

Symptoms of Maladaptive Anxiety



When we are confronted with crises, it is normal for us to feel anxious and worried as it helps prepare us to stay alert and take actions to deal with problems

Excessive anxiety can, however, negatively affect our daily life, such as learning and interpersonal relationships



Symptoms of Maladaptive Anxiety

Emotional aspect: Frequent and persistent feelings of agitation and nervousness, easily irritated



Physiological aspect: Heart palpitations, breathing difficulty, trembling and difficulty to relax

Cognitive aspect: Difficult to control worries and to concentrate, excessive self-blame



Behavioural aspect: Social withdrawal, the urge to avoid the event or situation that triggers anxiety



How to Deal With Anxiety and Worries

Relax the Mind and Body

- Exercise regularly
- Maintain a balanced diet
- Do relaxation exercises
- Develop forms of hobbies or leisure interests



Think Reasonably

- Ask yourself with the following questions:
 - ① “What is the evidence for my anxiety and worries?”
 - ② “What is the worst-case scenario and how likely will it happen?”
 - ③ “How will my friends think about and react to the same situation?”
- Replace maladaptive anxiety with constructive and positive self-talks



Get Emotional Support

- Share your worries with your family and friends to lessen your feeling of helplessness
- Accept support from others
- Keep in touch with others to avoid isolating yourself



Maintain Daily Routine

- Maintain a structured daily life routine which helps to foster sense of stability and control
- Create some fun

