

# WHAT WE NEED TO KNOW ABOUT ANXIETY VERSUS ANXIETY DISORDER.



Dr Najmun RiyazMD



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# WHAT IS ANXIETY?

Anxiety is a normal emotion that every human being experiences from time to time. Feelings of tension and worries about various things in our life are quite expected. When our child or parent gets sick, we feel anxious. When we have to take a test or go for a job interview, we feel a little anxious. If we struggle financially, or in our relationships, it's normal to feel anxious. or if our loved one dies, feeling anxious after that is pretty normal. Many times anxiety is associated with physical changes like increased blood pressure, increased heart rate, shallow breathing, muscle tension, or shakiness.



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# DOES EVERYONE FEEL ANXIOUS?

Yes! We all feel anxious from time to time.  
Cause Anxiety is a method of our brain  
and body to protect us.

It is this anxiety that forces us to take  
steps to keep ourselves and our loved  
ones safe, from any threat. Like a  
storm, lightning, wild animals, tornado,  
traffic, accidents, or anything which  
can cause harm to our survival or our  
existence.

That's why they say  
*" Only dead people feel NO ANXIETY".*

It is not pleasant, but we all need it.  
However, we need just enough to help us function  
throughout the day, go to our jobs, meet deadlines,  
ensure we take care of ourselves and our loved  
ones, pay bills on time, etc.





# ANXIETY DISORDERS

An anxiety disorder, on the other hand, is a mental health condition characterized by excessive, uncontrollable, and often irrational worry and fear about everyday situations or events. Anxiety disorders can significantly impair a person's ability to function in daily life, causing significant distress and interference with social, interpersonal or occupational, or other important areas of functioning.

Anxiety disorders can be genetic, environmental, or stress-induced.

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Anxiety disorders can also cause very unpleasant and scary physical symptoms such as rapid heartbeat, heaviness in the chest, blurry vision, sweating, nausea, vomiting, headaches fatigue, muscle cramps, abdominal pain, trembling, etc.

ANXIETY DISORDERS can be diagnosed and treated by mental health professionals, typically through a combination of therapy and medication. Treatment can help individuals to learn healthy ways to cope with their fears, use techniques to ground themselves, relax their bodies, and manage their physical symptoms. Hence they can live a productive content and meaningful life.,



# TYPES OF ANXIETY DISORDERS

There are various types of anxiety disorders; sometimes, each type has a different treatment. The diagnosis is established by taking a thorough history, as no Lab test or imaging test can differentiate between various kinds of anxiety disorders.

There are some medical conditions, where anxiety can be a symptom along with other physical symptoms like thyroid conditions, uncontrollable diabetes, cardiac issues, Vitamin deficiencies, endocrine issues, or side effects of certain medications, like steroids, etc.

These conditions are diagnosed through laboratory testing.

Sometimes your mental health professional will have you fill in some questionnaires, to exactly pinpoint which kind of anxiety disorder you may be struggling with. But most of the time, it is through detailed history of signs and symptoms that you may be experiencing, on which basis a mental health professional is able to come up with the right diagnosis.



# TYPES OF ANXIETY DISORDERS

Here are some of the most common forms of Anxiety disorders.

## **Generalized anxiety disorder (GAD)**

Characterized by persistent and excessive worry and anxiety about everyday activities and events.

## **Panic disorder**

Involves sudden and unexpected attacks of intense fear or discomfort, often accompanied by physical symptoms such as rapid heartbeat, sweating, and shaking. These are called panic attacks.

## **Social anxiety disorder (SAD)**

Characterized by excessive fear of being judged, embarrassed, or humiliated in social situations.

## **Obsessive-compulsive disorder (OCD)**

Involves recurrent and persistent thoughts or impulses that are distressing and/or intrusive, and repetitive behaviors or mental acts that are aimed at reducing the anxiety caused by those thoughts or impulses.



# TYPES OF ANXIETY DISORDERS

## **Post-traumatic stress disorder (PTSD)**

Can occur after experiencing or witnessing a traumatic event, and involves symptoms such as flashbacks, nightmares, and hypervigilance.

## **Specific phobias**

Involves an excessive and irrational fear of a specific object or situation, such as heights, spiders, or flying.

It's worth noting that anxiety disorders can often co-occur with other mental health conditions, such as depression, and that effective treatments are available for managing and reducing symptoms.





# TREATMENT OF ANXIETY DISORDER



Effective treatment of anxiety disorder typically involves a combination of psychotherapy and medication.

Psychotherapy, also known as talk therapy, is a form of treatment that involves talking with a mental health professional to learn how to cope with anxiety and manage symptoms. There are several types of psychotherapy that can be effective in treating anxiety, including cognitive-behavioral therapy (CBT), exposure therapy, and acceptance and commitment therapy (ACT).



