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FORMAN CHRISTIAN COLLEGE
(A CHARTERED UNIVERSITY)

Lahore- Pakistan



Campus Counseling Center

Anxiety

“We are, perhaps uniquely among the earth’s creatures, the worrying animal. We worry away our lives, fearing the future, discontent with the present, unable to take in the idea of dying, unable to sit still.”
Lewis Thomas

Anxiety is a feeling of worry, nervousness and unrest to a perceived threat or danger. It’s a normal response and we all feel nervous at times in our life. Anxiety in its mild level can be helpful with challenging situations. However, when anxiety becomes severe or out of control, it can cause distress that interferes with an individual’s ability to function normally. One could have more vulnerability to anxiety because of past experiences, traumatic events, as well as by the way people interpret these events. These stressful life events and personal crises that might make any of us feel anxious might be any of the because of following:

Home sickness; Exam Stress and fear of evaluation; Personal Relationship conflict; Isolation
Academic Issues; Financial Barriers; Family Conflicts; Grief/Bereavement

Symptoms

Anxiety can have an impact on people in a number of ways. An individual might have mild and persistent feelings of nervousness to severe panic attacks. Anxiety can be identified by some common symptoms which can be broadly categorized as follows:

Physical Changes	Cognitive Changes	Behavioral Changes
<ul style="list-style-type: none"> • Breathing issues • Palpitation/Increased Heart rate • Nausea • Shakiness/Tremors • Dry Mouth/Fatigue • Cold sweats/Irritability 	<ul style="list-style-type: none"> • Fear of losing oneself/control • Anticipation exaggerated threat • Negative thoughts that hinders daily life tasks 	<ul style="list-style-type: none"> • Escape • Avoidance

General causes

- Heredity does play a role however there is no single gene that has been identified.
- Social modeling and observational learning also has its impact. An individual may learn by observing role models/parents if they get anxious frequently.
- Traumatic events in one’s life could be the reason of anxious behavior as it may alter an individual’s perception of the world.

Useful guidelines

General	Specific
<ul style="list-style-type: none"> ➤ Firstly you need to understand that being anxious does not mean you are “weak” or “abnormal”. ➤ Facing anxiety in stressful environment is a normal response. However, if you feel that your anxiety is effecting your daily life functioning, you can surely help yourself and learn to deal with it. ➤ It’s helpful to understand your thought pattern and how it infers events along with how to remain rooted in reality. ➤ Modifying and amending a negative or irrational thought cycle can help you a lot. ➤ Recognize that being distressed will not bring any solution to your problem 	<ul style="list-style-type: none"> ➤ Do not be hard on yourself and don’t set unrealistically high standards for yourself. ➤ Use your strengths to work on your weaknesses. ➤ Bring your strong points into the spotlight and repeat things that have worked in the past for dealing with challenges. ➤ Do not focus on extremes. It’s helpful to have balance in thoughts. ➤ Accept that you are unique and special in your own way. Avoid comparisons as “You are YOU”, with your own unique set of strengths. ➤ Be your own self and be happy! ➤ Don’t escape or avoid, rather face the frightening situations. ➤ Never give up and remain consistent for fighting your battle.
Deal with your stress!	Take care of yourself
<ul style="list-style-type: none"> ➤ Identify the triggers for your stress. ➤ Think of some practical solutions for your problem. ➤ Learn how to say “NO” ➤ Deal with you academic/work problems by talking to your instructors, Dean of students, of the university Counselor ➤ Ask for comments and feedback from your instructors. 	<ul style="list-style-type: none"> ➤ Exercise regularly. ➤ Take care of your diet ➤ Deep Breath; Relaxation exercise ➤ Sleep well. ➤ Have healthy social interactions ➤ Express yourself to family and close friends ➤ Distract yourself by getting engaged in some other activity that brings joy to you! ➤ Reassure yourself that this is temporary and will End Soon!

For further information contact:

Campus Counseling Center, First floor, Mercy Health Center.

Tel: +92-42-99231581-8 Ext: 354 Cell: 0331-444-1518

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