



Anxiety & Tension

Understanding the Signs and Strategies for Relief

What is Anxiety?

Anxiety is described as worry, fear, feelings of tension or nervousness. It is caused by a fear, a sense of upcoming danger, trouble, or threat. This can be a part of our everyday lives, such as taking a test, interviewing for a job, even talking through a disagreement with someone. Anxiety can look different in each person.

Common Physical Signs of Anxiety/Tension

Our body can respond to anxiety/tension in any of the following ways:

- Upset stomach
- Sweaty palms
- Shallow breathing
- Faster heart rate
- Tiredness
- Muscle tension
- Irritability
- Difficulty sleeping
- Trouble concentrating/focusing or only thinking about the situation that is causing the anxiety

Your emotions are heightened and talking about them can be a release, like releasing the valve from a pressure cooker. Anxiety can also be treated with the help of a professional through counseling, and medication can sometimes help reduce anxiety.



Common Emotional Signs of Anxiety/Tension

- Increased fears about being away from a loved one or never seeing them again
- Crying when separated from normal routines, such as work or school
- Experiencing nightmares
- Avoiding situations and behaviors that were part of your normal routine (refusing to go to work, school, grocery store, etc.)

If the symptoms of anxiety get worse and they begin to interfere in your school, work, or social life, you may need to seek professional help.

Ways to Manage Anxiety

- Keep daily routines
- Eat healthy
- Pray
- Exercise
- Sleep well
- Avoid alcohol and smoking
- Reduce caffeine intake (chai, coffee, coke)
- Practice relaxation techniques (deep breathing, meditation) and grounding techniques
- Talk to someone you trust about your feelings

Scan Me!



If you have any symptoms, questions or concerns, consult with your healthcare provider. If you have a psychiatric or medical emergency, please contact 911 or seek immediate care. This is not medical advice and does not replace care provided to you by your physician. If you need additional support, you may contact Sikh Family Center at 866-732-7392. This educational information may be reproduced or distributed with attribution and without alteration or permission. Additional educational resources are available at saldef.org. The content of this video or document was developed by the Sikh American Legal Defense and Education Fund (SALDEF) in partnership with the Sikh Healing Collective (SHC). This project was funded through a grant from The Asian American Foundation (TAAF). Learn more at: saldef.org.