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Poster Presentation

How to Manage Anxiety

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Abstract

Anxiety is a mental state that is elicited in anticipation of threat or potential threat. Sensations of anxiety are a normal part of human experience, but excessive or inappropriate anxiety can become an illness. Anxiety is part of the normal human experience. We may speculate that it served human survival during evolution by enhancing preparedness and alertness. However, anxious manifestations are abnormal when they are exaggerated in excess of any objective danger that the individual is facing, when they induce psychological distress or physical ailments, or when they are self-aggravating in a vicious circle. Anxiety and depressive disorders are among the most common disorders with lifetime prevalence estimates of 28.8% for anxiety disorders and 20.8% for mood disorders. Every day that you struggle with anxiety is a day that you're managing it. Managing anxiety is simply the act of preventing anxiety from overwhelming you. No matter how difficult it may be to live with anxiety or how much you struggle with it every day, you are coping with it in small ways. Managing anxiety is when you still have anxiety, but you've learned to control it. The most important thing to realize about anxiety management is that, even though there are many techniques to help you manage your anxiety, your own mental coping skill is still your strongest tool. So while you should use the above anxiety management tips and information, you should also remember that cures are out there, and you don't have to live with anxiety forever. Generalized anxiety disorder (GAD) is a common anxiety disorder that involves chronic worrying, nervousness, and tension. Unlike a phobia, where your fear is connected to a specific thing or situation, the anxiety of generalized anxiety disorder is diffused-a general feeling of dread or unease that colors your whole life. This anxiety is less intense than a panic attack, but much longer lasting, making normal life difficult and relaxation impossible. Anxiety can affect your health. If you suffer from an anxiety disorder, research suggests that you may run a higher risk of experiencing physical health problems, too. So when you manage your anxiety, you're also taking care of your physical health. Exercising, good nutrition, adequate sleep, and trying to reduce stress all contribute to your well-being. Discover tips to manage anxiety and stress.

Keywords: Anxiety, Stress, Managing

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