



The Hinda Institute presents...

LIVING WITH ANXIETY

SESSION 2 - UNDERSTANDING YOUR TRIGGERS

*Wednesday, November 19, 2025
with Dr. Stephanie Kutzen,
and Matt Schwartz*



DEFINITION OF ANXIETY TRIGGERS

“Any event, situation, person, place, thought, memory, or physical sensation causing anxiety to appear or worsen.”



WHAT AILS YOU? MAY BE OBVIOUS OR SUBTLE

A. External Triggers: those originating in the environment

1. Re-entry challenges → parole, housing, career, financial, relationships
2. Social situations → job interview, meeting new people, crowded places, being observed
3. Pressures → unrealistic expectatations, tests, exams, deadlines, performance review
4. Social interactions → avoidance of others, fear of rejection, embarrassment, judged, misunderstood.



QUOTE:

“Social anxiety can make even the friendliest faces feel like a threat.”



EXTERNAL TRIGGERS CONTINUED

5. Environmental factors → trauma, noises, sounds, smells, dates, limited or part

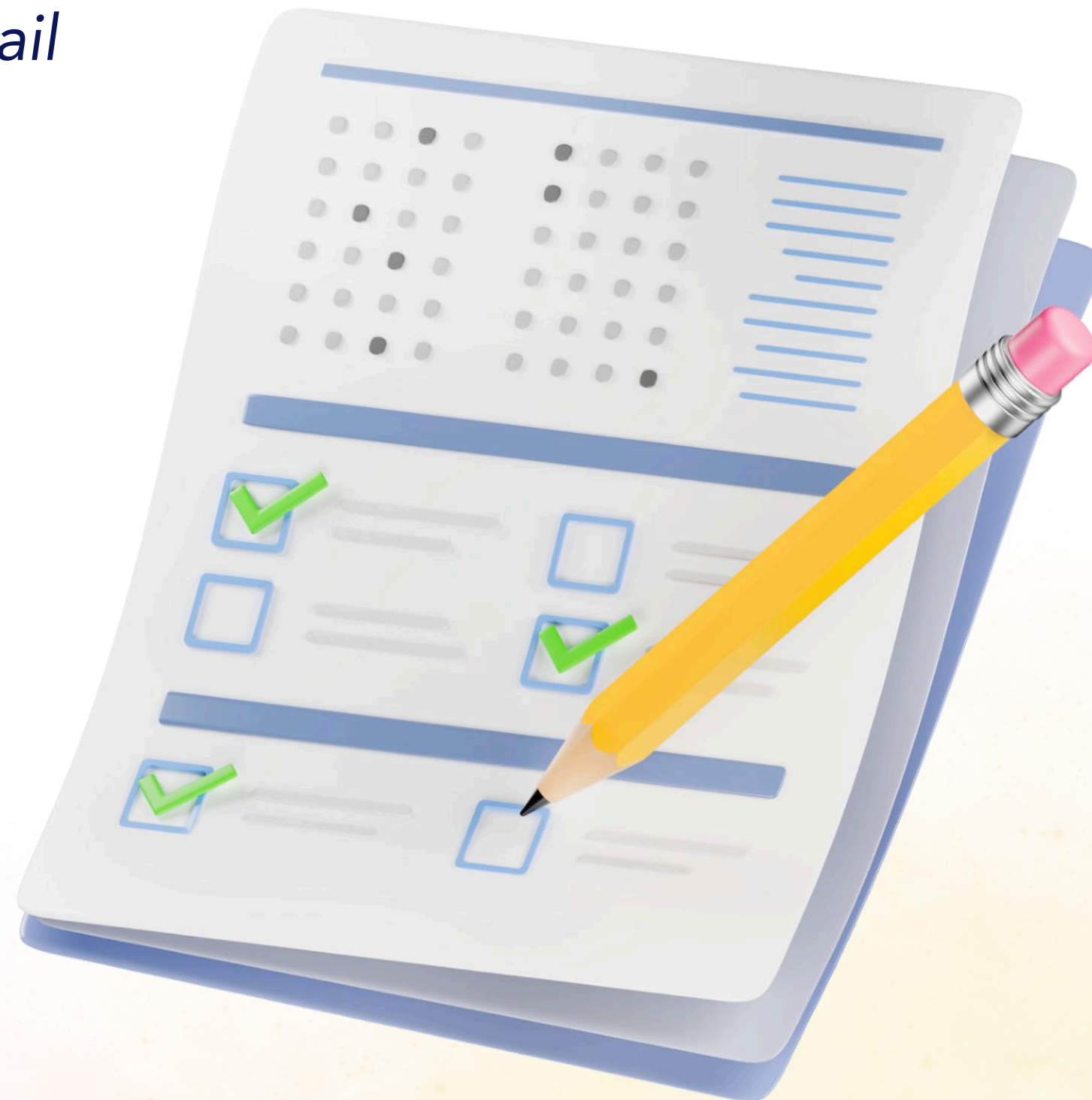
- Noises, clutter, overstimulation
- Authority figure
- Overload of certain triggers
- “Second hand” experience of distress causing involuntary reaction



INDIVIDUAL EXERCISES

Identify your external trigger hierarchy.

- *See attached form in email*



INTERNAL TRIGGERS

Cause negative thoughts, physical symptoms, organizing in mind or body.

- Thought patterns → anticipating, catastrophizing, perfectionism
- Negative self talk → fear of failure, rejection, abandonment
- Lack of control over unpredictable situations
- Trauma memories



QUOTE:



“With the right mindset, anxiety feels like a superpower in disguise”



INTERNAL TRIGGERS CONTINUED

Biological & Body Sensations → Hormone Changes

1. Stage of life, chemical imbalance, low blood sugar
2. Racing heart, dizziness, sweating, heavy breathing
3. Alcohol/drug misuse
4. Medications → initial use or withdrawal
5. Lifestyle → lack of exercise, poor nutrition, dehydration
6. Low mood → Dysthymia
7. Constant exposure to triggers



INTERNAL TRIGGERS CONTINUED

C. Importance of Recognizing when Anger Influences External and Internal Triggers

- Central nervous system overstimulated
- Overwhelmed, unsafe
- Fight or Flight response
- Fuels restlessness, irritability
- Problem solving diminished



INDIVIDUAL EXERCISES

Identify your internal trigger hierarchy.

- *See attached form in email*



ROLE PLAY

Demonstrating how to deal with anxiety triggers.

With facilitator and one participant.

Character description:

- Participant: person currently experiencing high levels of anxiety
- Stephanie: coaching



WRAP UP - GROUP DISCUSSION

- Measurable results of Session 2 objectives met?
- Participant recommendation for seminar improvement
- Next seminar: December 3rd, 2025
 - Practical Skills and Practice

