



A SELF HELP GUIDE FOR ANXIETY

A Helpful Infographic by Ascend Psycare



What is Anxiety

Anxiety is a natural response to the situations which we find terrifying. It is something we all encounter from time to time. It is also sometimes a healthy response, as it prepares us to take the needful action. However, it becomes a problem when the symptoms start interfering with our overall physical and mental functioning .

How to know if you are suffering from Anxiety

1. You start worrying about everything & get easily tensed and mad.
2. Your mind keeps racing & you feel like you are going to lose control.
3. You assume worst case scenarios in your head and always worry that everything might go wrong.
4. You experience your heart pounding and loss of sleep because of ruminating too much.



What is causing you anxiety



Anxiety can be caused because of various reasons. It is a feeling which we get when we find a situation threatening & our "fight or flight" mode gets activated. The causes of anxiety can be :

1. Some people have difficulty in coping with stressful life events like divorce, breakup, failure etc.
2. Some people are anxious by nature or they have an anxious personality.
3. Some people have had negative life experiences in their early life, which made them anxious , insecure, or tensed.

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How to manage anxiety



1. **Be aware about your problem of anxiety & begin to take action to tackle anxiety.** Try to find the solutions of the problems that you fear and find rational solutions to tackle them by taking action..
EXAMPLE : write down your problem, and the write down 5 possible solutions to your problem.
2. **Focus on altering or reducing the physical symptoms.** Try Controlled breathing, deep muscle relaxation techniques and try to distract yourself from the symptoms you are experiencing by looking around and focusing on something else.
3. **Frame your thoughts differently.** Write your frightening thoughts at one end of the paper and reframed rational thoughts on the other.

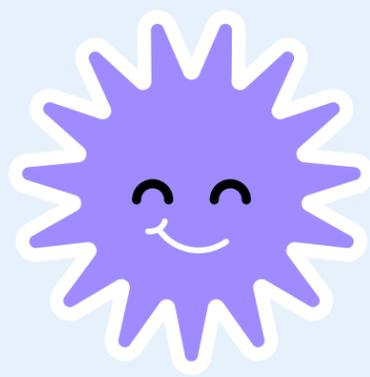
Treatment available for anxiety :



We wish to help you through this infographic leaflet as much as we can. If you still need more help, you may consult us on www.ascendpsycare.in

Positive affirmations for anxiety relief :

- Every passing day, I feel more relaxed and calmer.
- I'm strong, I'm ready for change.
- I like my life; I am in control.
- I'm capable of persevering and remaining strong.
- I'll overcome the situation if I remain courageous.
- I got this!



References :



- Wear NHS Foundation Trust (2013) : "Anxiety - a self help guide"
- John Parrott and Julian Goldie (2019) : Best positive affirmations for anxiety relief.
- Cognitive behavioural therapy for patients with anxiety and depression. Joe Curran, Catherine Machin, Kevin Gournay in Nursing Standard Official Newspaper of the Royal College of Nursing (2006)

Useful Books to read to tackle anxiety

- **FEEL THE FEAR AND DO IT ANYWAY - how to turn your fear and indecision into confidence and action (Susan Jeffers)**
- **Anxiety and Depression - a practical guide to recovery (Robert Priest)**

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