

Anxiety

What should I do if I am **anxious**?

Medical treatment

Proper medication can alleviate the symptoms of anxiety. Some people may be too worried about side effect to take medication. You may discuss with your doctor to reduce your discomfort.

Behavioral therapy

Facing something you are afraid of, you may use avoidance which may increase your anxiety. Behavioral therapy helps you to face something you fear gradually in order to increase your coping skills.

Relaxation treatment

Anxiety may cause physical symptoms, such as palpitations, chest tightness, poor breathing, and tight muscles. To relax, you may use the following relaxation, including abdominal breathing, body relaxation, exercise, meditation or bio-feedback to help relaxing.

Biofeedback therapy

Through physical signs, such as numbers of heartbeat, respiration and finger temperature to know yourself and learn to control your anxiety and psychosomatic symptoms. Using biofeedback may have therapeutic effect via relaxation.

Cognitive therapy

Cognitive distortion may cause vicious circle of anxiety. In order to eliminate the root of anxiety, cognitive reconstruction known as a psychotherapeutic process which would help you to identify and dispute your irrational or maladaptive thoughts leading to the emergence of anxiety.

Anxiety is ...

- We often accompanied by anxiety; no relaxation is anxious. Feeling anxious would be appeared as long as bodily, emotional, thought or behavioral symptoms.
- Anxious would be a feeling with difference between normal and abnormal.
- Normal feeling of anxiety can empower our strength and promote us to make adjustment response. Morbid anxiety can hinder our physical and mental health and performance.
- Anxiety disorders can be worse as long as the stress increase and comorbid with other symptoms, such as depression, insomnia or physical illness.

- Various subtypes of Anxiety disorders: panic disorder, generalized anxiety disorder, phobia, etc. Full evaluation and professional assistance is needed for Anxiety disorders; receiving appropriate therapy and treatment would make improvement and help you to learn how to change.
- Leaving over-anxious feeling would become worse and become a vicious circle.

If there's any question or concern, welcome to OPD for counseling .



No fear to Anxiety Disorder

