



**BHARATHIAR COUNSELLING CENTER @
DEPARTMENT OF PSYCHOLOGY,
BHARATHIAR UNIVERSITY,
COIMBATORE - 641 046.**

How to deal with Anxiety?

Anxiety is an unpleasant emotion that most people feel when something might be risky, frightening, or worrying. Anxiety is a mental and physical reaction to perceived threats. Anxiety can become debilitating when it is too severe or occurs too frequently.

Signs and Symptoms of Anxiety

- Increased heart rate, faster breathing, muscle tension, sweating, shaking, and 'butterflies in the stomach'
- Feeling that things are out of control
- Persistent worrying and excessive fears
- Inability to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Feeling that something will go wrong
- Problems with work, social, or family life



Ways to Deal with Anxiety

- **Talking** - Talk to and sharing with someone that you trust about how you are feeling can make you feel better.
- **Self-care** - Take the best possible care of yourself by eating healthily, exercising, and engaging in activities that are relaxing like listening to music, going for walks, deep breathing, etc.
- **Journaling** - Putting your thoughts into writing might help you organize your thoughts and get them out of your head. Keep a note on when you feel anxious, what you do when you feel so, and what happens as a result.
- **Don't overload yourself** - Do not try to do everything at once. Prioritize. Plan how to get things done. Set small targets that you can easily achieve. Go working on them one by one, systematically.
- **Recognize what is in your control** - Do not focus on the things you cannot change. Focus your time and energy on identifying things that you can change and resources around you that can help. This can help you feel better.
- **Understand that it is not always unusual**. Remember that most people experience worry or fear at some point in their lives so try not to tell yourself that you are alone.
- **Sleep routine** - Try to stick to a proper sleep routine. Sleep is essential for healthy brain function and good decision-making.

If your anxiety continues without any improvement, you can get professional help from your general practitioner (GP), a psychologist, or a counsellor.



**For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in**