

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



Cognitively
Frightening thoughts



Psychologically
Fear
Nervousness
Unable to concentrate
Feeling numb

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.

Types of Anxiety

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>
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<https://www.psychologytoday.com/blog/cbt-and-me/201607/top-10-ways-reduce-anxiety>

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