

What is anxiety and how can you deal with it?

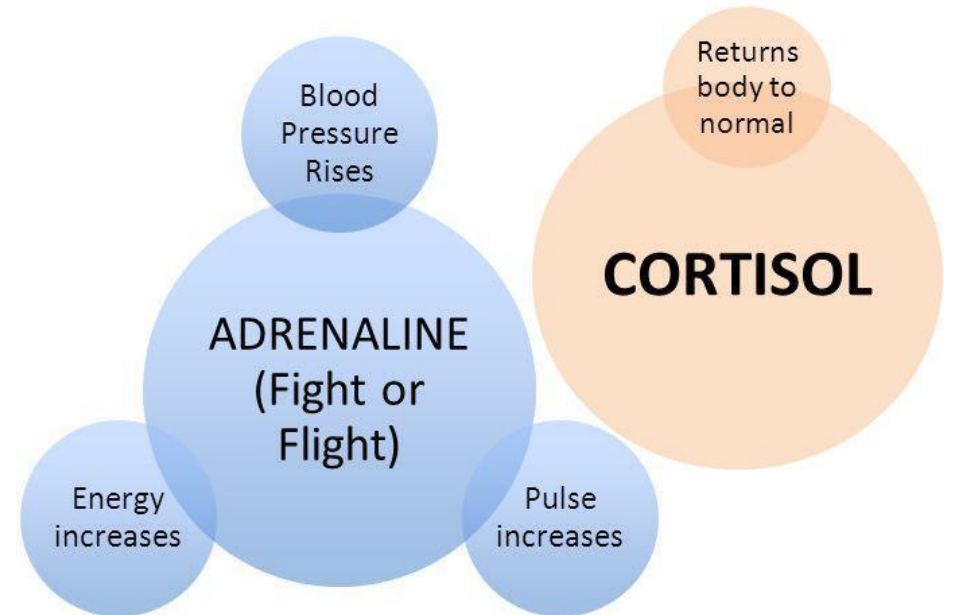
First of all, I would like to notify the readers of the magazine that I am clearly not a professional and any of the following information is solely based on my personal research on psychology.



What is anxiety ?

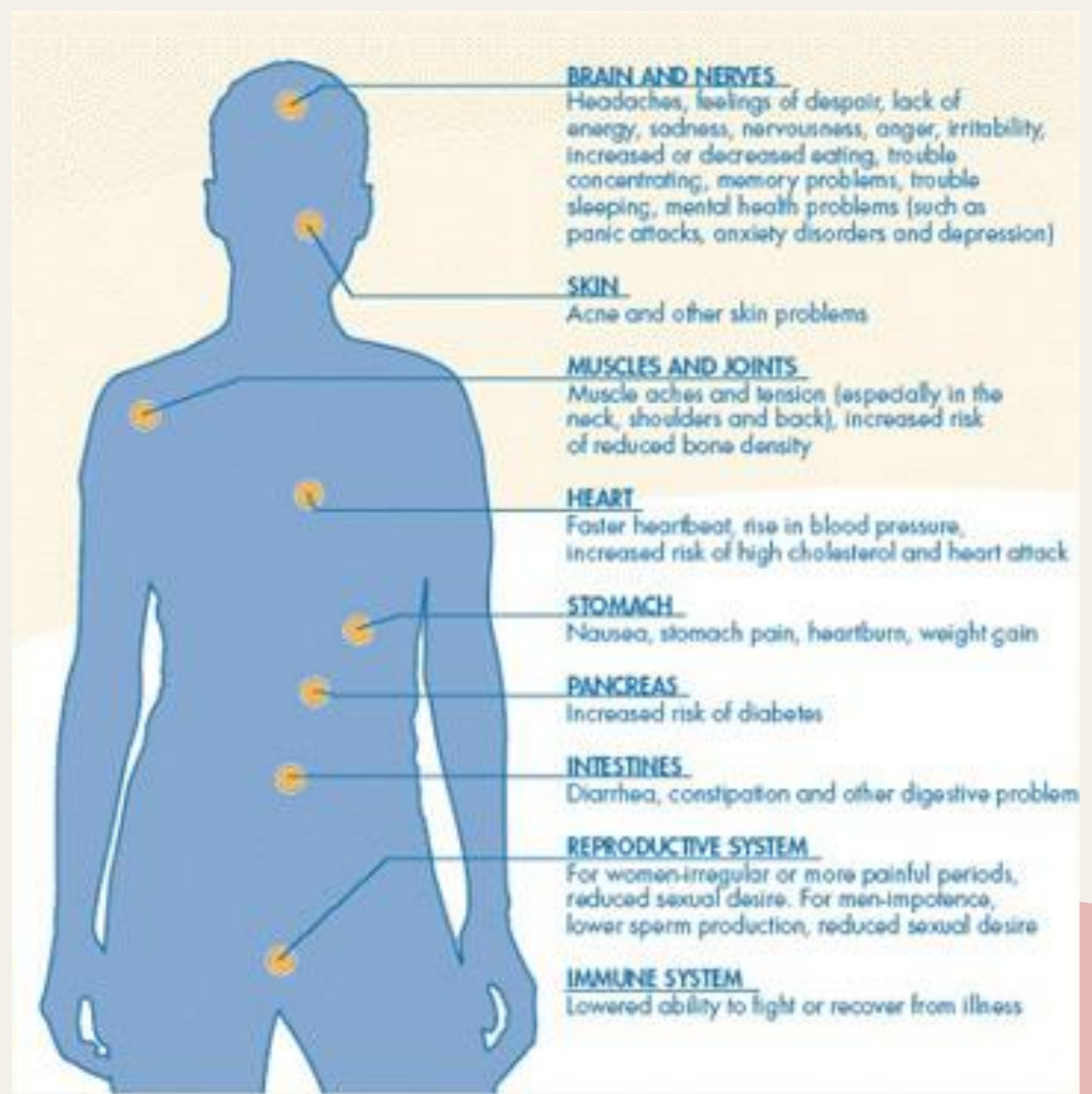
Anxiety disorders are the most common mental illness in today's world. Yet, most of us have a false idea of what it is and it is significant to make that clear in our minds provided that we would like to solve our problem. Anxiety is simply a chemical reaction of our nervous system. From prehistoric years , back when humans' enemies were wild animals , until now , whenever we sense that we are in danger meaning that we will get attacked , our body produces the stress hormones, otherwise known as cortisol and adrenaline. These stress hormones are released to initiate your fight-or-flight response to help you cope with the threat and get your body prepared to take action.

