

Understanding and Managing Anxiety: A Resource for Mentees

What is Anxiety?

Anxiety is a normal emotion that everyone experiences. It becomes a problem when it's intense, persistent, and interferes with daily life.

Common Signs of Anxiety

- Excessive worry
- Restlessness or feeling on edge
- Difficulty concentrating
- Sleep problems
- Physical symptoms (e.g., rapid heartbeat, sweating)

Self-Help Strategies

1. Practice relaxation techniques

- Deep breathing exercises
- Progressive muscle relaxation
- Mindfulness and meditation

2. Maintain a healthy lifestyle

- Regular exercise
- Balanced diet
- Healthy sleep habits

3. Challenge negative thoughts

- Identify and question anxious thoughts
- Practice positive self-talk

4. Limit caffeine and alcohol

- Both can worsen anxiety symptoms

5. Connect with others

- Share your feelings with trusted friends or family
- Join support or social groups

6. Time management

- Break large tasks into smaller, manageable steps
- Use to-do lists and schedules
- Plan work ahead

7. Engage in enjoyable activities

- Pursue hobbies and interests
- Make time for relaxation

8. Limit Digital Overload

- Limit the use of phone, social media, video gaming

When to Seek Professional Help

If anxiety significantly impacts your daily life, consider talking to a mental health professional.

Resources

- National Mental Health Helpline: BasicNeedsWatch (Call toll-free line at 0800723253)
- Kenya Counseling and Therapy Centers: <https://www.whatseatingmymind.com/counseling-therapy-centres>
- Books:
 - "Rewire Your Anxious Brain" by Catherine M. Pittman
 - "The Anxiety and Phobia Workbook" by Edmund J. Bourne

Remember: It's okay to ask for help. Your mental health matters!

With Deep Care,
Your Teach2Give Mentor