# 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.

# 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,

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.

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

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



ANXIETY

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targeted emotional numbin combat control intervention drags: loose 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 disorder 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