

How to manage your Anxiety



In today's fast-paced world, stress and anxiety have become common experiences for many individuals. The demands of work, relationships, and daily life can take a toll on our mental well-being. However, by implementing effective strategies, it is possible to manage and reduce stress and anxiety levels.

Let's begin by understanding the two terms:

STRESS: Stress is a physiological and psychological response to the demands and pressures of life. It is the body's way of reacting to a perceived threat, whether real or imagined. It happens to everyone in varying degree, in response to real stressors & is usually short term.

ANXIETY: Anxiety is a psychological and physiological state characterized by feelings of worry, fear, and unease. It occurs in response to stress or a perceived threat. Sometimes it may not have an identifiable trigger. Anxiety becomes problematic when it is excessive, persistent, and interferes with daily functioning. It affects 18% adult population. It usually requires treatment.

Symptoms of stress and anxiety:

Symptoms of Stress vs Anxiety	
Symptoms of Stress	Symptoms of Anxiety
Racing heart	Mind racing or going blank
Difficulty breathing	Worrying that is hard to control
Feeling dizzy or head spinning	Feelings of dread or panic
Tightness or pain in the chest	Hypervigilance (over-aware of surroundings)
Feeling choked or suffocated	Feeling restless, jumpy, or on-edge
Restlessness or unstable surges of energy	Insomnia or feeling unrested after sleep
*These are not comprehensive lists of possible symptoms. You should talk with your doctor about any symptoms you are experiencing.	

It's important to understand that stress isn't the same as mental health disorders such as anxiety and depression, which require treatment from medical professionals. While stress and anxiety are related and often coexist, they are distinct experiences with some key differences.

Here's an overview of the differences between stress and anxiety:

Differences between stress and anxiety:

Trigger: Stress typically arises from external pressures or demands that require a response. It can be caused by various factors such as work deadlines, financial issues, or relationship problems. Anxiety, on the other hand, is often characterized by a heightened state of worry or fear that may not have a specific trigger or may be triggered by internal thoughts or uncertainties.

Duration: Stress is usually a short-term response to a specific situation or event. Once the stressor is resolved or removed, the stress tends to dissipate. Anxiety, however, can be more persistent and may persist even when there is no immediate

threat or stressor present. It can become a chronic condition that lasts for extended periods, often interfering with daily life.

Focus: Stress tends to have a more specific focus on the stressor or the situation causing the stress. It is often accompanied by a sense of urgency or pressure to resolve the issue at hand. Anxiety, on the other hand, tends to be more diffuse and generalized, with a broader sense of worry and fear that can extend to various aspects of life.

Physical symptoms: Both stress and anxiety can manifest physical symptoms, but the specific symptoms may differ. Stress can lead to physical manifestations such as headaches, muscle tension, digestive issues, and fatigue. Anxiety may present physical symptoms such as rapid heartbeat, shortness of breath, sweating, restlessness, and difficulty concentrating.

STRESS VS. Anxiety

- Happens to everyone in varying degrees
- Caused by everyday living and real stressors
- Results in dozens of symptoms (including anxiety)
- Ability to manage stress will vary depending on individual

- Affects 18% of population
- Caused by stress, fear or apprehension (real or perceived)
- Results in extreme and often, debilitating symptoms
- Difficult to manage and usually requires treatment

Which Sounds More Familiar?

- You live with above normal stressors. Some are temporary and controlled, but others may be permanent
- Stressors affect energy, motivation, mood, balance and/or health
- You are applying lifestyle changes (exercise, nutrition, mindfulness), but could still use help managing your stress response

- You have above normal or excessive, irrational fears of everyday situations
- You suffer from panic attacks, and/or spend time worrying about having one
- Your worry is persistent, unrelenting, and interferes with cognitive, physical and behavioural functioning
- You feel you need help in dealing with this using natural ingredients and lifestyle approaches

It's worth noting that stress and anxiety can interact and exacerbate each other. Prolonged or chronic stress can contribute to the development or intensification of anxiety symptoms, and anxiety can make a person more susceptible to stress.

If you're experiencing persistent stress or anxiety that is interfering with your quality of life, it's advisable to seek support from a healthcare professional who can provide an accurate diagnosis and recommend appropriate treatment options.

There are several simple and effective ways to relieve stress and anxiety. Here are some techniques you can try:

How to manage Stress & Anxiety

Deep breathing: Take slow, deep breaths, focusing on your breath as you inhale and exhale. This can help calm your nervous system and reduce stress.

Meditation: Spend a few minutes each day practicing mindfulness or meditation. Find a quiet place, sit comfortably, and focus your attention on your breath or a specific object. This can help clear your mind and promote relaxation.

Physical exercise: Engage in regular physical activity, such as walking, jogging, dancing, or yoga. Exercise releases endorphins, which are natural mood boosters and can help reduce stress.

Progressive muscle relaxation: Tense and then relax each muscle group in your body, starting from your toes and moving upward. This technique can help you become aware of tension and consciously release it.

Engage in hobbies: Find activities that you enjoy and make time for them regularly. Engaging in hobbies can distract you from stressors and provide a sense of accomplishment and relaxation.

Connect with loved ones: Spend time with family and friends who support you. Sharing your feelings and experiences with others can provide emotional support and help alleviate stress.

Get enough sleep: Aim for seven to eight hours of quality sleep each night. Establish a bedtime routine, create a comfortable sleep environment, and limit electronic device usage before bed to promote better sleep.

Practice self-care: Take care of your physical and emotional needs. Engage in activities that promote self-care, such as taking a bath, reading a book, listening to music, or practicing self-compassion.

Limit stressors: Identify sources of stress in your life and find ways to minimize or avoid them. This could involve setting boundaries, saying no to additional commitments, or seeking support in managing stressful situations.



Seek professional help: If your stress and anxiety persist or significantly impact your daily life, consider seeking help from a mental health professional. They can provide guidance, support, and treatment options tailored to your specific needs.

Remember, it's essential to find what works best for you. Experiment with different techniques and strategies until you discover the ones that help you relieve stress and anxiety effectively.

Conclusion:

Managing stress and anxiety is an ongoing process that requires dedication and self-awareness. By implementing these strategies and making them a part of your daily routine, you can regain control over your mental well-being. Remember, everyone's journey is unique, so be patient with yourself and celebrate even small victories along the way. With time and practice, you can effectively manage stress and anxiety, leading to a healthier and more balanced life.

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Thanks & Regards,

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