

Netflix: The Mind Explained: Anxiety

- Before watching this, what did you think a panic attack was? Had you ever experienced one?
- Did you know that anxiety was the most common mental health disorder?
- Place one index finger pointing toward your eyeball, and the other index finger pointing to your ear. The point at which these two fingers would meet inside your brain is your amygdala!
 - That's the part of the brain that is overly sensitive for people with anxiety disorders.
- What are some "lions" that you worry about? What are your body's symptoms of stress?
 - Did you know that irritability is a symptom of stress?
- People with social anxiety tend to misread ambiguous facial expressions. How might this affect them in their daily life?
- The same neurotransmitter implicated in depression (serotonin) is also implicated in anxiety.
 - Did you know this? Did it surprise you? What does this tell you about the relationship between anxiety and depression?
- What did you think of the example of Little Albert? Can you think of ways that your child's brain may have been "primed for vigilance" in their early years?
- Rates of anxiety are going up. Do you think that it's because people are more open to treating it, or because modern life has caused us more anxiety? Or both?
 - How might you be able to help your child spend less time on social media?
- What did you think of Dr. Mattu's comparison of social media to cars without safety belts?
- Were you surprised to learn that alcohol can make anxiety worse? What about THC?
- What was it like for you when you heard Dr. Mattu and Dr. Sapolsky say that we can't "cure" anxiety?