

What are Anxiety Disorders?



Anxiety is a normal and often healthy emotion. However, when a person regularly feels disproportionate levels of anxiety, it might become a medical disorder.

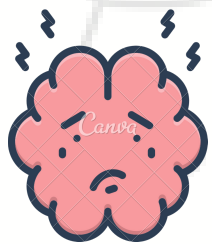
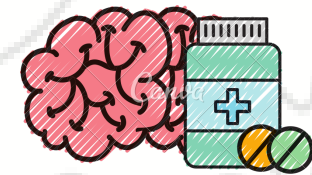


The term "anxiety disorder" refers to specific psychiatric disorders that involve extreme fear or worry, and includes:

Separation Anxiety

Panic disorder

Social anxiety disorder



Generalized Anxiety Disorder (GAD)

Agoraphobia

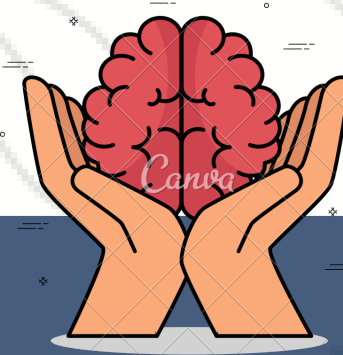
Specific phobias

How to help yourself?

1. Learn what triggers your anxiety. Journal when feeling stressed or anxious, and look for a pattern.
2. Eat regular, well-balanced meals and keep healthy snacks on hand.
3. Limit alcohol and caffeine, which aggravate anxiety and trigger panic attacks.
4. Get enough sleep, especially when you are stressed.
5. Exercise daily to help you feel good.
6. Take deep breaths. Inhale and exhale slowly.

7. Do your best and be content with your effort.
8. Accept that you cannot control everything.
9. Welcome humor. A good laugh goes a long way.
10. Make an effort to replace unhelpful thoughts with more balanced ones.
11. Find ways to get involved in your community.
12. Talk to a family, friend or professional and let them know you are feeling overwhelmed.

How to help others?



1. Understand differences in how anxiety manifests

Anxiety is designed to put us in threat mode. Find compassion for someone who is fearful (or stressed) and acting out by being irritable or defensive.

2. Match your support to their preferences

It's best to ask someone what type of support (practical help or emotional support) they prefer rather than guess.

3. Help someone who is anxious by offering an alternative perspective.

Typically, we think about worst-case scenarios when anxious. Here are three questions to help them get a different perspective:

What's the worst that could happen?

What's the best that could happen?

What's most realistic or likely?



4. Avoid stigmatizing them

Accept the person so they don't feel isolated. Being direct about their limitations without excessively shaming them or insisting they should pursue becoming "normal" is often the best strategy.

Finding help at Monash and Malaysia

At Monash, students can seek help from the Counselling, Health, and Wellness Services. More information about the counsellors and psychologists that can support you is available at this link:

<https://www.monash.edu.my/student-services/support-services/counselling-and-wellness/meet-our-counsellors>

In Malaysia, you can visit University Malaya Medical Centre (Department of Psychological Medicine)

https://www.ummc.edu.my/department/department_sub.asp?kodjabatan=1w7f1R6u&

