

# anxiety



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# VISHWASA

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## 02

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*Please read the  
**DISCLAIMER!***

# IMPORTANT

- Information in this Zine should not be solely relied upon for diagnosing or treating anxiety disorders.
- TW: MENTIONS AND DESCRIPTIONS OF ANXIETY.

The purpose of this Zine is to **educate, create awareness and normalize anxiety disorders**. Few points to be noted:

1. The **poem and text conversation** are **works of fiction**.
2. The **treatments** listed are to **educate** readers and in no way is Team Vishwasa promoting the use of any of the medications listed without proper guidance from a mental health professional.
3. **Sources are listed** under content that has been made while referencing a reliable website.
4. Page 12 has flashes of light and RGB content, so please feel free to skip it as it can trigger **photosensitive** viewers.

If you have any further queries, please reach out to us at  
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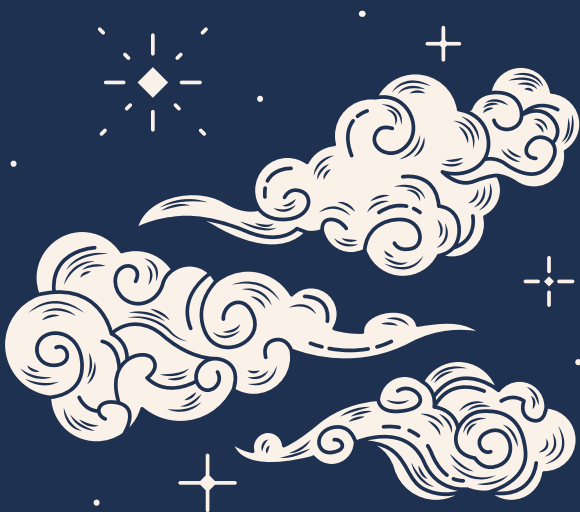
# *dear anxiety*

BY NAVYA AND ARADHYA

Dear Anxiety,  
They tell me every day that you're a figment of my  
imagination,  
Something I've made up to excuse my constant  
paranoia,  
They tell me to snap out of it,  
That you'll disappear just as soon as I stop worrying,  
You're so much more than what they make you out to  
be,  
You're a cacophony of endless voices,  
You remind me every day to fear everything and  
everyone,  
And worry about what tomorrow will hold



Dear Anxiety,  
You vex my mind,  
Refusing to leave  
You promised you would fight with me,  
So why are you making me lose my sanity?  
Looking in the mirror  
I see the one I truly hate  
You're no easy pet to keep  
You're the creature clawing inside me



Dear Anxiety,  
You tell me to keep my head up,  
No one can know about my disastrous  
thoughts,  
No one can wipe my tear-stained face,  
Because then they'll know what a monster you  
are,  
Please stop doing this to me.  
For years you've tormented, stalked  
And let me cry myself to sleep.  
Now I ask you this:  
Am I finally worthy of escaping this hurricane  
of thoughts?

Dear Anxiety,  
I promise I'll take my pills, just please.  
Go. Away.

# a text conversation

BY SIMIR, GOWRISREE AND OMEE

< Messages (7)

Aryan

TODAY

Hey, I don't think I can make it today

Aww why not:/

didnt have the best day so far haha

Oh. What happened, do you wanna talk about it?

Nothing, just not feeling too great

Fever?

Wait is it COVID?

Nooo haha

Its nothing really

Im just tired

Can't stop thinking

And worrying

About the smallest things

Can't even focus on my schoolwork

Its not a big deal. Everyones stressed out.

No don't say that

Its definitely important

Have you talked to your parents about how you're feeling

Nope

I had a panic attack during lunch yesterday and now my parents think I'm crazy haha

Oh no. how do you feel? Wdym?

They don't think anxiety is like an actual thing

They say I'm overreacting

Oh no

How'd you feel when they said that?

## < Messages (7)

# Aryan

TODAY

Honestly?

