

# Managing Fear and Anxiety

Dr Funke Baffour-Awuah  
Al Rayan International  
School



# Webinar Series

1. Dealing with Change and Uncertainty
2. **Managing Fear and Anxiety**
3. The Art of Self Motivation
4. The Power of Grit: Passion and Perseverance
5. Finding your Purpose.

# Outline

**1.** • Fear and Anxiety

**2.** • Anxiety Symptoms

**3.** • Panic Cycle

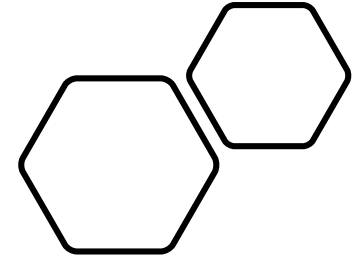
**4.** • PTSD Cycle

**5.** • Tips to manage  
Fear and Anxiety

**6.** • Reflection Corner

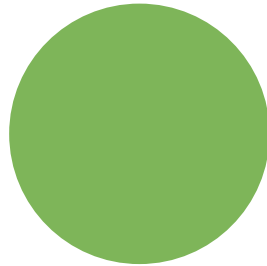


## Fear and Anxiety



Fear and anxiety are the enemies that stop us from living our dreams and bring us to the ground.

**Fear** is considered as a distressing emotion aroused by impending danger- whether the threat is real or imagined



# Why do we Fear?

## Emotional

Disappointments

Failure

Loneliness

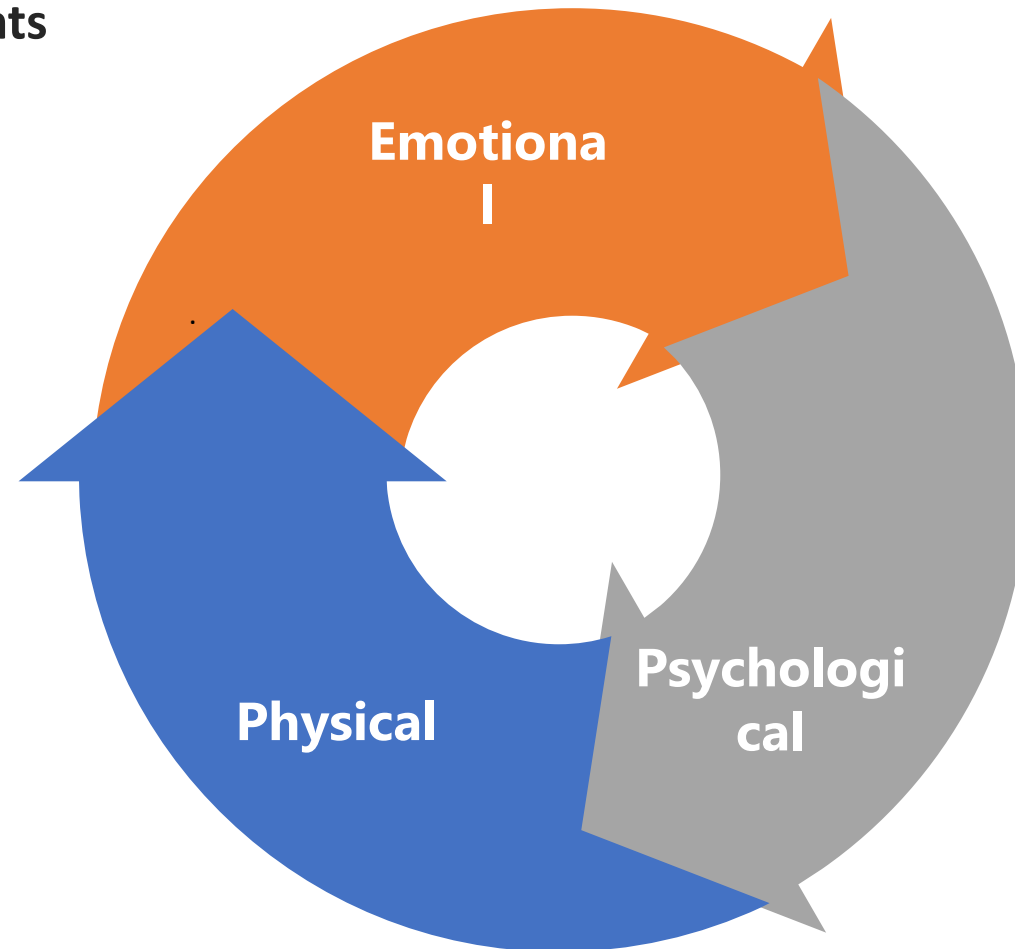
## Physical

Sickness

Death

Loss of job

Physical danger (fire)

