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OVERCOMING ANXIETY

PRACTICAL STEPS TO REGAIN
CONTROL AND INNER PEACE



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Managing anxiety begins with a good understanding of what anxiety is and how it impacts our lives. In this presentation, we will explore the various aspects of anxiety, from its causes to practical ways to cope.

Understanding Anxiety

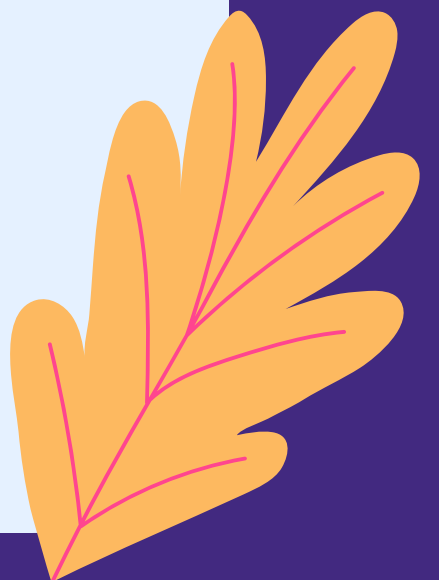
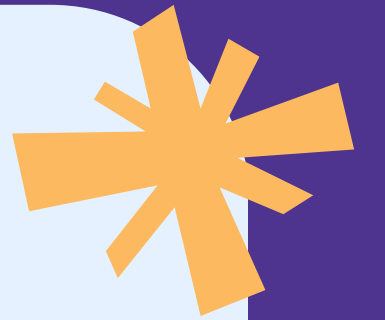
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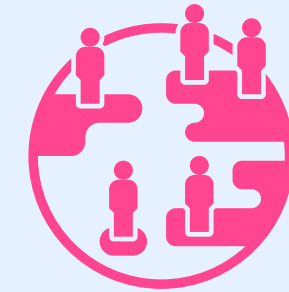
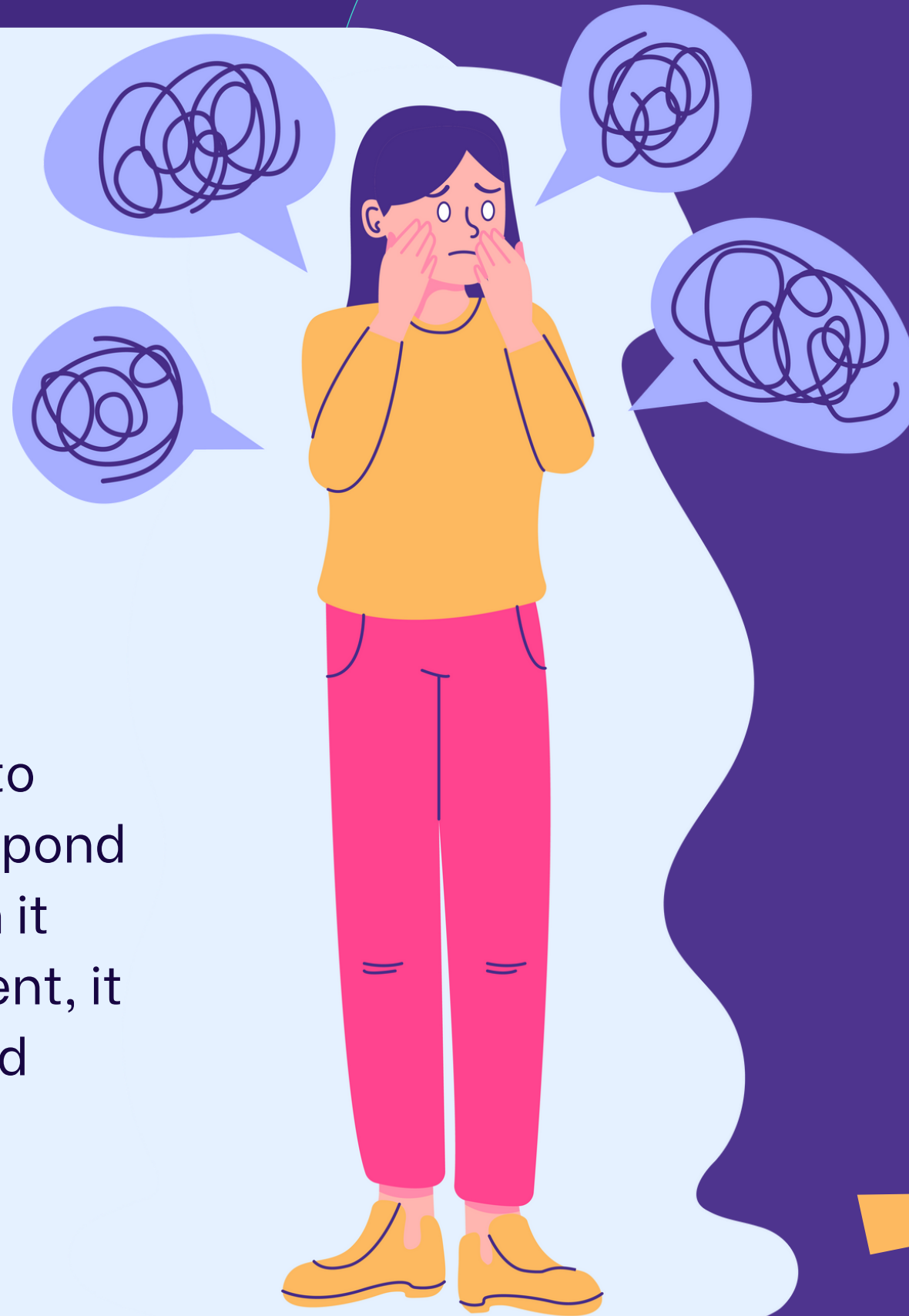
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UNDER- STANDING ANXIETY

