

Worrier or Warrior

They say 'to err is human', what seems more prominent though is to be anxious- make correct choice - be anxious again- make mistake- become more anxious ---- is what it takes to be today's human. What is unfortunate is that one can blame neither the human nor the situation. **Anxiety is a normal response to threat or danger; but it can become a mental health problem if it is exaggerated, lasts more than 3 weeks and interferes with daily life.**

We try to control the situation often simply by our anxiety as if thinking controls the situation. And we forget that the only thing that we can perhaps control is our thinking.

In contrast to fear and panic which are momentary and specific to certain situations; anxiety is a blend of unpleasant emotions and constant worrying that is future oriented. We all get anxious occasionally before an interview, before an exam, when it's time to get the result, on a first date, while making tough decisions for life changing situations. It helps us prepare for possible threats. But for many of us anxiety has become excessive and unreasonable. It becomes problematic when we presume we have lung cancer while waiting for the doctor with complain of severe cough and heaviness in the chest, when we worry even while driving for a family dinner or while packing for a vacation.

Symptoms:

- **Agitation,feeling of impending doom,poor concentration,inability to fall asleep.**
- Repetitive thoughts
- **Trembling,sense of collapse,Goose flesh,sweating,palpitations,nausea,lump in the throat**
- **Avoidance of certain situations,dependence,reassurance seeking from doctor or partner**
- **In children thumb sucking,bed wetting**

Causes:

- Genetic causes, chemically induced states like too much of caffeine, too much of CO₂, neurotransmitter imbalances in certain part of the brain predisposes a person to have extreme anxiety.
- Distal factors include inadequate development of trust during childhood years, certain restrictive parenting styles, and learned anxiety because of its survival value.
- Among proximal factors that cause anxiety are stress of different kinds like work environment, hostile home, and stressful life events.

We have all heard 'don't take stress! No worries! Don't be tensed! It'll be all right! When life gives you lemons, make lemonade out of it! You wish you could have replied 'why don't you try?!' its frustrating. I get that. But what is more frustrating is how your body feels. That constant nudge of something that might go wrong or the uneasiness of what is about to happen drains a lot of patience and calmness. I know you have tried saying 'please stop'. But that is not enough to control the extreme worry.

You need to know that it is becoming a severe condition that demands expert consultation when you feel restless and irritated almost all day long, with very

little time throughout the day when you can be truly calm. When you become tired easily because all of your energy is used up by your thoughts alone. When you suddenly realize that your mind has gone blank and it is difficult to concentrate on any particular thing. What is most disturbing of all is perhaps how you are struggling to fall asleep. And how you not notice the muscle tension and pain? Or are you worried about you being so stressed out all the time?

Becoming anxious is a part of being human. But anxiety that is dampening your capability rather than serving the original purpose of getting you prepared for threat is severely disturbing. Give it a thought. If we are on the same page and you agree to what I say; I am giving you a choice to make. You deserve to live and it can be treated.

Note: Anxiety disorder is a serious condition and needs timely intervention by psychologist or physician. But there are several protective measures that you can take to prevent anxiety to become a serious condition

1. Regular exercise
2. Meditation
3. Practice Deep breathing
4. Prepare a daily routine
5. Have healthy meal
6. Cut down alcohol, tobacco and even caffeine.
7. Exercise daily for at least 15/20 mins.

Bonus tip: Do not take extra responsibility than what you can handle. Keep some time for relaxation everyday.

Treatment of anxiety disorder includes:

- Cognitive behavioural therapy – This is the best measure proved to be effective without any type of medicine
- Solution Focused Brief Therapy
- Mindfulness Based Stress Reduction
- Hypnosis
- Medications

Deep Breathing Exercise

This exercise is to done for 5 minutes every day when you are not anxious.

1. Breathe deeply and slowly in through your nose and out through your mouth in a steady rhythm

2. Fill up the whole of your lung with air without forcing.

3. Count 5 to inhale. Hold till 5 counts and breathe out for 5 counts. Gradually increase the count to 7-7-7.

3.Focus on using the diaphragm,your lower chest muscle to breathe

4.Relax your shoulder and upper chest muscles when you breathe in.

Contact details :If you have any questions or concerns about Depression counseling feel free to mail your query to abhishikta.001@gmail.com or can msg mobile 7004200629 from 8PM to 9 PM to (Monday-Friday) or can book an appointment at your convenience.

Disclaimer: The information has been collected from various sources including materials from the web. We try to keep the information updated from time to time but these do not replace clinical judgement from a health care provider.

Courtsey:Abhishikta Mukherjee Psychologist