



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

How to deal with Fear?

Fear is an intensely unpleasant emotion in response to perceiving or recognizing a danger or threat. Fear alerts us to the presence of danger or the threat of harm, whether that danger is physical or psychological. Fear is complex, and there is no single or primary cause. Some fears may result from real life experiences or trauma, while others may represent a fear of something else entirely, such as a loss of control.

Signs of Fear

Fear often involves physical and emotional symptoms such as chest pain, chills, dry mouth, nausea, rapid heartbeat, shortness of breath, sweating, trembling, or upset stomach. In addition to these physical symptoms, people may experience psychological symptoms of being overwhelmed, upset, or feeling out of control.

Steps to overcome Fear

- **Understand.** Fear never goes away on its own. Fear will not disappear unless you do something about it.
- **Identify.** You have to be honest with yourself every time you are afraid. Acknowledge your fear and do not ignore it. Find out why and when you get this 'fear.'
- **Take action.** Do what you fear. It need not be always at the highest level. At least try to do in small doses what you fear; start with the smallest intensity of it and gradually go step by step to more intense or bolder actions.
- **Practice.** Try to think about confronting fear as a skill. It is a skill that you can practice and with continued practice you will get good at it just like how people get good at things like cooking, painting, knitting, or anything else.

Ways to deal with Fear

- **Don't paralyze** - Take action instead of feeling paralyzed. Look at what needs to be done and get into action.
- **Understand your fears** - Learn to hear what you're thinking, and understand why you fear what you fear.
- **Take time out** – It is impossible to think clearly when you're flooded with fear or anxiety
- **Imagine the worst** - Try imagining the worst thing that can happen, and you will realize it is not too bad and that you can bear it, and you will survive.
- **Plan and act to reduce fear** - Setting a plan of action and talking yourself through it can you can help guide yourself in the right direction reducing the fear.
- **Visualize positive outcomes** - Visualize the positive outcome you want to happen and take action to get you move in that direction.
- **Distract** – Try to engage in activities that can distract yourself with something positive
- **Deep breathing** - Learn and practice deep breathing. Try to do it for a few minutes at regular intervals and when you experience fear or anxiety. It can have a calming effect.



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