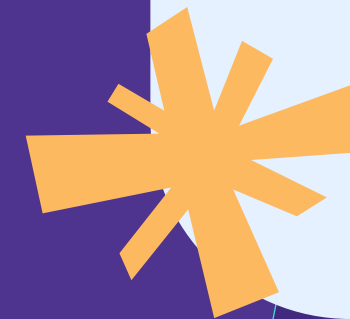
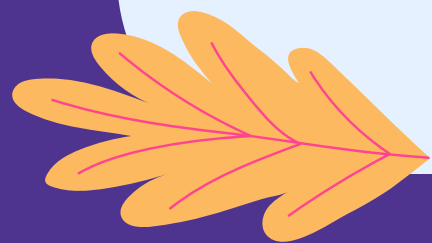
Anxiety is a natural response to stress, designed to help us respond to challenges. However, when it becomes excessive or persistent, it can interfere with daily life and overall well-being.

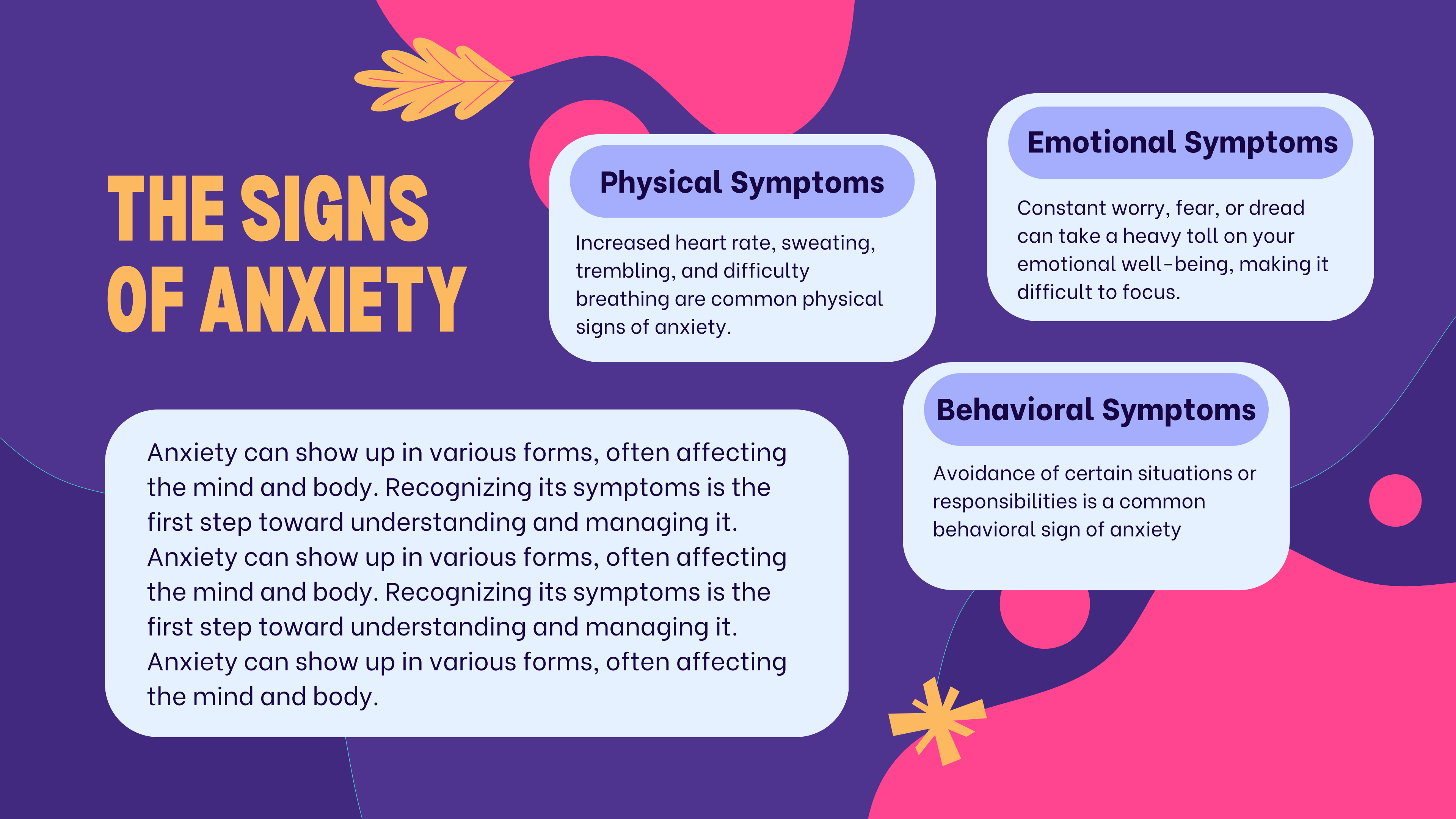


+264 MILLION

Anxiety disorders affect more than 264 million people worldwide, making them one of the most common mental health conditions.

They can manifest in a variety of ways, including persistent worry, difficulty concentrating, physical tension, or avoidance of certain situations.





THE SIGNS OF ANXIETY

Physical Symptoms

Increased heart rate, sweating, trembling, and difficulty breathing are common physical signs of anxiety.

Emotional Symptoms

Constant worry, fear, or dread can take a heavy toll on your emotional well-being, making it difficult to focus.

Behavioral Symptoms

Avoidance of certain situations or responsibilities is a common behavioral sign of anxiety

Anxiety can show up in various forms, often affecting the mind and body. Recognizing its symptoms is the first step toward understanding and managing it.

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THE CAUSES OF ANXIETY

Anxiety doesn't happen without a reason; Understanding its causes can empower individuals to manage it better. **Biological Factors:** Anxiety can be linked to genetics or imbalances in brain chemicals, such as serotonin and dopamine, which regulate mood. Family history may also increase susceptibility. **Environmental Factors:** Life experiences, such as trauma, financial problems, or work-related stress, often serve as triggers. External pressures can accumulate and lead to overwhelming feelings. **Lifestyle Factors:** Poor sleep, lack of physical activity, excessive caffeine or alcohol, and unbalanced diets can contribute to higher anxiety levels.



MANAGING ANXIETY

