



**ANXIETY IS  
LIKE QUICKSAND  
THE HARDER  
WE STRUGGLE  
TO ESCAPE,  
THE DEEPER WE SINK**

“ When it comes to mental health conditions, we often treat them differently from other diseases like cancer, diabetes or asthma.

Whether an illness affects your heart, your leg or your brain, it's still an illness, and there should be no distinction ”

Michelle Obama



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**#NotOkayIsOkay**

# TOO ANXIOUS?

**MENTAL HEALTH  
MINDFULNESS.**



## WHAT IS ANXIETY?

It's the intense, excessive and persistent worry and fear about everyday situations.

- Fast heart rate
- Rapid breathing
- Sweating and
- Feeling tired may occur.

## MYTHS AND MISCONCEPTIONS

1. You don't need professional help. With time you can get over anxiety on your own.
2. Anxiety is a sign of personal weakness.
3. People with anxiety can 'snap out of it' if they really wanted to.
4. An anxiety condition is not a real medical condition.
5. This is a Western condition and not African.

## EFFECTS

1. Developing avoidant behavior.
2. Feeling restless with increased heart beats, sweating and trembling.
3. Being overtly anxious in normal settings.
4. Inability to fulfill responsibilities at home, work, or school
5. Sleep disturbances
6. Difficulty carrying out daily activities
7. Inability to do things quickly or accurately.
8. Inability to interact normally with other students.
9. Loss of self-esteem due to feelings of helplessness/hopelessness.
10. Loss of motivation.
11. Self-injury
12. Suicidal thoughts and behaviors.



***Anxiety can be normal in stressful situations such as public speaking or taking a test.***

***Anxiety is only an indicator of underlying disease when feelings become excessive, all-consuming and interfere with daily living.***

## HEALTHY COPING TIPS

When feeling the anxiety/panic attack coming, try the following:

1. Learn what makes you get anxious and study it with your therapist/ close pal or family in order to establish a pattern.
2. Take a time-out. Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
3. Get enough and adequate sleep.
4. Count to 10 slowly. Repeat and count to 20 if necessary. In between take deep breathes(inhaling and exhaling quickly).
5. Kip fit by daily exercise.
6. Avoid use of alcohol and caffeine to calm your nerves.
7. Have a well-balanced diet in between your meals.
8. Talk to someone when you begin feeling overwhelmed and share what makes you feel at ease.
9. Seek professional assistance if anxious feelings should persist.
10. Maintain a positive attitude. Make an effort to replace negative thoughts with positive ones.
11. Get involved in communal activities such as volunteering in societal duties.