I was hurt that the people who say they love me don't understand me

Aw:/

Im sorry

Im not sure if this will help

But my older sister went through something similar when she was in college

She spoke to a therapist about it during her second year

He gave her a bunch of tips and they really helped her get through those years

She told me all about it, if you want I could pass some of them on?

Ohh

Omg yes sure I'd love any suggestions.

I tried researching but honestly nothings seemed to help till now

Dw, we'll get to the core of this issue!

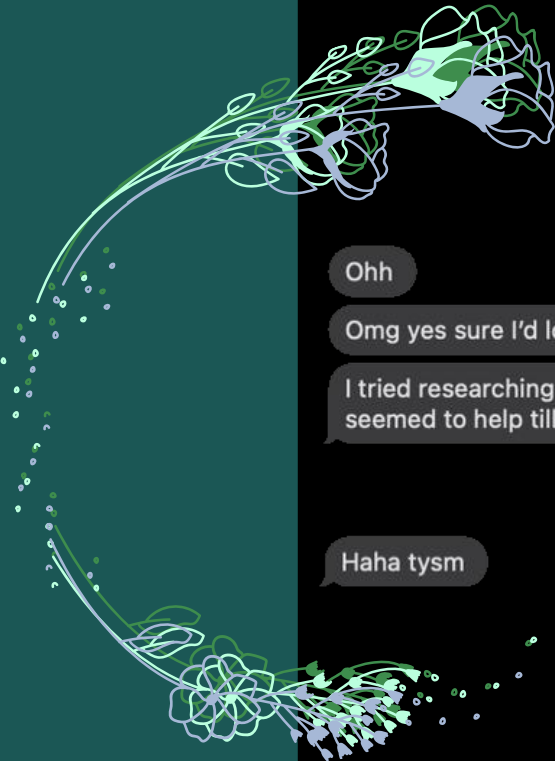
Haha tysm

Okay so a couple of things that helped her:

When your anxiety is running high, doing certain rhythmic exercises could help deal with the issue. Start from the bottom and work your way up, tensing and relaxing your muscles. This should help you relax a bit.

Secondly, daily exercise should help with dealing with some of the symptoms of anxiety and has the ability to prevent anxiety attacks, 30 mins a day should be enough. Since I know you love exercising, this should be a great tool for you to use.

You could also try meditation as a technique to keep your anxiety at bay and to help focus on the present. Try to concentrate on your breathing and your body and while doing this you will slowly notice that your anxiety is being reduced.





## < Messages (7)

Aryan

TODAY

I have a couple of self-help books you could borrow, they're related to cognitive behavioral therapy, they can really help you work through periods of heightened anxiety.

One book my sister couldn't get her hands off of is David D. Burns' "Feeling Good: The New Mood Therapy"

Its based on cognitive behavioral therapy that has been effective in trials

I'll be sure to send that one over

I hope you find these helpful! I can guarantee that you'll be feeling so much better after 😊

Thank you so much Ravi! You're a lifesaver, I will definitely try these out! Thanks for all the help, really. It means the world that you are willing to help. Really.

Of course, I would do anything for you, and remember that if you need anyone to talk to, I'm always here if you need me.

If it gets worse, talk to a therapist and get professional help. Please don't hesitate to do so. Take care dude, we love you and we're always here for you. <3

Here are a few Mental Health Helpline Numbers (India):

- +91-9922001122 (Connecting Trust)
- +91-9922004305 (Connecting Trust)
- +91-9152987821 (iCALL)

SOURCES:

<https://www.mentalhealthfirstaid.org/2018/07/how-to-deal-with-anxiety/>  
<https://www.thelivelovelaughfoundation.org/find-help/helplines>

# What really is anxiety?



BY AARNAVI AND RIDDHI

Anxiety is the body's natural response to stress, a feeling of fear or apprehension of what's about to come. Experiencing occasional anxiety is a normal part of life as it does not interfere with everyday life. However, people with anxiety disorders frequently have intense, excessive and persistent worry about everyday situations.

