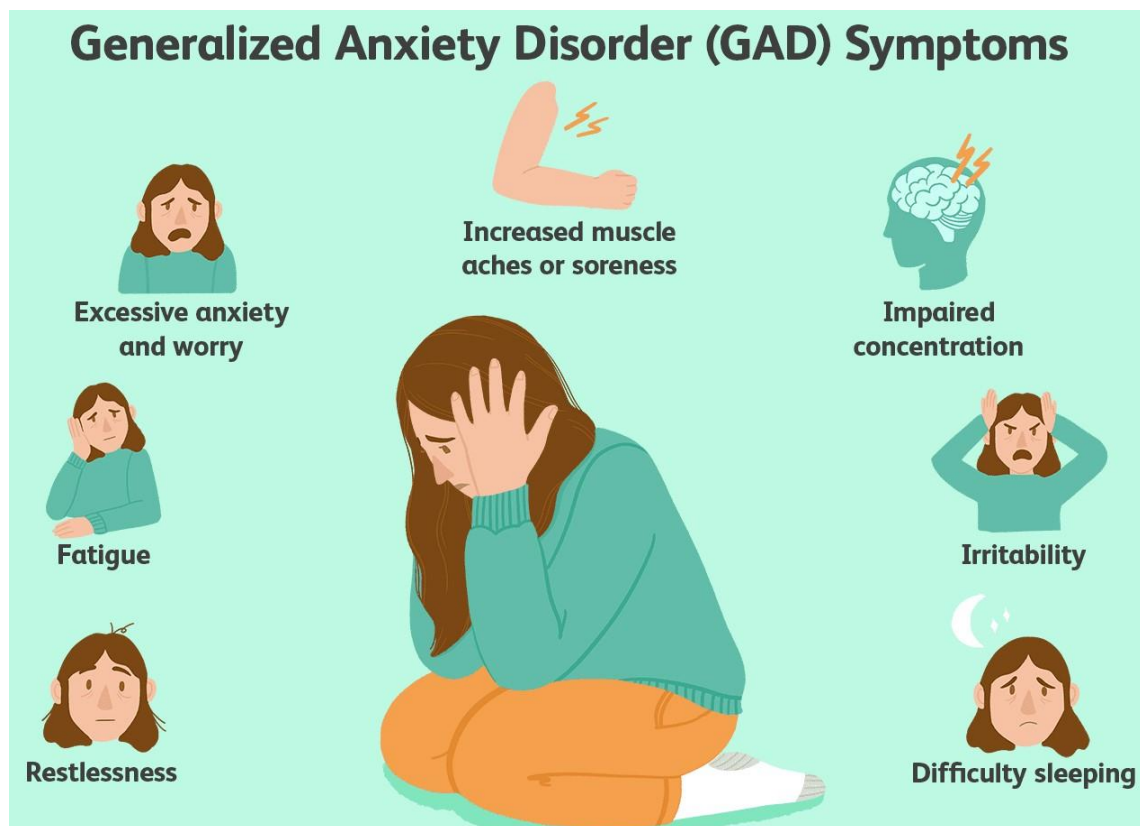


Are you worried too much?

Does it affect your day-to-day activities?

It's normal to feel anxious from time to time, especially if your life is stressful. However, excessive, ongoing anxiety and worry that are difficult to control and interfere with day-to-day activities may be a sign of to be taken care of.

You may check the following symptoms:



Remember:

Anxiety issues are treatable conditions. There is no need for you to worry in silence. Treatment, particularly counselling and psychotherapy will guide you a variety of ways to cope with your anxiety. There are also medications that can help.

If you find yourself constantly seeking reassurance from others, or repeatedly trying different methods of stress management and relaxation to no avail, it may be worth to seek a professional help.

Counselling Centre, IIT Kharagpur is always available at your reach. For appointments drop an email at cc@iitkgp.ac.in