



SwastiVishwa Behavioral and
Social Sciences Institute Foundation
Transforming Individuals,
Organizations, and Communities

UNDERSTANDING AND COPING WITH ANXIETY

Anxiety is a mental and physical reaction to perceived threats. In simple words a **feeling of fear** or apprehension about what's to come. In small doses, anxiety is helpful. It protects us from danger and focuses our attention on problems, but when anxiety is **too severe** it will lead to **anxiety disorder**

ANXIETY DISORDER

occurs when the **frequency** of **anxiety attacks** are **recurring** to the point; it starts to **affect your day to day life** for a **long duration of time**



What causes severe anxiety?

- Severe stress problems
- Depression
- Blood relatives with anxiety problems
- Unresolved Trauma
- Substance abuse
- Child abuse
- Sleep problems

How to identify if a person has anxiety issues?

Here are few signs and symptoms:

- Excessive worrying
- Trouble concentrating
- Sweating
- Overthinking
- Rapid heart beat
- Panic Attacks
- Breathing problems
- Impatient
- Isolation

FOR MORE INFORMATION

Contact us

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Types of Anxiety

Generalized anxiety disorder



GAD is severe, ongoing anxiety that interferes with daily activities

Specific phobias



A fear that goes beyond a rational response to stimuli and interfering with function

Social Anxiety



An extreme fear of being judged by others in social situations, unable to function

Panic disorder



Experiencing recurring panic attacks at unexpected times triggered by stress, fear and irrational thoughts

Obsessive compulsive disorder



Recurring irrational thoughts that leads you to perform repeated behaviours

Separation anxiety



Constant fear of being left alone or being away from your loved ones

Tips to manage your anxiety

LISTEN TO CALMING MUSIC



WRITE DOWN YOUR FEELINGS



DEEP BREATHING



TALK TO A SAFE FRIEND



SEEK PROFESSIONAL HELP



RELAXATION AND MEDITATION



POSITIVE SELF TALK



DISTRACT YOURSELF



FOR MENTAL HEALTH SERVICES

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