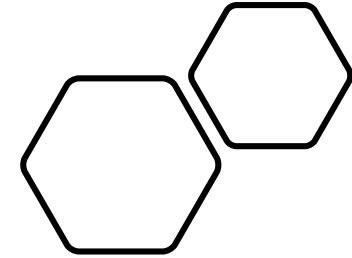
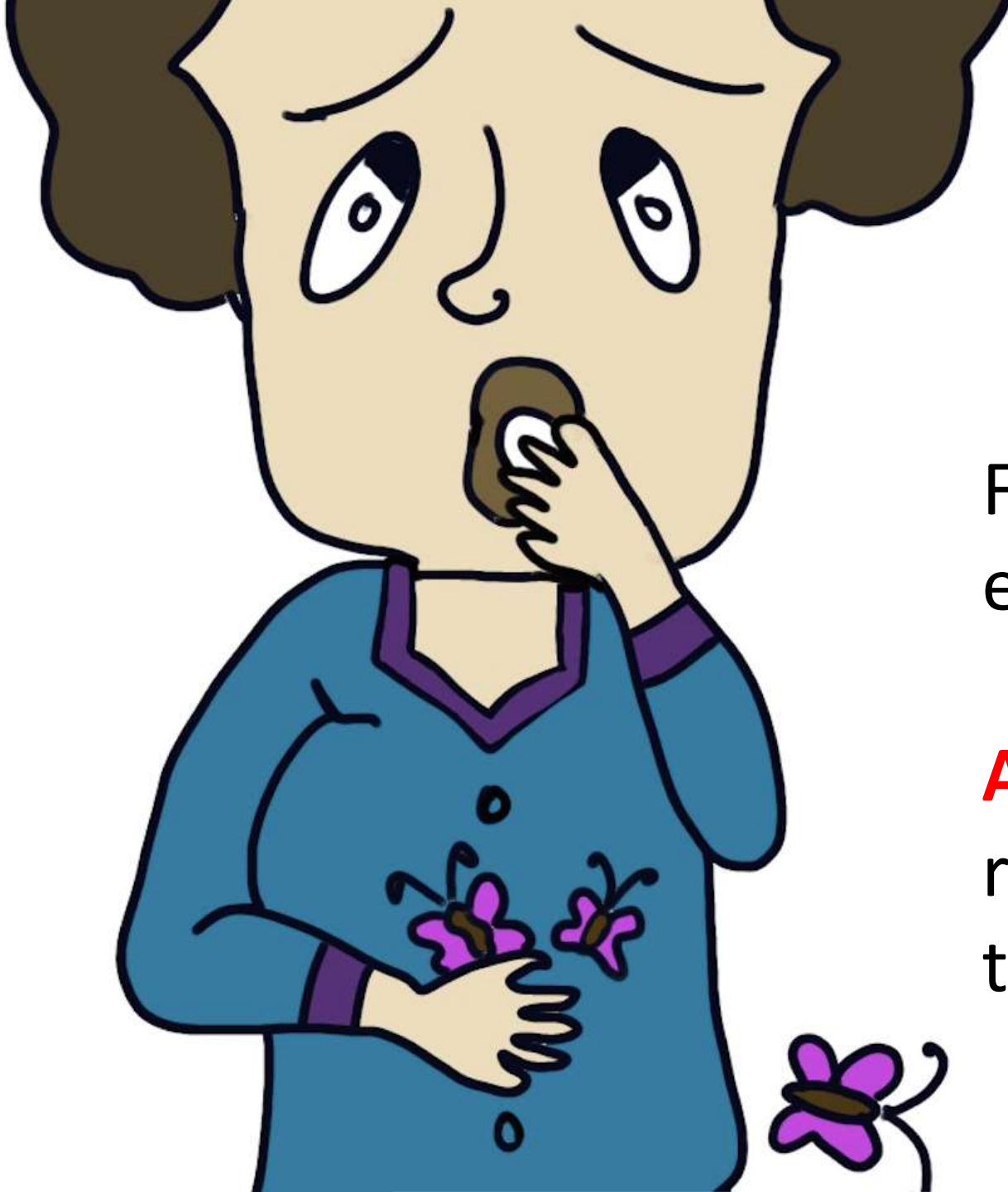