Often, anxiety disorders consist of episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes. This leads us to an important question: what exactly makes anxiety severe? The devastating effects that anxiety has on an individual, both mentally and physically, are what make it so severe. The effects on mental health vary widely; for example, anxiety can cause frequent feelings of impending doom, social withdrawal, feelings of guilt and loss of interest in once-loved activities.

Accumulated anxiety may lead to difficulty in concentration and increase the risk of depression. Regarding the physical effects, anxiety disorders can cause palpitations, a rapid rise in heart rate, and chest and stomach pains, accompanied by nausea or diarrhea. Anxiety increases the risk of high blood pressure, heart disease, extreme fatigue and muscle aches along with rapid, shallow breathing. Not to forget, it may also cause headaches from constant worry and stress.

A feeling of fear may accompany people suffering from anxiety all the time. It is intense and sometimes debilitating, it may start to impact one's day-to-day life and ability to do normal tasks. It stops people from motivating themselves and makes them constantly feel like they're living on the edge with eyes drawn towards them. In such situations, one should know that it may be time for them to seek professional help and be more open about it.



# *treating anxiety*

BY AARYA AND TANVI

TREATMENT FALLS INTO 2 CATEGORIES: MEDICATION AND PSYCHOTHERAPY

## MEDICATION

While drugs don't cure anxiety, they can help manage symptoms so people can function well and feel better during their day-to-day lives.

### Anti-depressants

- These drugs work by affecting neurotransmitters (chemicals which relay messages between your brain cells) and are used to treat anxiety symptoms, but can take up to 6 weeks to work.
- Types of anti-depressants:
  - SSRIs (Selective Serotonin Reuptake Inhibitors)
    - increase levels of serotonin (a neurotransmitter that affects mood, sexual desire, appetite, sleep and memory)
    - examples (brand names): Lexapro, Prozac, Paxil and Zoloft
  - Tricyclics
    - treat most anxiety disorders, especially OCD (Obsessive Compulsive Disorder)
    - are older drugs, with more side effects, and have been replaced with newer drugs
    - examples (brand names): Anafranil and Tofranil
  - MAOIs (Monoamine oxidase inhibitors)
    - are FDA approved to treat depression but are off-label for anxiety
    - function by increasing the number of neurotransmitters that regulate mood
    - examples (brand names): Marplan, Nardil, Emsam and Parnate
    - are older drugs that cause more side-effects, like tricyclics
    - come with restrictions (you cannot eat certain foods while taking certain drugs)

### Beta-blockers

- These drugs are most often used to treat heart conditions, but used off-label to help relieve physical symptoms of anxiety, especially social anxiety disorder.
- Example (brand name): Inderal
- Side effects (not seen in everyone who takes them): fatigue, dizziness, drowsiness, dry mouth, trouble sleeping, nausea and shortness of breath

### Benzodiazepines

- They are sedatives that help relax your muscles and calm your mind.
- They function by increasing the effect of certain neurotransmitters.
- Examples (brand names): Xanax, Librium, Klonopin, Valium and Ativan
- Side effects: drowsiness, vision problems, memory problems, confusion, headaches, feelings of depression and seizures (if taken for over 2 weeks continuously and stopped suddenly)

### Buspirone

- This drug is used to treat both short-term and chronic anxiety disorders.
- Example (brand name): Buspar
- Side effects: dizziness, headaches, nausea, strange dreams and difficulty sleeping (reported by those who take the drug)

# PSYCHOTHERAPY

Psychotherapy or talk therapy is a way to help people from suffering anxiety and emotional difficulties by eliminating or controlling troubling symptoms. Some quick facts:

- It helps build self-esteem, reduces anxiety, strengthens coping mechanisms and improves social and community functioning.
- It is often used with medicines. For many people, the combination is better than either one.
- Research also shows that most people who receive psychotherapy experience symptom relief and are able to function better in real life.
- About **75%** of people who enter psychotherapy benefit from it.

