



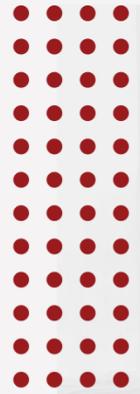
# MENTAL HEALTH SERIES

## PART 2: ANXIETY

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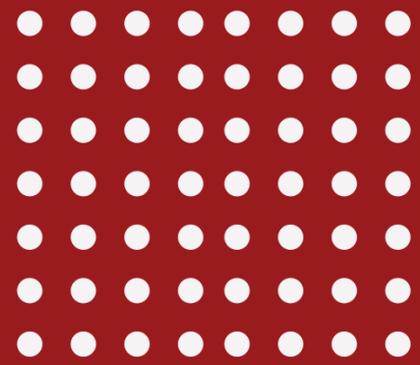
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# What is Anxiety?

- Anxiety is a feeling of fear, dread, and uneasiness.
- It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem, before taking a test, or before making an important decision.
- When anxious, you might sweat, feel restless and tense, and have a rapid heartbeat.
- People with anxiety disorders frequently experience the above symptoms and this can be overwhelming.



# Anxiety Disorders

- Anxiety disorders are conditions in which you have anxiety that does not go away and can get worse over time.
- In the case of an anxiety disorder, someone may experience the feeling of fear all the time.
- If left untreated, anxiety will keep getting worse and this can interfere with daily activities such as schoolwork, social activities, job performance, and relationships.

# Types of Anxiety Disorders



**Generalized Anxiety Disorder**

**Panic Disorders**

**Phobias**



## Generalized Anxiety Disorder

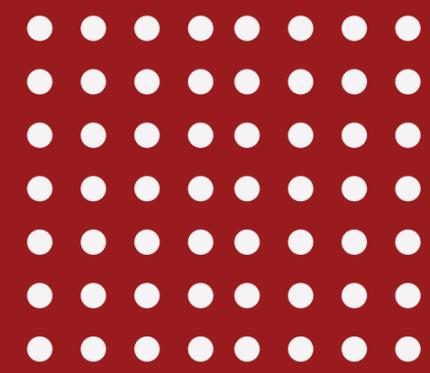
People with GAD worry about ordinary issues such as health, money, work, and family. But their worries are excessive, and they have them almost every day for at least 6 months.

## Panic Disorder

People with panic disorders have panic attacks which are sudden, repeated periods of intense fear when there is no real danger. The attacks come on quickly and can last several minutes or more.

## Phobias

People with phobias have an intense fear of something that poses little or no actual danger. Their fear may include flying, going to crowded places, or scared of being in social situations.

