

VOICE



E-Newsletter of DY Patil International School, Nerul

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“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

-Marie Curie



Courtesy: www.inc.com

What is Fear?

Fear may be best explained through the acronym **F.E.A.R** which stands for “False Evidence Appearing Real”.

Fear, considered to be a powerful, and primitive human emotion by many, cautions us of the presence of danger or threat whether physical or psychological.

Fear is composed of two primary reactions: biochemical and emotional.



Types of Responses

BIOCHEMICAL RESPONSES	EMOTIONAL RESPONSES
<p>Our bodies respond in specific ways.</p> <p>Physical reactions to fear includes, "fight or flight" response like - sweating, increased heartrate, high adrenaline levels.</p>	<p>Responses are highly personalized, can be positive or negative response to the feeling of fear.</p> <p>It can be in the form of encountering thrilling situations, thriving on extreme sports, watching scary movies.</p>

Fear is a very complex emotion, more so because there is no single, primary cause. Some fears may result from experiences or trauma, while others may represent a fear of something else entirely, such as a loss of control.

Certain fears tend to be innate and may be evolutionarily influenced because they aid in survival. Others are learned and are connected to associations or traumatic experiences.

HOW FEAR WORKS -

MIND  HELP

Signs of Fear



MIND JOURNAL

<https://mind.help/topic/fear/>

When we become aware of the potential dangers, our body prepares us to react to the threats by releasing certain hormones. These hormones help to –

- Make us more alert and aware of our surroundings.
- Enhance functions, like our hearing and eyesight, to help us survive.
- Prepare the body for fight or flight by increasing blood flow to muscles, increasing heart rate etc.
- Shut down or regulate certain functions that are not essential for immediate survival, like the digestive system.
- Increase focus and improve memory by releasing hormones into the amygdala, an almond-shaped structure in the brain.

FEAR AND PHOBIA

The terms fear and phobia are often used interchangeably, but there is a difference between these two concepts.

Difference between a typical fear and phobia	
Typical fear	Phobia
Feeling anxious during a flight that is going through minor turbulence	Forgoing a company overseas trip because you're too afraid to fly
Experiencing slight vertigo when peering down from a cliff	Turning down an ideal job just because its office is located on the 15 th floor
Feeling queasy when you see your blood being drawn during a blood donation	Avoiding important medical appointments because you're terrified of needles

Courtesy: <http://davispsych.weebly.com/fear-vs-phobia.html>



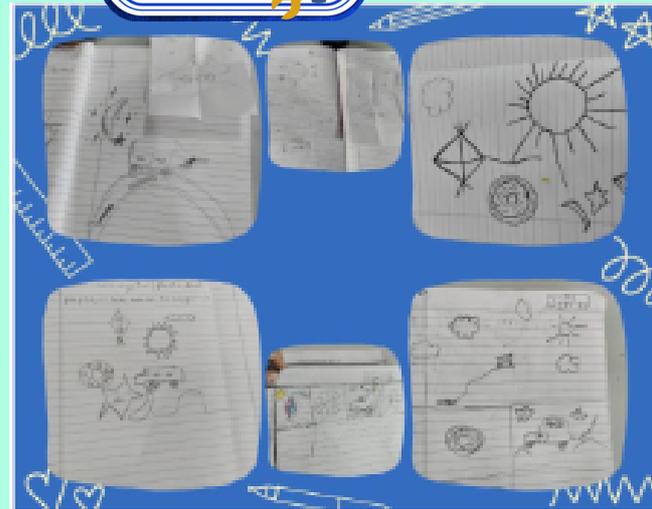
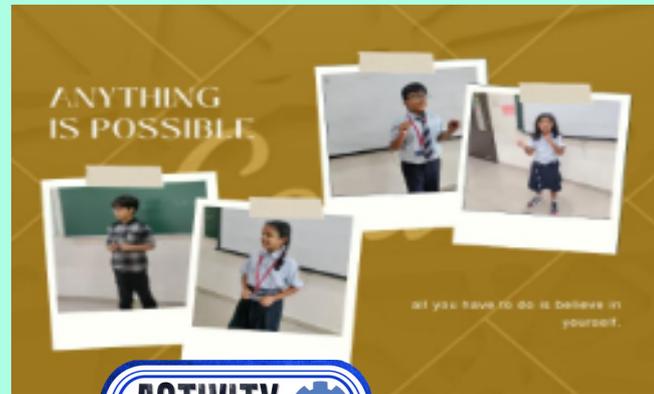
SNEAK PEEK INTO THE CLASSROOMS...

“Being brave isn’t the absence of fear. Being brave is having that fear but finding a way through it.”

- Bear Grylls

The enthusiastic learners of the Primary School exhibited their techniques of dealing with fear through activities like - ‘Act Out’ and ‘Stack the Deck’. Students utilised strategies such as ‘Breathing exercises’ and ‘Mindful listening’ to find a way and solve problems here.

They also explored and experienced healthy ways of overcoming fear through activities like group presentations, quiz and drama.



Students from Middle and High School participated enthusiastically in various activities like , Role play on - identifying signs of fear, welcoming Chintu in the class and class discussion on rational ways of overcoming fear.

They also watched a video on what is fear.

(<https://www.youtube.com/watch?v=V7NLLiybtyA>)

HEALTHY WAYS TO DEAL WITH FEAR

“Thinking will not overcome fear but action will.”
-W. Clement Stone

As we become more aware of our fears, we become confident in accepting and dealing with them. This awareness makes our fear less scary.





Fear is an important human emotion that can help protect you from danger and prepare you to take action, but it can also lead to long-lasting feelings of anxiety. Finding ways to control your fear can help you cope better with these feelings and prevent anxiety from taking hold.

Courtesy -<https://www.verywellmind.com/>

I learned that **courage** was not the absence of fear, but the **triumph** over it. The **brave** man is not he who does not feel afraid, but he who **conquers that fear.**

– *Nelson Mandela*



Courtesy www.azquotes.com

TEAM DYPIS



HAPPY

Reading

