookcase or cook an amazing meal.

"Instead of worrying about what you cannot control, shift your energy to what you can create." Roy T. Bennett

Marie Wellness clinic

This month the theme is all about recognizing our basic need for safety and understanding the anxiety that insecurity creates.

Worry about safety is deemed to be one of the major causes of anxiety and stress because it triggers our amygdala, our danger detection system. The amygdala is responsible for our fight or flight response. It releases stress hormones and impacts our emotional state with feelings of anger to fight or fear to take flight.

Anything that makes our life look unsafe can trigger this response and lead to comfort eating and self-medicating as opposed to more healthy choices. It can also re-activate past trauma adding more fuel to our anxiety.

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