

Anxiety Basics

Synopsis: Anxiety is a state of mind that translates into destructive and, sometimes, devastating symptoms for the body. With present-day stress-prone lifestyles, the answer to how to prevent anxiety could make the key difference between healthy and unhealthy lives.

Keywords: how to prevent anxiety, anxiety, stress, nervous.

Introduction

In order to know *how to prevent anxiety*, a million-dollar question in today's age of stressful lifestyles, we must first understand it. Anxiety is the state of being worried, afraid, or uneasy. Such a state of mind is an outcome of stress and the person starts to think excessively negative regarding a future event over which he has little or no control.



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Professional Stress can be a Source of Anxiety

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Causes

A nervous temperament coupled with stress is at the root of anxiety. Managing stress and your line of thinking is, therefore, key to understanding *how to prevent anxiety*. Easier said than done though.

Human body reacts to stress by releasing **adrenalin**, a hormone from the adrenal glands located near the kidneys. Also called '**fight or flight**' hormone, adrenalin prepares the body to confront the situation or run away from it.

Anxiety triggers two main physiological events inside the body:

- Adrenaline releases extra energy into the bloodstream, and diverts blood from the stomach, intestines, and mouth towards action-organs such as hands and legs, the organs that help us fight or run

Blood transports energy inside our bodies and the extra energy increases the heart rate as the heart has to pump blood faster

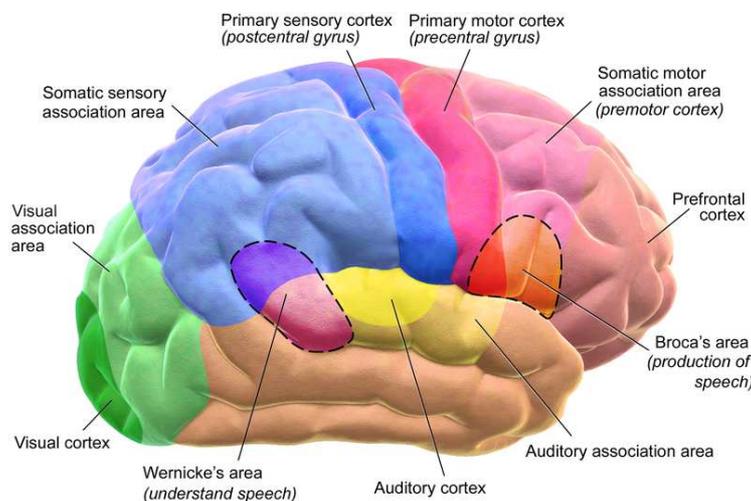
- Flow of blood is diverted from the front portion of the brain, where logical thinking and decision making are executed, to the mid-brain that controls survival-related thoughts such as fight or flight

Symptoms and Effects

Visible and not-so-visible effects, and symptoms of anxiety are directly related to the faster flow and diversion of blood. These include:

- **Trembling hands and feet** due to receipt of extra energy in these organs that also causes **sweating, shortness of breath, and pale skin**. The energy tank of the body is depleted causing **fatigue**. Sometimes, **chest pain** may result due to faster pumping of blood

Headache can result due to changes in blood flow inside the brain



Parts of the Brain and their Functions

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- Blood absorbs nutrients and water. Its diversion away from mouth, stomach and intestines causes **dryness of mouth, inability to speak, indigestion, frequent urination, and stomach ache**

When you notice these symptoms, you know you are anxious and can start executing the solution for *how to prevent anxiety*.

How to Prevent and Cure Anxiety

At the root of anxiety is fear. **Fear management** is, therefore, the most potent answer to *how to prevent anxiety*. Fear cannot be eliminated though. **Deep breathing** and **positive thinking** can somewhat control anxiety. Out-going people are less prone to being nervous than loners and introverts.

Physical exercise and **getting enough night sleep** normalize the blood flow and relax the body. Cardio-vascular exercises such as yoga, brisk walking, jogging, skipping / jumping rope, swimming etc. are particularly beneficial. Adrenaline is also released during exercise but, because the body absorbs this extra energy, we do not feel the excessive-energy effects.

A **balanced diet** that includes ample proteins and minerals, is not excessively rich in carbohydrates, and is accompanied with **lots of water** is a good defense against anxiety. **Avoid caffeine** drinks such tea, coffee, and coke that stimulate the body and make us feel better only for a while.

Green vegetables, peas, lentils, beans, milk, eggs, cheese, lamb, turkey, chicken and the like contain anxiety reducing elements such as vitamins B1, B2, B6, B12; calcium, magnesium, zinc, biotin, niacin, folic acid, and pantothenic acid.

In extreme cases, the answer to *how to prevent anxiety* is professional medical advice including behavioral therapy. People with panic attacks who feel they are about to die and those who suffer from nervous breakdowns require such medical intervention.

Conclusion

Anxiety is a silent and inconspicuous killer that steadily erodes the body and mind from within. More often than not, apprehensions are only an illusion of the mind making the effects a classic case of ‘much ado about nothing’.
