

# ANXIETY

**Anxiety** is a normal reaction to stress and can be beneficial in some situations. It can alert us to dangers and help us prepare and pay attention.

Anxiety is characterized by excessive and unrealistic concerns about the future, emotional and physical tension, and patterns of avoidance - avoiding people, responsibilities, or harmless situations.

## Symptoms



**Physiologically**  
Shortness of breath  
Dry mouth  
Heart palpitations  
Chest pain  
Stomach churning  
Trembling



**Psychologically**  
Fear  
Nervousness  
Unable to concentrate  
Feeling numb

## TYPES OF ANXIETY

Anxiety problems are classified into different types, referred to as disorder. Here are description of some common anxiety disorders:



**Generalised anxiety disorder:** Spending most of your time worrying about a variety of everyday things that wouldn't usually bother others. Worries about seem out of control and you feel tense and nervous most of the time.



**Social anxiety disorder:** Experiencing intense anxiety in social situations because you are terrified you'll embarrass yourself or others will judge you. This often leads you to avoid social situations, such as talking in class, going to parties or meeting new people.



**Panic disorder:** Having repeated episodes of sudden feelings of intense anxiety and fear that reach a peak within minutes.



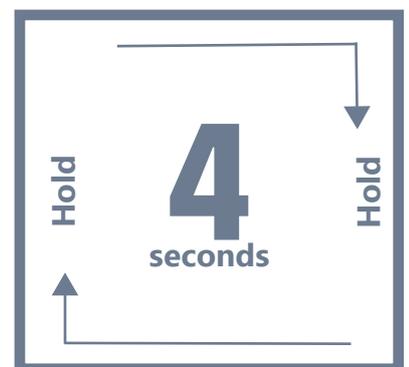
**Specific phobias:** Intense fear of a specific situation or object.

**Feeling anxious or stressed?**

**Stop for a moment, and**

**take a slow deep breath.**

**BREATHE IN**



**BREATHE OUT**

Scan Me

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# Helping someone with Anxiety

Educate yourself about what can help anxiety.

Help your anxious friend about break free avoidance behaviour.

Encourage your friend to approach a counsellor.

Be patient and listen to the person's fears and concerns, and take them seriously. It's not just a matter of telling them to 'calm down' - it's not that easy.

## Tips to deal with Anxiety



### Homework

Write down your thoughts for later instead of repeating them in your mind.



### Avoiding caffeine intake or alcohol

Though coffee and alcohol might provide temporary relief, but they typically add to feelings of anxiety.



### Healthy Lifestyle

Engaging in regular physical exercise release endorphins in the brain and can decrease anxiety. Eat a well balanced diet.

### Focus on your breathing

Breathing deeply and slowly which will help the body to slow down and relax.



### Speak

Speak to a friend, family member, tutor, PCV members, We-CARE member or lecturer.

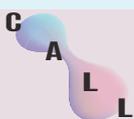
### Rest & relax

Get enough sleep. Take up a relaxing hobby



#### References:

<https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms-causes/syc-20350961>  
<https://www.psychologytoday.com/blog/in-practice/201607/how-help-someone-anxiety>  
<https://www.psychologytoday.com/blog/cbt-and-me/201607/top-10-ways-reduce-anxiety>



24/7 Mental Health Crisis Hotline

+ 6 0 1 5 - 4 8 7 7 0 4 0 5

FOR 24/7 EMOTIONAL SUPPORT VIA TEXT MESSAGE, PLEASE WHATSAPP +6011-30116505



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