## Psychological

Uncertainty

Unknown

Losing freedom



Fear is focused on known external danger **BUT**

**Anxiety** is a generalized response to an unknown threat or internal conflict.

# Types of Anxiety problems

## GENERALISED ANXIETY DISORDER

**GAD** is characterised by a difficulty in controlling excessive anxiety and worry  
It may last for months.  
Symptoms are similar to Panic disorder.

## PHOBIC DISORDERS

**Phobia** is the persistent and unreasonable fear of a specific object, activity, or situation, and is consciously avoided.  
Involves both fear and avoidance (agoraphobia and social phobias).

## OBSESSIVE COMPULSIVE DISORDER

**OCD** having the urge to do something repeatedly or engage in repeated unwanted thoughts or sensations (obsessions). It involves checking and engaging in ritualistic behaviours

## PANIC DISORDER

**Panic** (overwhelming fright or fear) happens a few times in a lifetime. However, if followed by at least **30 days** of worry about another panic attack then considered a **panic disorder**.

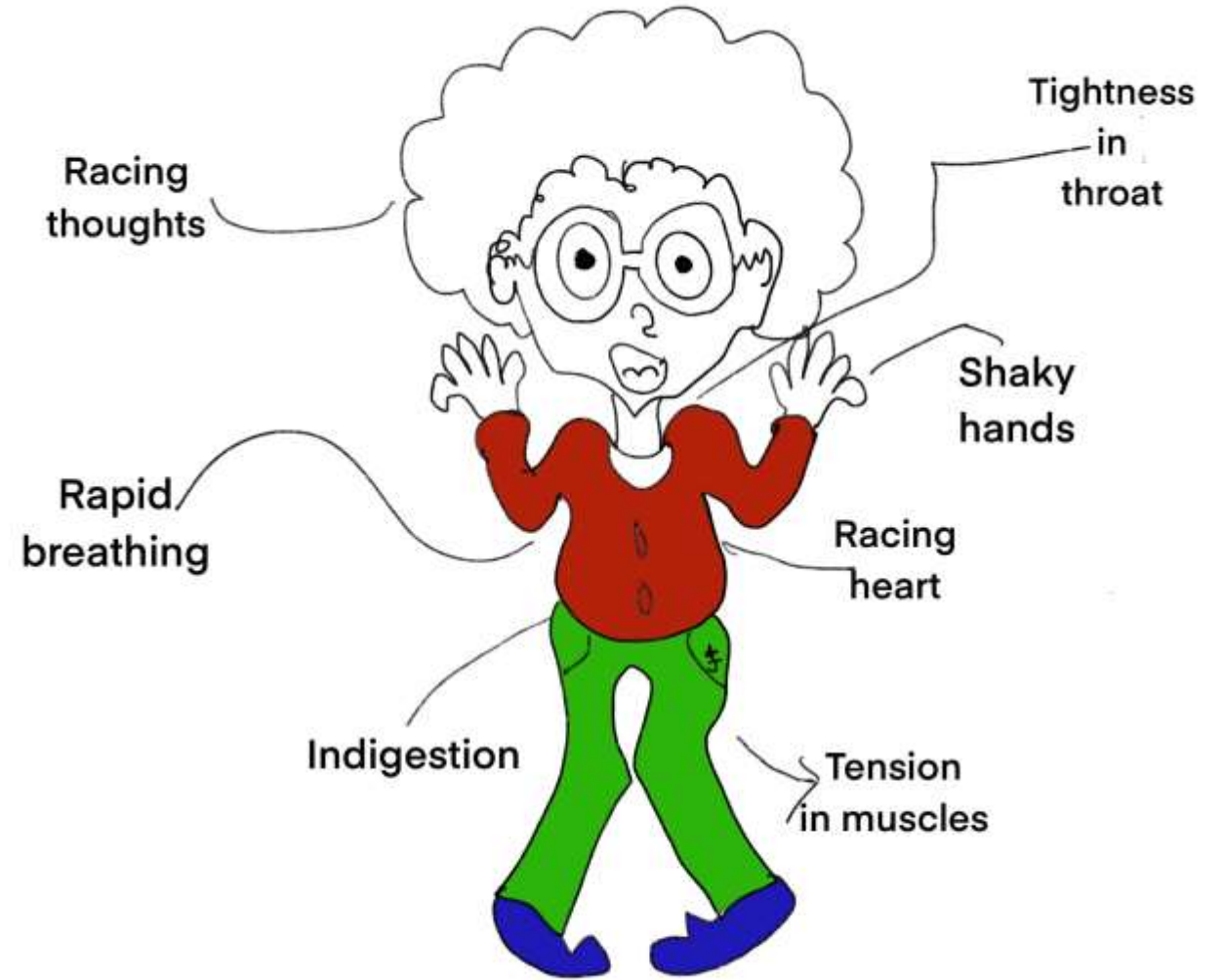
## POST TRAUMATIC STRESS DISORDER

**PTSD** is a problem that can occur in people who have experienced or witnessed a traumatic event (a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal

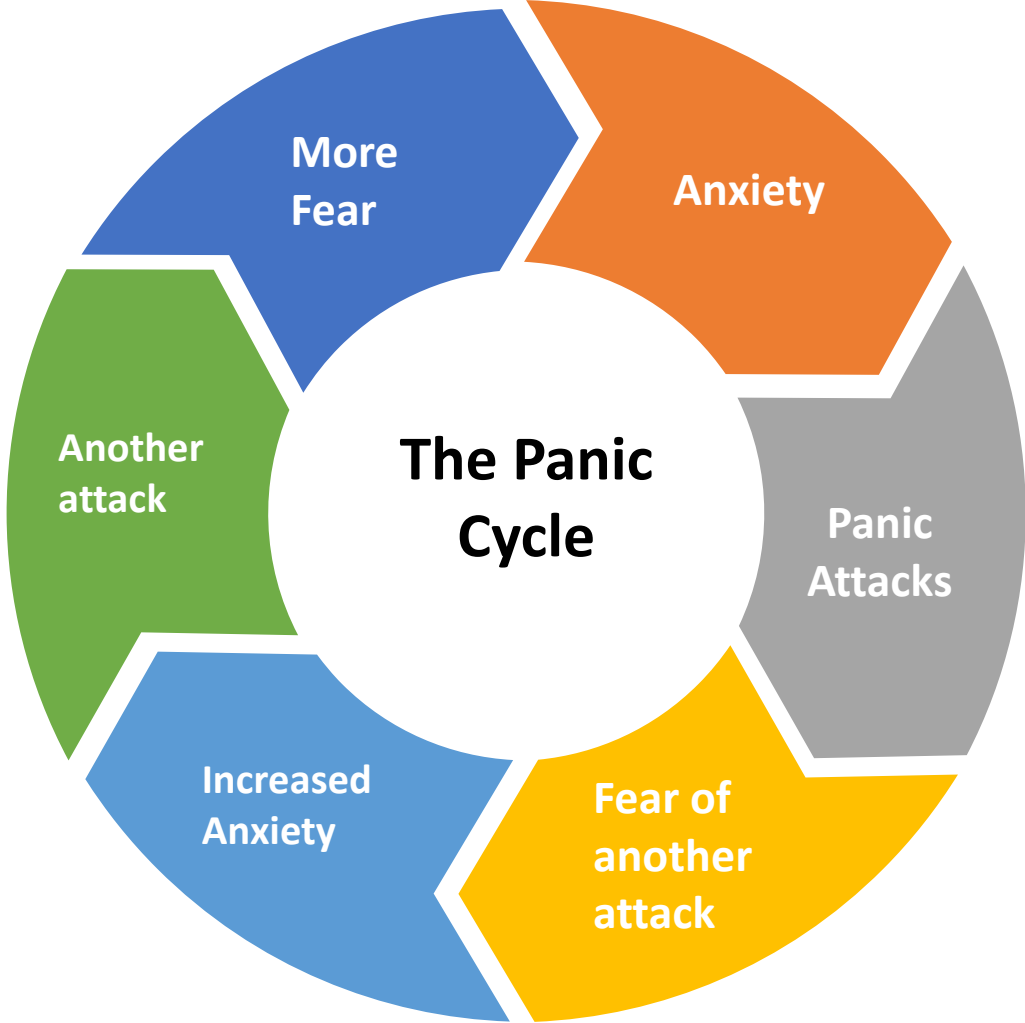


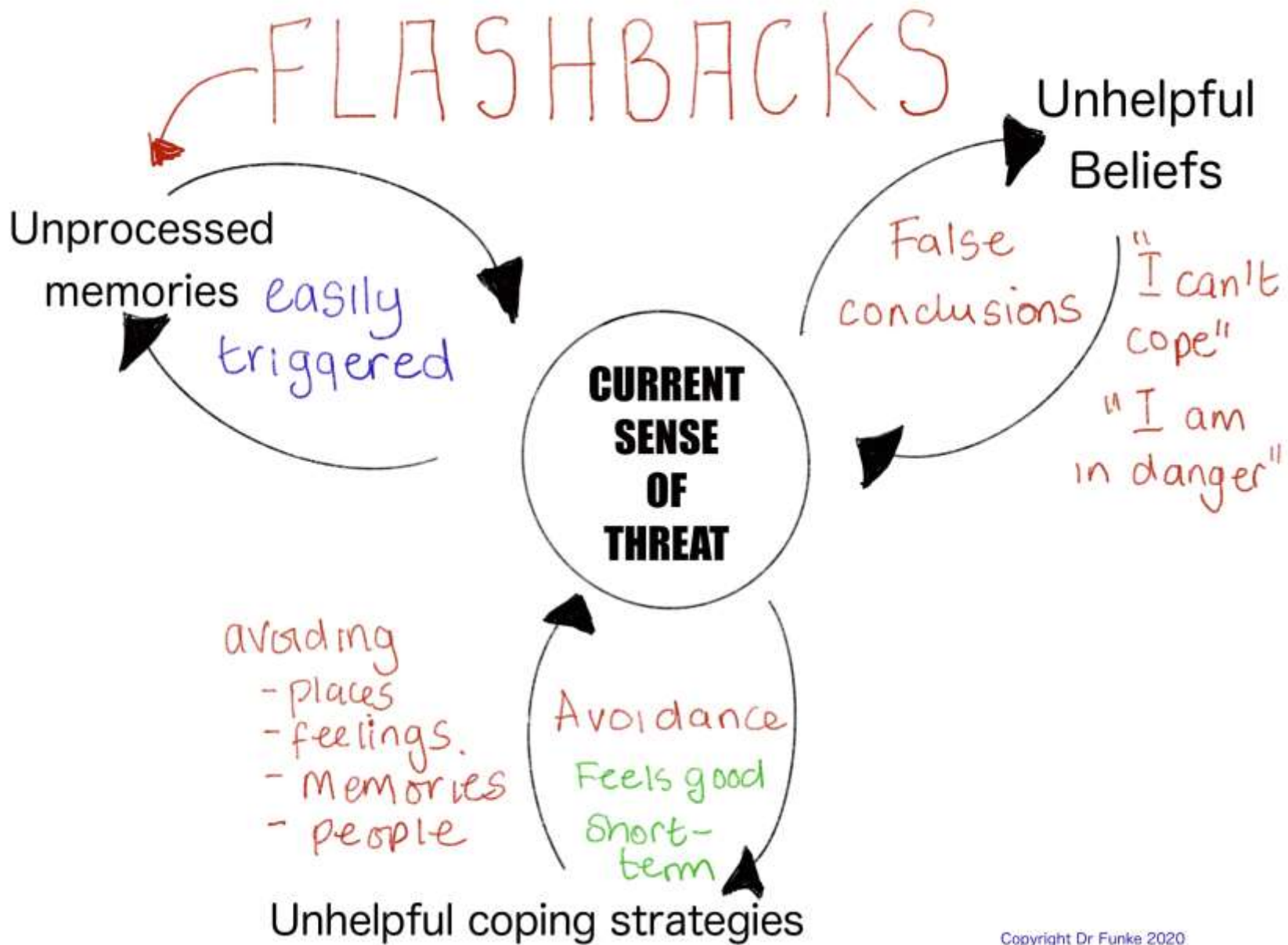
# Anxiety Symptoms

- Excessive worrying
- Feeling agitated
- Restlessness
- Fatigue
- Insomnia
- Concentrating difficulty



