

Self-Help for Anxiety

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Short Communication

ABSTRACT

Anxiety is highly prevalent among youngsters and which hamper their growth, performance and happiness. The anticipation of undesirable results of responses before the event occur is known as anxiety. Most of the young are trained and conditioned to see themselves like how others perceive them., which result in over anxious about their performance and end up in less satisfaction. The simple workable self-help tips using Cognitive Behavioral Therapy is discussed by the presenter to handle anxiety in a constructive way. The self-help tools are useful for individual to do on their own and help themselves to empower them while having anxiety provoking situations.

Key Words: Anxiety, PTSD