

# **Synopsis of Talk on “Anxiety is the Biggest Pain Point for Professionals, but No one is Talking About it” on 11<sup>th</sup> April, 2018 at Hotel Gomati by Dr. Ashok Kumar**

The talk covered seven points with following salient details:

## **1. What is Anxiety?**

Anxiety is an emotion and it takes shape from fear as one of the six basic emotions. The anxiety is characterized by feeling of tension, worried thoughts with certain emotional mental images and physiological changes such as high blood pressure. Like any other emotion, the anxiety is natural and normally all of us have adequate emotional intelligence to deal with it in positive manner. The anxiety plays important role in our daily life as it is one of our internal warning systems that alerts us about a danger or threat and prepares our body to fight or flight.

## **2. Characteristics of Anxiety:**

It is a futuristic oriented emotion where one is not ready or prepared to cope with negative event. It occurs in a situation perceived as uncontrollable or unavoidable, but not realistically so. The anxiety is often associated with other negative emotions.

## **3. Anxiety as Disorder:**

The prolonged and uncontrolled characteristics of anxiety in a person make him susceptible for anxiety disorder. Due to this disorder a person is not able to lead normal life and he is considered as a person with poor normal health.

There are 5 major types of Anxiety Disorder-

- i. Generalized Anxiety Disorder (GAD): You feel excessive and unrealistic worry, and tension with little or no reason.
- ii. Panic Disorder: It occurs randomly. You get chest pain, sweating, unusually strong or irregular heartbeats. You feel choking or heart attack.
- iii. Social Phobia: When you meet people you have overwhelming about judgement of others about yourself.
- iv. Post-Traumatic Stress Disorder (PTSD): In post-traumatic situation for many months person is not able to cope and get uncontrollable thoughts about the event.
- v. Obsessive Compulsive Disorder (OCD): Due to excessive anxiety a person feels to check the things repeatedly and perform certain routine repeatedly.

## **4. Alarming Rate of Anxiety Disorder:**

The cases of manifested anxiety and anxiety disorder are increasing rapidly due to various reasons. There is inadequate number of mental hospitals, trained psychiatrics and counsellors. There is no system of health insurances and provision of referrals of mental patients.

## **5. Causes of Anxiety Disorder:**

The main cause is poor coping abilities. Some of other cause are-

- i. Some childhood events in unconscious mind
- ii. Stress due to various reasons
- iii. Competition
- iv. Expectations and pressure
- v. VUCA business world
- vi. Desire for instant gratification
- vii. Certain personality types

**6. Anxiety and Other Similar Problems:**

Anxiety and other similar problems such as worry, fear, stress, tension and depression are used interchangeably, but there is subtle difference. One may lead to other and sometimes many of these are present in combination.

**7. How to Deal with the Anxiety?:**

Some of the suggested ways are-

- i. Take help of professional psychiatrists, psychologists and counsellors
- ii. Talk to some one
- iii. Use your emotional intelligence
- iv. Take a time out
- v. Accept that you cannot control every thing
- vi. Use modern technology

The talk was followed by a session of question-answer