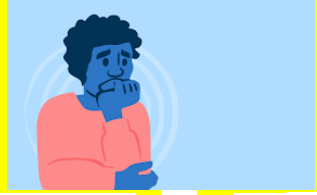


Do You Know About “Anxiety”?

- Anxiety is an emotion characterized by feelings of **tension**,



worried thoughts, and physical changes like increased blood pressure.

- Anxiety is not the same as fear, but they are often used interchangeably.
- Anxiety is considered a future-oriented, long-acting response broadly focused on a diffuse threat, whereas fear is an appropriate, present-oriented, and short-lived response to a clearly identifiable and specific threat.



- Everyone can feel anxious sometimes, but people with anxiety disorders often

experience fear and worry that is both intense and excessive.

- These feelings are typically accompanied by physical tension and other behavioral and cognitive symptoms.
- They are difficult to control, cause significant distress and can last a long time if untreated.
- Anxiety disorders interfere with daily activities and can impair a person's family, social and school or working life.

Key Facts

- Anxiety disorders are the world's most common mental disorders, affecting 301 million people in 2019.
- More women are affected by anxiety disorders than men.
- Symptoms of anxiety often onset during childhood or adolescence.



- There are highly effective treatments for anxiety disorders.
- Approximately 1 in 4 people with anxiety disorders receive treatment for this condition.
- Although highly effective treatments for anxiety disorders exist, only about 1 in 4 people in need (27.6%) receive any treatment.
- Barriers to care include lack of awareness that this is a treatable health condition, lack of investment in mental health services, lack of trained health care providers, and social stigma.

What Are the Risk Factors for Anxiety?



Researchers are finding that both genetic and environmental factors contribute to the risk of developing an anxiety disorder.

The risk factors for each type of anxiety disorder vary.

Some General Risk Factors Include:

- Shyness or feeling distressed or nervous in new situations in childhood
- Exposure to stressful and negative life or environmental events
- A history of anxiety or other mental disorders in biological relatives

Anxiety symptoms can be produced or aggravated by:

- Some physical health conditions, such as thyroid problems or heart arrhythmia
Caffeine or other substances/medications
- ❖ If you think you may have an anxiety disorder, getting a physical examination from a health care provider may help them diagnose your symptoms and find the right treatment.



Symptoms

Common Anxiety Signs and Symptoms Include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

How Is Anxiety Treated?

- Anxiety disorders are generally treated with psychotherapy, medication, or both. There are many ways to treat anxiety, and you should work with a health care provider to choose the best treatment for you.



Psychotherapy

Psychotherapy or “talk therapy” can help people with anxiety disorders.

Medication

The most common classes of medications used to combat anxiety disorders are antidepressants and anti-anxiety medications.

Support Groups

Some people with anxiety disorders might benefit from joining a self-help or support group and sharing their problems and achievements with others.





Self-care can play an important role in supporting treatment.

To help manage your symptoms of anxiety and promote your overall well-being, you can:

- Avoid or cut down on alcohol and don't use illicit drugs, which can make anxiety worse.
- Exercise regularly, even if it's just a short walk.
- Stick to regular eating and sleeping habits as much as possible and eat a healthy diet.
- Learn relaxation techniques, such as slow breathing and progressive muscle relaxation.
- Develop the habit of mindfulness meditation, even if it's just a few minutes per day.

Several Types of Anxiety Disorders Exist:



- **Agoraphobia** is a type of anxiety disorder in which you fear and often avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed.



- **Anxiety Disorder Due to A Medical Condition** includes symptoms of intense anxiety or panic that are directly caused by a physical health problem.
- **Generalized Anxiety Disorder** includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues. The worry is out of proportion to the actual circumstance, is difficult to control and affects how you feel physically. It often occurs along with other anxiety disorders or depression.
- **Panic Disorder** involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). You may have feelings of impending doom, shortness of breath, chest pain, or a rapid, fluttering or pounding heart (heart palpitations). These panic attacks may lead to worrying about them happening again or avoiding situations in which they've occurred.
- **Selective Mutism** is a consistent failure of children to speak in certain situations, such as school, even when they can speak in other situations, such as at home with close family members. This can interfere with school, work and social functioning.



- **Separation Anxiety Disorder** is a childhood disorder characterized by anxiety that's excessive for the child's developmental level and related to separation from parents or others who have parental roles.
- **Social Anxiety Disorder (Social Phobia)** involves high levels of anxiety, fear and avoidance of social situations due to feelings of embarrassment, self-consciousness and concern about being judged or viewed negatively by others.


- **Specific Phobias** are characterized by major anxiety when you're exposed to a specific object or situation and a desire to avoid it. Phobias provoke panic attacks in some people.
- **Substance-Induced Anxiety Disorder** is characterized by symptoms of intense anxiety or panic that are a direct result of misusing drugs, taking medications, being exposed to a toxic substance or withdrawal from drugs.
- **Other Specified Anxiety Disorder and Unspecified Anxiety Disorder** are terms for anxiety or phobias that don't meet the exact criteria for any other anxiety disorders but are significant enough to be distressing and disruptive.



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