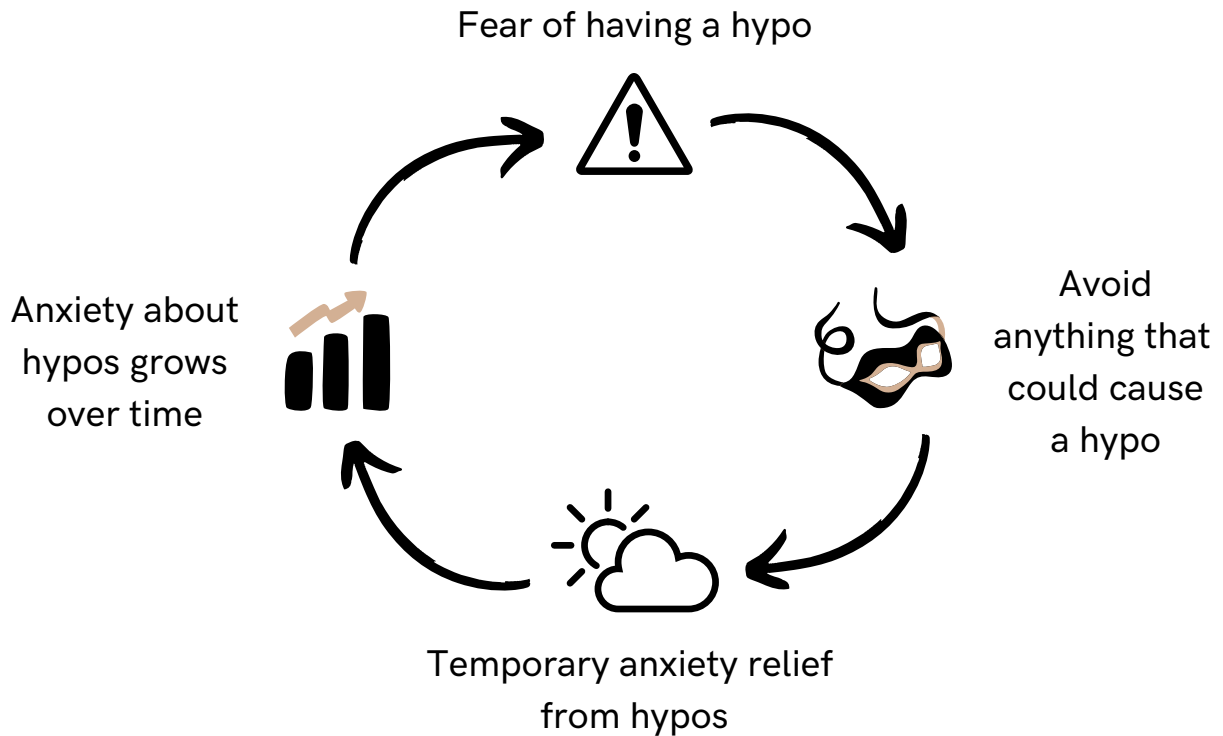


# Cycle of hypo anxiety

Hypo anxiety, also known as hypoglycemia anxiety, is when you're worried that your blood glucose level (blood sugars) will go too low. Let's look at the cycle of hypo anxiety:



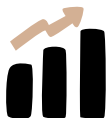
Thinking about a hypoglycemic episode leads to worry, fear, or feeling overwhelmed. This can bring on symptoms of anxiety.



This fear becomes so intense that you avoid hypos at all costs. This could include not taking enough insulin to keep blood sugars high, avoiding carbs, eating more than needed to keep blood sugars elevated, or restricting activities such as driving, exercising or traveling.



Avoidance of hypos gives a sense of relief. The symptoms of anxiety lessen and this coping response of avoidance feels like it works to manage anxiety.



The fear of having a hypo actually worsens, because the brain learned that anxiety symptoms go away when hypos are avoided. As a result, anxiety becomes more intense and avoidance becomes a go-to coping strategy for managing hypo anxiety. This perpetuates the anxiety cycle.