

# HOW TO COPE WITH ANXIETY



Trying to answer the question, what emotional state most often accompanies a person during the lifetime, one can affirmatively claim, this is a feeling of anxiety.

Anxiety and anxiety are different concepts.

So, anxiety is an unpleasant emotional state characterized by the expectation of unfavorable development of events, the presence of forebodings, fear, tension and excitement. Anxiety is an individual psychological feature, manifested in a person's tendency to often experience severe anxiety for minor reasons. It is considered either as a personal feature, or as a peculiarity of character associated with the weakness of nervous processes, or as a combination of both.

Sometimes outwardly the person seems calm and safe (a symptom of "excessive calmness"), this is a concealment of anxiety both from others and from oneself. Such forms of protection prevent awareness of certain threats in the surrounding world and their own experiences. Efforts to block the awareness of the threat deplete the nervous system, and soon the latent anxiety turns into an open, often acute, uncontrollable form. There may be increased excitability, fearfulness, tension, sleep disturbance, anxiety, irritability or inhibition, inability to control one's own actions, hopelessness, despair, impending doom.

During an anxious state, tremors, body aches, fever, a feeling of a lump in the throat, shortness of breath, pain in the heart, problems with the gastrointestinal tract, memory impairment, and the like may occur. It is necessary to understand that anxiety harms not only the person, but also to close and surrounding people. How to deal with anxiety?

To completely get rid of the feelings of anxiety is impossible, it is useful for a person in a number of situations. However, if it starts to stop you from living, then you can choose the way of removing it that suits you.

For effective treatment of anxiety it is important to master the “look inside”, to realize thoughts as mere thoughts, and not as absolute truth about what actually happens. Having mastered the mechanism of shifting attention, describing one’s own thoughts, one can attain a reduction in anxiety, a quiet sensation of the observer of his own life. Try not to exaggerate the situation. The most important aspect of this process is self-confidence.

Try to ignore the “heavy” thoughts, concentrate all your attention on what is nice to the eye. For example, look at the pictures in the magazine, focus on the beautiful scenery.

Pay attention to you sleep. A healthy sleep is a sure helper in the fight against anxiety. Learn to relax: walks, socializing with nature, warm baths, watching romantic or comedy films before bed and the like.

Keep track of your health, adhere to a healthy diet, include in your diet foods that are rich in the right substances, and try to live in peace and harmony. The reaction of the body is the projection of what is happening inside of us.

Live active life every day, solve current affairs as they come. Such a way of life normalizes the mental state.

If any of the above factors in your life cause a sense of anxiety, you need to think about how this situation can be changed. You probably will not be able to completely change everything, but we are sure that you are able to find the right balance between adaptation and change.