## The Super-Scanner



Some people can sleep through anything – partners snoring, trains speeding by and thunderstorms. Yet those same people, after they've just had a baby, can be woken by the slightest sniffle. It seems we have an inbuilt scanner, that keeps us alert to certain signals, even

when we're sleeping. It's constantly scanning for the signal, then triggering the body's alarm system which wakes us up, even from the deepest sleep, to attend to the baby.

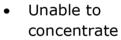
Sometimes these inbuilt super-scanners are programmed to look for other signals, and it seems the sensitivity can vary. Someone who worries about being burgled might have a super-scanner which is set to be highly sensitive to noises that are different from those we normally hear at night. A knocking sound will have them instantly awake, alert and anxious. On investigation, they might realise it was a twig tapping against the window, the anxiety subsides – and they can sleep reassured they're safe.



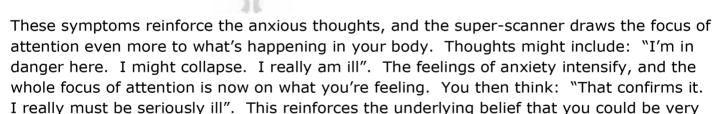
If you worry a lot about your health, you perhaps might have a super-scanner that is highly sensitive to picking up on body sensations. You can be going about your daily life, when suddenly, the constantly on and alert super-sensitive-scanner, notices something different: a slight pain, an ache, a numbness, a tingling – anything. This scanner immediately draws your focus of attention to the sensation. You might think, "Hey, what's that? I might be ill". You feel anxious, and the body's alarm system is activated: adrenaline is released into the bloodstream, which then itself triggers a whole host of physical symptoms:

- Heart racing
- Breathing faster
- Light-headed
- Tense muscles
- Aches & pains

- Shaking
- Hot
- Sweating
- Nausea
- Dizziness



 Butterflies in the stomach



We can learn to notice the super-scanner, and turn the sensitivity dial down. It can be a useful mechanism so we don't want to turn it off completely, but we can improve our ability to interpret the readings accurately, and adjust the way we react to the scanner.

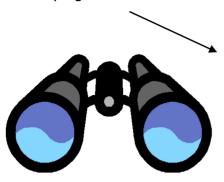
ill or likely to become so, and makes it more likely that this cycle will keep happening.

- Notice the scanner: "That's that (super-sensitive) scanner again!"
- **Readjust the sensitivity dial**: "Okay, the scanner is noticing the .......(physical sensations). I'm thinking the worst about that, but it's probably just a normal body sensation. The other symptoms are due to anxiety."
  - There's no need to fight the thoughts, you can notice them, and let them pass.
  - Change your focus of attention: Move on do or think about something else.



## The vicious cycle of Health Anxiety

Underlying belief: I could become seriously ill with a life-threatening illness



## Super-scanner

Constantly alert & highly sensitivie: Scanning for physical sensations



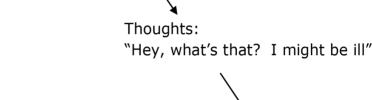
**Trigger**: hear about or see something

Super-scanner notices body sensation

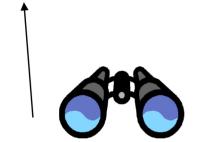


"That confirms it:

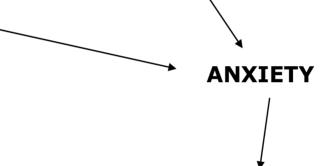
I really must be seriously ill"







Focus on physical sensations



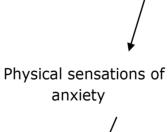


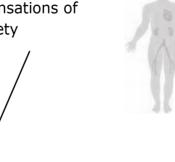
Body's alarm system activated: Adrenaline released



Increase in physical sensations Hot, sweaty, faint, headache etc

Check Seek reassurance







Thoughts: "I'm in danger here. I might collapse.
I really could be seriously ill"