# The Panic Cycle





## The PTSD Cycle

# PTSD- Possible Effects

- Traumatic events like COVID-19 may cause extreme panic in people and leave them with intense disturbing thoughts and feelings of fear related to their experience.
- These emotions may last long after the traumatic event has ended.
- People who have recovered from such traumatic events may still relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people especially if they are stigmatized.

# TIPS to manage Fear and Anxiety



## 1. Take Control of your Emotions

Know yourself and understand your fears. This will help you keep somethings under control. Carefully manage the events and things that may trigger fear and anxiety.

## 2. Relax

Learn relaxation techniques, such as breathing exercises, yoga and meditation. These can help your mental health and overcome feelings of fear and anxiety

## 3. Exercise

Exercises requires some concentration and focus. Increase the amount of exercises you do; as this can have a positive impact on your overall wellbeing

## 4. Medication

Drugs can be used to provide help in the short-term. Drugs are mostly effective when they are combined with other treatments, such as therapy.

## 5. Therapy

Therapy, such as Cognitive Behavioral Therapy (CBT) have proven to be very effective for people with anxiety problems.

# TIPS to manage Fear and Anxiety



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6. Face your fears   7. Healthy eating   8. Support groups   9. Faith/spirituality   10. Be positive minded


Avoid avoiding your fears. Face them head on if you can. Facing your fears is an effective way of overcoming it and it will help you test whether the situation is better or not.

Eat a lot of fruits and vegetables. Avoid taking too much sugar, caffeine and alcohol as these can increase anxiety levels.

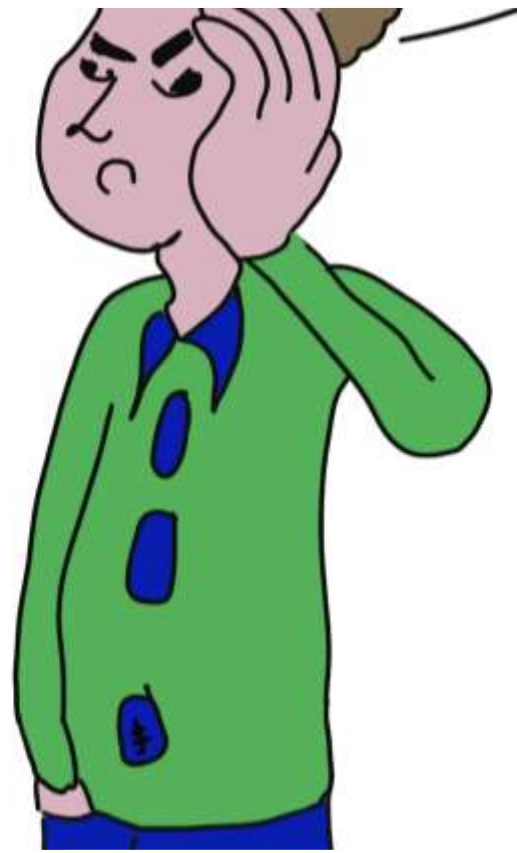
Joining support groups can be a good way of learning about how to manage your fears and anxiety, from people in similar situations and those who have come their problems.

Faith/spirituality are known to help people feel connected to a bigger or greater being. Spiritual groups can also provide a support network.

Remaining positive and focusing on good and pleasurable things can help shift your attention from your fears and events that makes you anxious.



