

Watch this video might be helpful to overcome anxiety

<https://youtu.be/ijXBRQJy7nM?si=vQ9FBBUbUrSGDuqx>

For more clarity watch this also

https://youtu.be/xbOplAtxNuA?si=6J9ukaLe2ir2s_Is

Anxiety is more than just “worry.” It’s a brain-based response to perceived threat or uncertainty — whether the danger is real or just imagined.

When anxiety kicks in, several parts of the brain are involved:

1. Amygdala – The Alarm Bell

The amygdala is like your brain’s emergency siren. When you sense a threat (like a barking dog or a stressful deadline), it activates instantly and prepares your body to fight, run away, or freeze.

But in chronic anxiety, this amygdala overfires — it sounds the alarm even when there’s no real danger. This leads to constant worry, fear, and physical tension.

2. Prefrontal Cortex – The Thinker

This part of your brain is like the CEO of logic — responsible for decision-making, planning, and rational thinking.

But during anxiety, the overactive amygdala hijacks the brain's circuits. The prefrontal cortex becomes less active, which means:

You can't think clearly.

You overreact.

You find it hard to make decisions or solve problems.

3. Hippocampus – The Memory Keeper

The hippocampus is your memory manager. It helps you make sense of past experiences and decide whether something is truly dangerous.

When anxiety is chronic, the hippocampus shrinks in size and function. This affects:

How you process past events (even small ones feel big).

How well you learn new information.

Your ability to calm down after a trigger.

What Are the Biological Changes?

Increased cortisol (the stress hormone) floods your system.

Your heart rate increases, breathing becomes shallow, and muscles stay tense.






Your digestive system slows down — leading to stomachaches, IBS, or appetite changes.

You feel like you're in survival mode all the time.

How Anxiety Affects Daily Life

In daily life, anxiety can quietly take over everything:

Area	Signs You'll Notice
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 Work	Procrastinate, overwork, fear of failure, dread meetings or emails
 Mood	Feel irritated, restless, overwhelmed easily, or just “off” most of the time
 Sleep	Trouble falling asleep or waking up too early with a racing mind
 Mind	Overthinking, expecting worst-case scenarios, difficulty concentrating
 Social	Avoid friends, fear judgment, cancel plans, afraid of embarrassment or rejection

Tools to Calm an Anxious Brain

You can retrain your brain to be less anxious. Here's how:

1. Deep Breathing (4-7-8 Method)

Inhale through your nose for 4 seconds.

Hold for 7 seconds.

Exhale through your mouth for 8 seconds.  Do this 3–4 times a day or whenever you feel anxious.

Practice deep breathing with this tool

<https://play.google.com/store/apps/details?id=com.havabee.breathe>

2. 🏃 Exercise or Walk

Physical movement burns off anxious energy, lowers cortisol, and increases calming chemicals like dopamine and serotonin. ✅ Aim for 20–30 minutes a day.

Practice 10k steps with this tool

<https://play.google.com/store/apps/details?id=com.google.android.apps.fitness>


3. 📝 Journaling

Write down your thoughts or fears. This helps your prefrontal cortex make sense of them, instead of letting them swirl in your head. ✅ Start with 5 minutes a day. Prompt: “What’s on my mind right now?”

You can practice the thought journaling with

<https://play.google.com/store/apps/details?id=com.slftok.sixthousandthoughts>


4. 🧘 Mindfulness or Meditation

Even 5–10 minutes daily teaches your brain to focus on now instead of “what if.”  Use guided apps or just sit, breathe, and observe.


You can practice mindfulness meditation with.

<https://play.google.com/store/apps/details?id=org.heartfulness.heartintune.prod>

5. 🛏 Good Sleep Hygiene

Turn off screens 1 hour before bed, have a fixed sleep time, avoid caffeine after 2 PM. 
Sleep helps repair the brain — especially your amygdala and hippocampus.

6. 🧠 Soothing Audio

Calm music or guided body scans relax your nervous system.  Try it before sleep or when you feel tense.

7. ☐ Talk It Out

Talk to a trusted friend or therapist. Naming the feeling reduces its power. ✅ Weekly sessions or even voice notes to yourself can help.

🌱 What Happens When You Practice These Tools Regularly?

After a few weeks of consistency:

🧠 Amygdala calms down – you don't react to everything like it's life-or-death.

🧠 Prefrontal cortex strengthens – decision-making, focus, and problem-solving improve.

🧠 Hippocampus repairs – better memory, calmer reactions, and emotional balance.

You'll notice: ✅ Fewer physical symptoms (heart racing, stomach issues).

✅ A clearer mind.

✅ You feel more in control and less afraid of your own thoughts.

✅ Daily life feels easier and more manageable.