

User Information

Name: Ankita

Age: 20

Gender: Female

GAD-7 Anxiety Score Analysis

Anxiety Score: 16

Here are some ways to treat severe anxiety:

- Cognitive behavioral therapy (CBT)
- CBT is a type of psychotherapy that helps you learn to face stressful situations and reduce anxiety.
- Medication
- Selective serotonin reuptake inhibitors (SSRIs) and serotonin-norepinephrine reuptake inhibitors (SNRIs) are first-line drugs for treating anxiety. Benzodiazepines are also sometimes used, but they aren't recommended for routine use. Only recommended when prescribed by your health provider.
- Relaxation techniques
- Visualization, meditation, yoga, and breathing exercises can help ease anxiety.
- Lifestyle changes
- Avoid or cut back on caffeine and nicotine, which can worsen anxiety. Eating healthy foods, like fruits, vegetables, whole grains, and fish, may also help. Getting enough sleep and exercising can also help reduce stress and improve your overall well-being.
- Other techniques:
- Art therapy, support groups, and structured problem solving can also be helpful.
- Support

- Join a support group, either in-person or online, to share your experiences and coping strategies with others. You can also help friends and loved ones understand your disorder so they can support you.