Stress Responses



Physical symptoms of stress :

- Aches and pains.
- Chest pain or a feeling like your heart is racing.
- Exhaustion or trouble sleeping.
- Headaches, dizziness or shaking.
- High blood pressure.
- Muscle tension or jaw clenching.
- Stomach or digestive problems.
- Weak immune system.



Emotional symptoms of stress:

- ✓ Becoming easily agitated, frustrated, and moody.
- ✓ Feeling overwhelmed, like you are losing control or need to take control.
- ✓ Having difficulty relaxing and quieting your mind.
- ✓ Feeling bad about yourself (low self-esteem), lonely, worthless, and depressed.
- ✓ Avoiding others.



10 Health Problems Related to Stress:

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- Heart disease.
 - Asthma.
 - Obesity.
 - Diabetes.
 - Headaches.
 - Depression and anxiety.
 - Gastrointestinal problems.
 - Alzheimer's disease.
 - Accelerated aging.
 - Premature death.



Tips to manage anxiety :



To begin with , it is understandable to feel anxious sometimes and it is not something that should concern you. However, for those who feel like it gets out of control , here is my advice :

- ❑ Firstly , it is not the end of the world . It does not matter as much as you think it does. Life is short, but not too short to give you enough opportunities to fix your mistakes and be successful.
- ❑ Secondly , it is okay to take a step back sometimes and put your mental health first. Life might be hectic occasionally, so make sure you have an escape from reality. That escape could be a hobby, movies , music ,family time , even sleep.
- ❑ Along with the previous point , I'd love to mention a similar one. It is highly helpful to have a place of comfort to go to whenever an anxiety attack occurs. Find a peaceful secret place that arouses feelings of relaxation and spend some time there on a daily basis or whenever a situation triggers adrenaline rush .
- ❑ The fourth tip is rather ordinary, but it is frequently misused. Taking a deep breath is vital. Inhale, hold your breath for 4 seconds, exhale and repeat a few times. Make certain that you don't overdo it though , because it might cause the opposite effects of what we aim for.
- ❑ Last but not least , I'd suggest discovering what your triggers are and do your best to avoid situations that will most likely provoke excessive anxiety.