

ONE SHOULD SEEK MEDICAL CARE WHEN:

- The symptoms are so severe that you believe medication may be needed.
- The symptoms are interfering with your personal, social, or professional life.
- There is a chest pain, shortness of breath, headaches, palpitation, dizziness, fainting spells or unexplained weakness.
- One is depressed and feel suicidal or homicide.

having a glass of warm milk before going to bed will facilitate food sleep.

- Eat a healthy, adequate nutritious diet, make sure your diet includes [plenty if fruits and vegetables.
- Meditation
- Avoid alcohol and drugs usage to cope up with anxiety as they can make the problems worse and eventually will cause problem of their own.
- Avoid consuming stimulants like caffeine before going to bed as caffeine can increase anxiety, causes disturbances and even it can provoke panic attacks.



SELF-HELP TIPS FOR CONTROLLING AND REDUCING ANXIETY:

- Exercise regularly- yoga and aerobic activities are particularly calming.
- Get enough good sleep- lack of sleep can exacerbate anxiety, try to cultivate good sleeping habits, have a calm mind, a warm water bath,

FOR MORE INFORMATION OR ANY HELP VISIT
District Mental Health Program, District Hospital



National Mental Health Program
Department of Health & Family Welfare
Nagaland: Kohima



ANXIETY



Anxiety is a normal emotion. It is your brain's way of reacting to stress and alerting you of potential danger ahead. Occasional anxiety is OK. But anxiety disorders are different. They're a group of mental illnesses that cause constant and overwhelming anxiety and fear. The excessive anxiety can make you avoid work, school, family get-togethers, and other social situations that might trigger or worsen your symptoms.

WHAT CAUSES ANXIETY?

The most common factors that cause anxiety disorders are:

• FAMILY HISTORY:

People who have a history of mental health issues in the family may usually have problems with anxiety. For instance, Obsessive-Compulsive Disorder (OCD) can be passed down in a family.

• STRESSFUL EVENTS:

Stress at the workplace, loss of a loved one, or troubled relationships, can also trigger symptoms of anxiety.

• HEALTH ISSUES:

Ailments such as thyroid problems, asthma, diabetes or a heart disease can also cause anxiety. People suffering from depression can also develop symptoms of anxiety disorders. For instance, someone who has been suffering from depression for a long period may start to under-perform at work. This can then lead to work-related stress which could trigger anxiety.

• SUBSTANCE USE:

People who are heavy users of drugs, alcohol and other substances, develop anxiety problems when the effects of the substance begin to wear off.

• PERSONALITY FACTORS:

Sometimes, people with certain personality traits such as perfectionists or people who like to be in control, develop anxiety-related issues.

WHAT ARE THE COMMON SYMPTOMS OF ANXIETY?

PHYSICAL SYMPTOMS:

- Dry mouth, difficulty in swallowing.
- Frequent or loose motion.
- Difficulty inhaling, over breathing.
- Palpitation, discomfort in chest.
- Frequency or urgent urination.
- Dizziness/ headache.
- Aching muscles.
- Insomnia and night terror.

PSYCHOLOGICAL SYMPTOMS:

- Fear of dying.
- Irritability, restlessness.
- Feeling of being detached from the world.
- Being unable to think, trouble concentration.
- Worrying thoughts.