

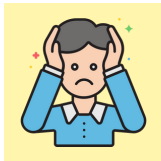
ANXIETY

ANXIOUS? OR ANXIETY DISORDER?



“Anxiety is a **feeling of discomfort and fear** that is often associated with a **range of physical sensations**”

WHAT IS ANXIETY?



Reaction to stress, such as sensations of worry, nervousness or unease before final exam or presentation

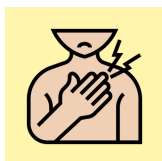


Anxiety can be good; it motivates you to plan and accomplish tasks



Feeling of anxiety ends when stressful events are over

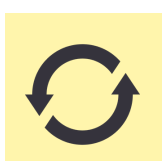
WHAT IS ANXIETY DISORDER?



Experience physical discomfort, and also behavioural and psychological symptoms



Anxiety is felt at a more intense level and significantly impairs daily functioning



Episodes of anxiety may occur more than once a day, or for example, every morning when you wake up

“Being anxious is a

normal reaction to stress.

It protects you and puts you on alert to potential dangers”

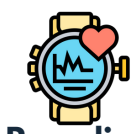
WHAT IS PANIC ATTACK?

Panic Attack lies in the spectrum of conditions in Anxiety Disorder. It shows symptoms of anxiety, and these symptoms are intense but short-lived.

Each episode lasts about 10 minutes and can occur more than once a day.

Symptoms of Anxiety Disorder

PHYSICAL SYMPTOMS



Pounding heart



Difficulty breathing



Dizziness or light-headedness



Nausea or abdominal discomfort



Increased muscle tension and muscle aches

BEHAVIOURAL SYMPTOMS



Avoiding feared situations



Trembling or shaking

PSYCHOLOGICAL SYMPTOMS



Intense fear



Confusion



Irritability



Sense of helplessness or impending doom



Repeated negative thoughts or excessive worrying



TREATMENT FOR ANXIETY

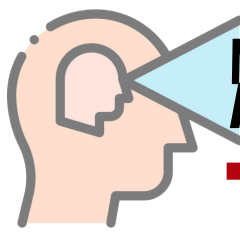
Cognitive Behavioural Therapy (CBT)

A hands-on psychological treatment to problem-solving, Cognitive Behavioral Therapy focuses on changing one's patterns of thoughts that contribute to intense anxiety. It identifies emotions and provides skills and techniques to deal with anxiety-provoking situations.

Medications

Some medications may be used to support treatment for anxiety, particularly for individuals who are developing personal skills to manage anxiety in the early stages of the treatment.

You may wish to seek professional help early by consulting your family doctor or refer to community helplines and resources at <https://www.psb-academy.edu.sg/student-resources/student-care>



MANAGING ANXIETY

Establish Good Habits

A healthy lifestyle can help to manage anxiety and promote good mental hygiene. Good habits include:



Well balanced diet



Exercise regularly



Good sleeping pattern



Limit alcohol intake



Drink coffee in moderation

Relaxation Techniques

You can also try out activities that you enjoy, such as relaxation exercises, reading, or listening to music.

Check out The Art of Relaxation to learn Relaxation Techniques such as Deep Breathing and Progressive Muscle Relaxation

Be Aware about Your Feelings and Talk to Someone

What makes you anxious? It is helpful to know what makes you anxious and speak with someone about your feelings. Keep your social support such as your family and friends close to you while managing your anxiety.