## TYPES OF PSYCHOTHERAPY

### Cognitive Behavioural Therapy (CBT)

*Helps people identify and change thinking and behavioural patterns that are harmful and ineffective, replacing them with more healthy behaviour and positive thoughts.*

### Interpersonal Therapy

*Helps patients understand underlying interpersonal issues that are troublesome. It can show people better ways of expressing themselves.*

### Dialectical Behavioral Therapy

*A type of cognitive behavioural therapy that helps regulate emotions, it is often used to treat people with chronic suicidal thoughts.*

### Psychodynamic Therapy

*A kind of therapy based on the idea that behaviour and mental well-being are influenced by childhood experiences. Here a person works to improve self awareness and to change old patterns.*

### Psychoanalysis

*A more intense form of psychodynamic therapy.*



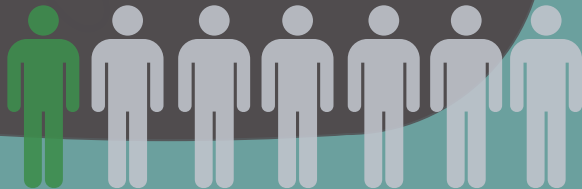
### Supportive Therapy

*Uses guidance and encouragement to help patients develop their own resources. It helps patients deal with issues related to their mental health that affect their daily lives.*

### Other forms of therapy include:

*Animal assisted therapy  
Creative arts  
Play therapy (mostly used for children)*

An estimated one in 7 Indians suffered from mental disorders of varying severity in 2017 with depression and anxiety being the commonest, according to a study.



36% of people report experiencing symptoms for 10 years before getting help for social anxiety disorder.

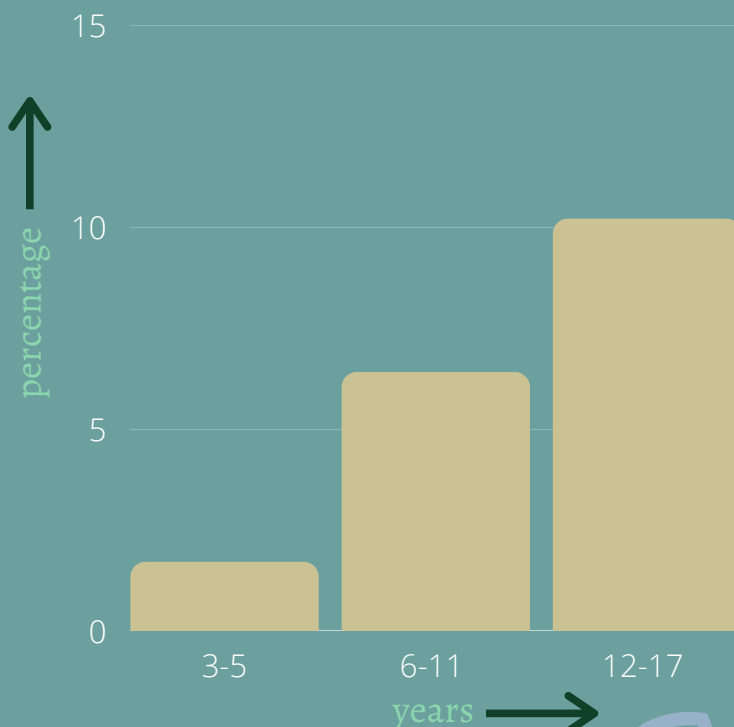
Generalised anxiety disorders are the most common cause of workplace disability.



An analysis of **13** studies, with a sample size of **33,572** subjects, found neurotic disorders to have the highest estimated prevalence rate of **20.7%**, and anxiety disorders had a weighted prevalence value of **5.8%**.

Urban communities had higher prevalence rates (**35.7% vs 13.9%**) than rural communities.

Percentage of Children Affected by Anxiety



SOURCE:

<https://www.tribuneindia.com/news/health/1-in-7-indians-suffered-from-mental-disorders-in-2017-anxiety-and-depression-top-the-list-16012>

