

# MEGATHON '22

## RURAL HEALTH CARE

### REPORT ON ANXIETY

There are 6 types of Anxiety:-

#### 1) Generalized Anxiety Disorder (GAD)

##### Causes-

- Stressful life
- Genetics
- Difference in the way threats are perceived
- Trying to avoid taking risks
- Significant life changes
- Trauma during childhood.

##### Effects-

- Reduction in body's physical activity.
- Decreases concentration
- Increases risk of depression (extreme case -suicidal thoughts)
- Heart issues
- Sleeping problems
- Chronic pain/headaches
- Digestive and bowel problems

##### Remedies-

- Avoid alcohol, drug use, excessive caffeine consumption, smoking.
- Keep a journal
- Develop hobbies or socialize
- Join a support group
- Do meditation and yoga
- Intake healthy food-vegetables, fruits, whole grain, fish.
- Try to stay physically active

##### Links-

<https://youtu.be/smnLHEqRnMM>

<https://youtu.be/yUGMD4H1tFI>

<https://youtu.be/q2-Axw5EZ30>

## 2)Panic Disorder

### Causes-

Genetic-family history of panic attacks

Majorly stress

Some trauma that triggers fear such as sexual assault/accident.

Childhood physical /sexual abuse

Major life changes such as divorce, child birth

### Effects-

Development of specific phobias eg-driving,leaving home.

Avoidance of social situations

Problems at work/school/home.

Depression, psychiatric disorders, suicidal thoughts.

Addiction to alcohol, smoking.

Agorophobia-avoiding places or situations that cause anxiety.

### Remedies-

Physical activity like meditation and yoga.

Breathe in and breathe out exercises.

Avoid alcohol, drug use, excessive caffeine consumption, smoking.

Psychotherapy

Healthy diet

### Links-

<https://youtu.be/AxSZi6a4ixo>

## 3)Post Traumatic Stress Disorder

### Causes-

Social accidents

Physical/sexual assault

Childhood/domestic abuse

Exposure to trauma at work

Serious health problems

Childbirth experiences such as abortion

Death,war,torture,conflict.

### Effects-

Low self esteem

Insomnia

Negative emotions

Constantly reliving that traumatic event /lose memory altogether

Lack of focus ,effect on work,relations.

## Remedies-

Psychotherapy/meditation face things you avoid, things which remind you of the trauma

Write down the trauma in detail with focusing on how you felt.

Practice breathing techniques

## Links-

<https://youtu.be/hzSx4rMyVil>

## 4) Social Phobia

### Causes-

Inherited Traits/Genetics

Unpleasant or embarrassing social situation.

### Effects-

Depression, fear

Social Isolation or sweating

### Remedies-

Psychotherapy

Medication/Doctor Consultation is required.

### Links-

<https://youtu.be/QLjPrNe63kk>

## 5) Obsessive Compulsive Disorder (OCD)

### Causes-

Genetics

Influence from company

Stressful life events

Internalizing or hiding emotions

### Effects-

Strained Relationships

Difficulty in maintaining employment

Humility, more chance of getting bullied

Depression and suicidal thoughts.

Substance use disorder.

Physical effects like hands are getting retarded ( by washing too frequently)

## Remedies-

Direct doctor consultation is required.

## Links-

<https://youtu.be/i4SGc64BwLM>

## 6) Separation Anxiety

### Causes-

Triggered by life stress (loss of loved one)

Genetics

Environment reasons

### Effects-

Depression, fear.

Crying nightmares, rapid breathing.

## Remedies-

Psychotherapy

Medication/Doctor Consultation is required.

## Links-

<https://youtu.be/bAiDoM5mhM0>