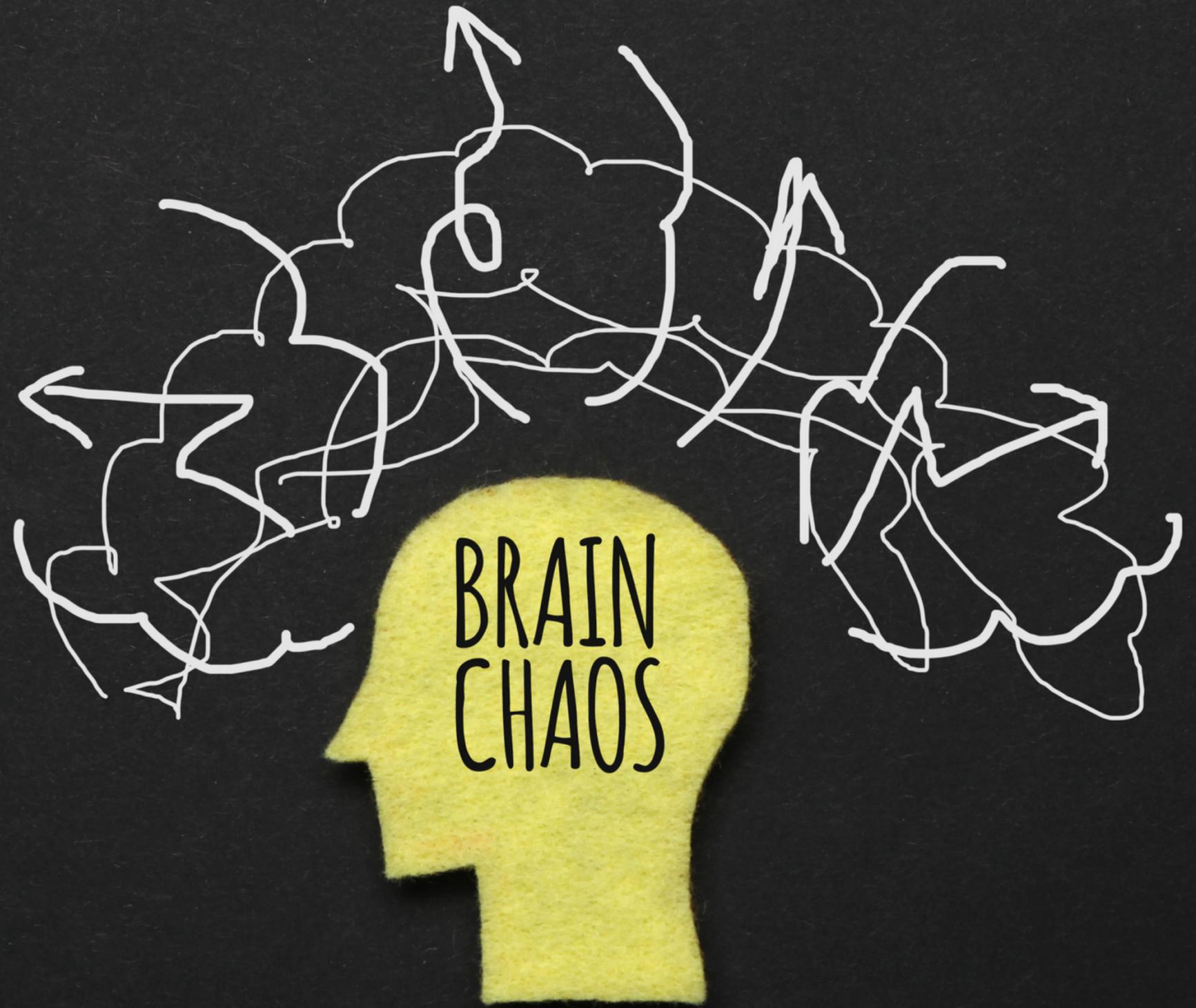


# Who is at risk of getting Anxiety Disorders

There are some general risk factors for all types of anxiety disorders, including;

- Certain personality traits, such as being shy or withdrawn when you are in new situations or meeting new people.
- Traumatic events in early childhood or adulthood
- Family history of anxiety or other mental disorders
- Some physical health conditions

# Symptoms of Anxiety Disorders



•The different types of anxiety disorders can have different symptoms. But they all have a combination of Anxious thoughts or beliefs that are hard to control.

■ **Excessive Worrying**

■ **Difficulty in concentrating**

■ **Trouble falling asleep**

■ \_\_\_\_\_

■ **Tense Muscles**

■ **Panic Attacks**

■ **Panic Attacks**

■ \_\_\_\_\_

**Task: Mention other symptoms of anxiety disorders that you can think of.**

# Personal Exercise

Read through each statement and reflect upon your past experiences and everyday life experiences. Indicate how often each statement describes you by choosing an assigned number from one to five as outlined below. You must choose only one number.

**1**

**NEVER**

**2**

**RARELY**

**3**

**SOMETIMES**

**4**

**MOST TIMES**

**5**

**ALWAYS**

See this first example which has been done for you.

STATEMENT	ANS	POINTS
I panic before and during a test.	<u>Sometimes</u>	<u>3</u>
I have "butterflies" in my stomach before a test.		
I have trouble sleeping the night before a test or exam		
I feel nauseated before a test.		
I have visible signs of nervousness such as sweaty palms, shaky hands, and so on right before a test		

STATEMENT	ANS	POINTS
I read through the test and feel that I do not know any of the answers.		
I have trouble choosing answers during a test		
I make mistakes on easy questions or put answers in the wrong places.		
I remember the information that I forgot once I get out of the exam room.		

# Determine your Results

Now add up your score on all statements, the scores will range from 10 to 50..

- i. A low score of 10 – 19 indicates that you do not suffer from anxiety. In fact, if your score was extremely low (close to 10), a little more anxiety may be healthy to keep you focused and to get your blood flowing during exams.
- ii. Scores between 20 – 35 indicate that, although you exhibit some of the characteristics of anxiety, the level of stress and tension is probably healthy.
- iii. Scores over 35 suggest that you are experiencing an unhealthy level of anxiety.

You should evaluate the reason(s) for the stress and identify strategies for avoiding such symptoms

# TREATMENTS OF ANXIETY DISORDERS



## Cognitive Behaviour Therapy (CBT)



This is a type of psychotherapy that is often used to treat anxiety disorders. CBT teaches you different ways on how you react to the things that cause you to feel fear and anxiety. This focuses on having you confront your fears so that you will be able to do the things that you had been avoiding.



## Medication

Medicines to treat anxiety disorders include anti-anxiety medicines and certain antidepressants. You should work closely with your doctor to identify which medicine is best for you.

# Personal Exercise



1. Think of things, large and small, that make you feel grateful.
2. Each day, list 1–3 things that you are thankful for.
3. Try not to repeat any item in the 30 days!

Tip: This activity can be most successful and useful when easily accessible. For example, keep it next to your class locker, trunker or bed.

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