

Psychological Approach to Aid People with Anxiety Disorder

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Introduction

Although most people worry about problems from time to time, some people suffer from anxiety disorders, which are marked by excessive anxiety. Anxiety disorders can make it difficult for people to work on a day-to-day basis for long periods of time.

The problem with anxiety is that it can make it difficult to think clearly, communicate pain effectively, and solve problems.

And well-intentioned people may exacerbate a problem by saying the wrong things to someone who is anxious. These are some of the things you shouldn't say to someone who has anxiety, according to Romanoff:

"Stop worrying about it"

"This is a non-constructive answer. It implies that the individual with anxiety has chosen this answer. It puts the responsibility on the person who is having difficulty and implies that they can turn it on and off like a light switch. Anxiety does not work like that. This ostensibly helpful approach, however, turns the relationship dynamic against you. Instead, the anxiety should be fought by both of you "according to Romanoff.

Meditation, eating well, having enough sleep, and other techniques can help people with anxiety alleviate their symptoms, depending on the source of their anxiety. However, attempting to ignore the source of their distress isn't an established form of relief.

"You're an anxious person"

"Nobody wants to be associated with something that causes them so much stress and suffering. Branding anyone based on their anxious symptoms may be harmful to their self-esteem because it gives the impression that others see their anxiety as a distinguishing feature "Romanoff explains.

"Why would you be anxious about that?"

"This answer means that they shouldn't be worried, and that their anxiety is unfounded. By doing this, you're pitting yourself against the individual rather than joining them in their fight against anxiety "Romanoff explains.

Anxiety is a disorder that has several factors outside of a person's control. Genetic factors, childhood trauma, and health conditions such as heart arrhythmias or thyroid problems, according to the National Institute of Medical Health, can all play a role in the development of anxiety disorder.

"Just don't think about it"

"This means that their fear is quickly alleviated. An anxious individual is possibly aware of the simplest solution to their dilemma, but believes they are unable to do so. Sharing the inner workings of one's thought processes requires a lot of vulnerability for those with anxiety. They may eventually stop coming to you and telling you what is bothering them "Romanoff explains.

How should you talk to someone with anxiety?

According to Aimee Daramus, PsyD, a clinical psychologist at Urban Balance, there are a few different approaches you can take when talking to someone who is feeling especially nervous. You should also be able to tell the difference between someone who is nervous and someone who is having a panic attack. "A panic attack is a severe episode of anxiety symptoms such as pounding heart, sweating, dizziness, chest pain, or choking sensations. It can appear out of nowhere, leading you to believe you're going insane, getting a heart attack, or dying. "It normally peaks in ten minutes," Cohen says. If you're around someone who's having a panic attack, you can use the same methods to help them relax. To help them lower their heart rate, you should inspire them to take deep breaths, meditate, or even exercise.