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EFFECTIVE APPROACHES TO MANAGE ANXIETY: Benefits and Limitations

As each approach has its own limitations, integrated approach is recommended.



01. Medication

Medications like SSRIs & benzodiazepines provide quick relief for severe anxiety, especially for panic attacks.

Limitations: May cause side effects, dependency and require ongoing prescriptions.

Therapies like CBT, ACT and TA address root causes, build coping skills & promote long term change.

Limitations: Time-intensive; requires active participation.

02. Psychotherapy & Counselling



03. Mindfulness and Relaxation Techniques

Techniques like deep breathing and meditation help manage stress and improve focus.

Limitations: Requires consistency; may not fully eliminate anxiety.

Healthy habits like exercise and screen time management improve mental and physical health.

Limitations: Requires commitment; effects are gradual.

04. Lifestyle Changes



05. Physical Exercise

Exercise like walking or yoga releases endorphins, boosts mood, and improves sleep.

Limitations: Needs regular practice for best results.

Good sleep habits like a regular schedule & reduced screen time improve focus & reduce anxiety.

Limitations: May be challenging for those works in irregular routines like catering, rotational shifts etc..

06. Sleep Hygiene



07. Diet and Nutrition

A balanced diet with less caffeine and sugar stabilizes mood over time.

Limitations: Requires planning and gradual changes.

A strong support network offers comfort and reduces isolation.

Limitations: Support may not always be available or understanding.

08. Social Support



09. Avoidance of Stimulants

Reducing caffeine and nicotine lowers anxiety and stabilizes mood.

Limitations: Initial withdrawal can temporarily increase anxiety.

Writing down thoughts improves self-awareness and aids stress relief.

Limitations: May bring up difficult emotions; requires consistency.

10. Journaling



11. Exposure Therapy

Gradual exposure to fears reduces avoidance and builds confidence.

Limitations: Needs professional guidance; can be distressing initially.

Setting realistic goals and routines reduces overwhelm and improves control.

Limitations: Requires organization and realistic expectations.

12. Time Management and Goal Setting

