

THEME: ANXIETY AND STRESS MANAGEMENT

UMAKANT. G. DEVARAMANI & S. LOKESHA

Associate Professor, HKE Societys Basaveshwara College of Education Bidar , Karnataka, India

ABSTRACT

Stroll down the street and about one in four of the people you walk by either has an anxiety disorder or will at some point in their lives experience one. And almost half of the people you encounter will struggle with anxiety to one degree or another, although they may not have a full-blown anxiety disorder. The rate of anxiety disorders has climbed for many decades, and no end is in sight. The world watches in fear as disasters, terrorism, financial collapse, pandemics, crime, and war threaten the security of home and family. Anxiety creates havoc in the home, destroys relationships, causes employees to lose time from work, and prevents people from living full, productive lives. Introduction, Affects of anxiety, finding anxiety in our body, Significance of anxiety, the seven types of Anxiety, Generalized anxiety disorder, Social phobia, Agoraphobia, Panic disorder of anxiety, Concept of Stress, The Effects of Stress, Warning signs of Stress, Stress and Panic affects on individuals, Some precaution while to dealing with panic attacks and anxiety include and Managing anxiety and stress Dealing with stress is not easy for anyone. However, you cannot allow it to control your life. Otherwise, you will end up with health issues and bruised feelings. Each person deals with stress differently. Some know how to get relief; others don't care to work it out. They would rather be stressed for the rest of their lives. . There's too much of life to see for you to be burdened with trivial issues that cause you to be stressed and frustrated. Keep yourself sane and happy by keeping the stress away.

KEYWORDS: Anxiety, Stress. Generalized Anxiety Disorder (GAD), Social Phobia, Agoraphobia and Managing Anxiety and Stress