CBT is a type of therapy that focuses on identifying and changing negative thought patterns and behaviors that contribute to anxiety. Exposure therapy involves gradually facing feared situations or objects to learn how to manage anxiety. ACT, or acceptance and commitment therapy, is a mindfulness-based therapy that teaches individuals to accept their anxious thoughts and feelings without judgment and take action toward their values.

Medication can also be effective in treating anxiety disorders. The most commonly prescribed medications are antidepressants, such as selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs), and benzodiazepines. Antidepressants work by regulating the levels of certain neurotransmitters in the brain, while benzodiazepines act as a sedative to reduce anxiety symptoms. However, benzodiazepines are typically prescribed for short-term use due to their potential for addiction and abuse.

In addition to psychotherapy and medication, lifestyle changes such as regular exercise, healthy eating, and stress-reduction techniques such as meditation or yoga can also be beneficial in managing anxiety symptoms. It's essential to work with a mental health professional to determine the best course of treatment for your specific needs and to ensure that you receive the most effective treatment possible.





# WHAT ARE SOME WAYS WE CAN MANAGE OUR ANXIETY AND FEEL EMPOWERED.

There are several strategies that can help us to manage anxiety, besides therapy and medications:

- **Acknowledging anxiety:**

Many times our anxiety gets worse, when we fight it, stop it, or bottle it up. So when we acknowledge it, and accept that what we are going through is anxiety, it becomes easy to handle or manage it.

- **Relaxation techniques**

- Practicing deep breathing, meditation, and yoga can help reduce the physical symptoms of anxiety and promote relaxation.



- **Spending time in Nature:**

Researchers from Arizona State University found that setting aside just 20 minutes a day to stroll outside and get some sun exposure or sit in a place that puts you in contact with some aspect of nature can significantly lower your stress hormone levels. (manomet.org)

- **Limit caffeine and alcohol intake:**

Both caffeine and alcohol can worsen anxiety symptoms and should be avoided or limited.

- **Exercise.**

Regular exercise can help our body to release neurochemicals like dopamine, serotonin, and norepinephrine, which causes us to reduce anxiety and promote overall health and well-being.



- **Sleep hygiene**

- Good sleep hygiene, including a regular sleep schedule and avoiding screens before bedtime, can help improve sleep quality and reduce anxiety.
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- **Mindfulness techniques**

- Practicing mindfulness, such as paying attention to the present moment without judgment, can help reduce anxiety and promote relaxation.. some of the mindfulness practices are:
- staring outside the window.
- staring at the ceiling.
- paying attention to the noises outside when we go for a walk.
- paying attention to the texture, smells, and taste of the food while eating.
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- **Seek support**

- Talking to a trusted friend or family member, or seeking professional help from a mental health provider, can provide support and guidance in managing anxiety.



# PRACTICE THESE DAILY AFFIRMATIONS AS A WAY TO REDUCE ANXIETY AND IMPROVE SELF-ESTEEM.

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# SELF-CARE HELPS OUR BODY TO DESTRESS WHICH CAN FURTHER HELP DECREASE ANXIETY/STRESS.

**Pick some favorite activities for your self-care, and maintain a routine. Routines help us feel safe, and confident.**

## MORNING SELF-CARE

- Hot shower**
- Brushing**
- Nice smelling body lotion**
- Prayer/meditate**
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## NIGHT SELF-CARE

- skin care.**
- Journaling your thoughts**
- using heat pad.**
- keeping away all screens.**
- dedicating time to reading.**
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# DAILY JOURNAL

## Journal daily about

MY TRIGGERS FOR TODAY:  
( WHAT MADE MY ANXIETY WORSE)

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WHAT ACTIVITIES TODAY MADE MY  
ANXIETY FEEL BETTER.

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It's important to note that managing anxiety often involves a combination of strategies that work best for the individual. It may take time and effort to find the right combination of strategies that work for you, but with persistence and practice, anxiety can be managed effectively.



**Dr. Najmun Riyaz, MD** is a Board Certified Psychiatrist in the State of New Jersey and an ICF-certified Empowerment coach, who has been practicing Psychiatry for the last 23 years.

After seeing the growing mental health concerns across the globe due to the Pandemic, she left her hospital job and has since dedicated her professional life to raising awareness of the importance of our emotional and mental well-being and breaking the stigma on such. She sees clients for medication management and psychotherapy privately through her virtual practice called Zehen Global and also coaches women in the workforce globally. She creates content through posts, audiovisuals, e-books, and YouTube channels, to educate and empower people and teaches them in simple ways about Stress, Emotional intelligence, and various other Mental health conditions.

She founded ZehenKashmir, a social media campaign for Northern India, where she was born and raised, to end the Stigma on Mental illness.

**If you live in the State of New Jersey and are looking for a Psychiatric evaluation from her please go to her website.**

**<https://zehenglobalpsych.com/>**

**If you are looking for coaching services from her then please visit her site at**

**<https://www.drnajmunriyaz.com/>**



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