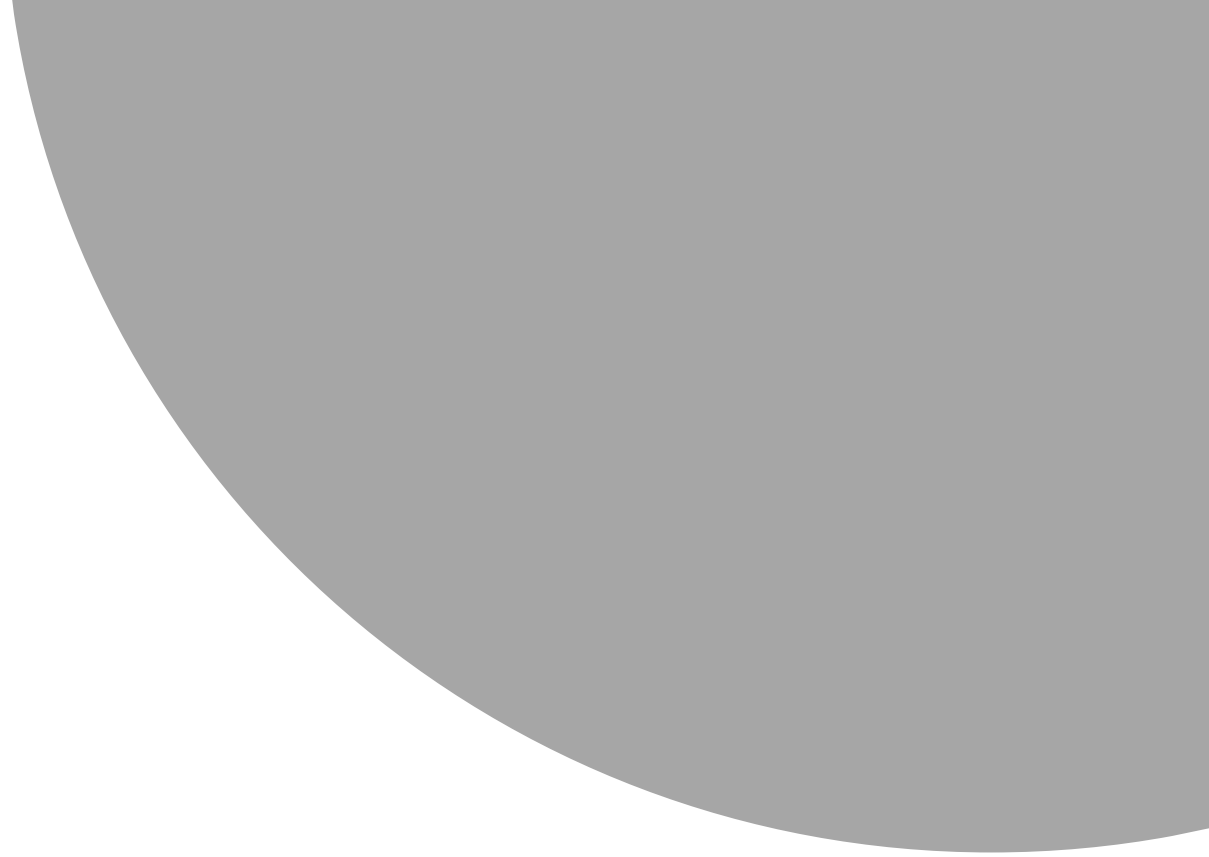
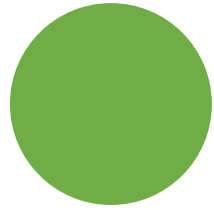
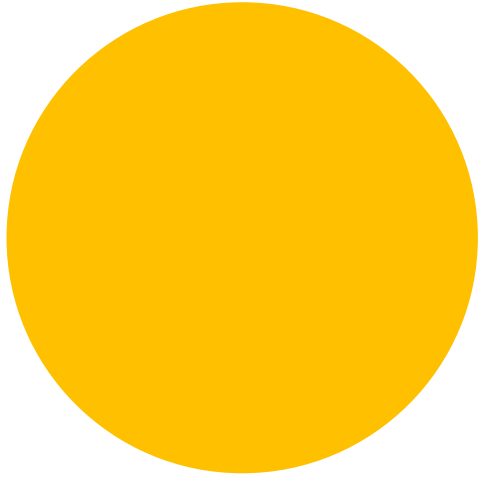
What has been  
your experience  
of fear and  
anxiety?





# Reflection Corner





**Thank you**

**Questions and Discussions**



# Dr Funke's Books



VISIT AMAZON FOR:



LOVE YOUR AUTHENTIC  
SELF



IMPROVING YOUR  
THINKING



TAKE CONTROL OF YOUR  
TOMORROW

Next Webinar

# **The Art of Self Motivation**