Managing anxiety involves integrating practical strategies into daily routines to regain control and balance. Managing anxiety involves integrating practical strategies into daily routines to regain control and balance. Here are effective tips to start with:



Physical Symptoms

Practice slow, intentional breaths to calm your mind and relax your body.



Exercise

Engage in regular physical activity, such as walking or yoga, to release tension



Routine

Establish a structured daily routine to create stability, reduce unpredictability

STAYING PRESENT IN THE MOMENT

Mindfulness is a powerful tool for managing anxiety, as it helps ground you in the present moment and reduces overthinking about the past or future.

Meditation

Mindful Walking

Body Scan

Gratitude Journaling



SEEKING SUPPORT

Reaching out for help when dealing with anxiety is a courageous step toward healing. Support from others can make a significant difference:

Talk to Loved Ones

Therapy & Helplines

Support Groups



THE CAUSES OF ANXIETY

Making small lifestyle changes can have a big impact on anxiety management and overall mental well-being. Simple steps like maintaining a healthy sleep pattern, diet, and time management can help you feel more in control and calm. By consistently adjusting your lifestyle, you can also build emotional resilience and create a better work-life balance. Here are some lifestyle adjustments you can start making today:

Prioritize Sleep

Getting enough sleep is key to maintaining emotional stability. Aim for 7–8 hours of sleep each night.

Maintain a Balanced Diet

Make sure you're eating nutritious foods, like fruits, vegetables, protein, and healthy fats.

Set Boundaries

Learn to say no to non-urgent requests and focus on the things that really matter to you.



THANK YOU

**START SMALL, SEEK SUPPORT, AND BE KIND TO
YOURSELF. TOGETHER, WE CAN OVERCOME
ANXIETY AND BUILD A BRIGHTER FUTURE.**

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