



Comprehensive School Communities Supporting Understudies with Uneasiness

Michelle G Craske*

Department of Psychology, University of California, USA

INTRODUCTION

Anxiety, a psychological phenomenon experienced by millions worldwide, has become an increasingly prevalent condition in today's fast-paced society. While anxiety itself is a natural response to stress, prolonged and chronic anxiety can have significant detrimental effects on one's overall well-being. Beyond the immediate emotional and cognitive impact, anxiety can also manifest in various physical, social, and behavioural side effects. This article aims to shed light on the profound side effects of anxiety, bringing awareness to the hidden consequences that individuals battling this condition often face [1,2]. Anxiety is not limited to affecting mental health alone; it can wreak havoc on an individual's physical well-being as well. The body's response to anxiety triggers a cascade of physiological changes, such as increased heart rate, elevated blood pressure, shallow breathing, and tense muscles. These physical symptoms, when prolonged, can lead to more severe complications such as cardiovascular issues, weakened immune system, digestive problems, chronic pain, and even insomnia. Additionally, anxiety-induced stress can contribute to the development or exacerbation of various disorders, including migraines, Irritable Bowel Syndrome (IBS), and skin conditions like eczema and psoriasis. The impact of anxiety extends beyond the physical realm, significantly influencing one's emotional and cognitive well-being. Anxiety can distort an individual's perception of reality, leading to persistent feelings of fear, worry, and impending doom. This emotional turmoil often results in difficulties concentrating, impaired memory, and decision-making challenges.

DESCRIPTION

Furthermore, individuals with anxiety may experience mood swings, irritability, restlessness, and a decreased ability to experience joy or pleasure. These emotional and cognitive side

effects can have profound consequences on personal and professional relationships, hindering overall quality of life. Anxiety can cast a shadow on an individual's social interactions, leading to several social side effects. Those with anxiety may feel apprehensive about social situations, leading to avoidance of gatherings, parties, or even simple social interactions. Social anxiety disorder, a specific form of anxiety, can create an intense fear of being negatively evaluated by others, which may result in self-isolation and a restricted social life. Such withdrawal can lead to feelings of loneliness, reduced social support, and a diminished sense of belonging. Consequently, the individual's overall mental health may further deteriorate, exacerbating the anxiety they already experience. Anxiety's far-reaching consequences can also be observed in an individual's behaviour. Coping mechanisms, both healthy and unhealthy, are often employed to manage anxiety symptoms [3-5]. While healthy coping mechanisms such as exercise, meditation, and therapy can alleviate anxiety, individuals may resort to maladaptive behaviours as a means of self-soothing. These behaviours can manifest as excessive alcohol or substance use, overeating or undereating, compulsive behaviours, self-harm, or even the development of other mental health disorders such as depression.

CONCLUSION

Anxiety, often misunderstood as merely a psychological condition, has far-reaching side effects that permeate every aspect of an individual's life. It affects not only mental health but also physical well-being, social interactions, and behavioural patterns. Acknowledging and understanding these side effects is crucial in developing effective strategies for managing and treating anxiety. Education, destigmatization, and increased access to mental health resources are key to empowering individuals with anxiety and providing them with the support they

Received:	01-August-2023	Manuscript No:	IPCP-23-16761
Editor assigned:	03-August-2023	PreQC No:	IPCP-23-16761 (PQ)
Reviewed:	17-August-2023	QC No:	IPCP-23-16761
Revised:	22-August-2023	Manuscript No:	IPCP-23-16761 (R)
Published:	29-August-2023	DOI:	10.35248/2471-9854-9.4.38

Corresponding author Michelle G Craske, Department of Psychology, University of California, USA, E-mail: MG_Craske@mednet.ucla.edu

Citation Craske MG (2023) Comprehensive School Communities Supporting Understudies with Uneasiness. Clin Psychiatry. 9:38.

Copyright © 2023 Craske MG. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

need. By recognizing the profound impact of anxiety, we can work towards building a society that fosters compassion, understanding, and effective solutions to alleviate the burden of anxiety's side effects.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

REFERENCES

1. Caldwell DM, Davies SR, Hetrick SE, Palmer JC, Caro P, et al. (2019) School-based interventions to prevent anxiety and depression in children and young people: A systematic review and network meta-analysis. *Lancet Psychiatr* 6(12): 1011-1020.
2. Tiirikainen K, Haravuori H, Ranta K, Hein RK, Marttunen M (2019) Psychometric properties of the 7-item generalized anxiety disorder scale (GAD-7) in a large representative sample of Finnish adolescents. *Psychiatr Res* 272: 30-35.
3. Lu W (2019) Adolescent depression: National trends, risk factors, and healthcare disparities. *Am J Health Behav* 43(1): 181-194.
4. Racine N, McArthur BA, Cooke JE, Eirich R, Zhu J, Madigan S (2021) Global prevalence of depressive and anxiety symptoms in children and adolescents during COVID-19: A meta-analysis. *JAMA Pediatr* 75(11): 1142-1150.
5. Lehrer P, Kaur K, Sharma A, Shah K, Huseby R, et al. (2020) Heart rate variability biofeedback improves emotional and physical health and performance: A systematic review and meta-analysis. *Appl Psychophysiol Biofeedback* 45(3): 109-129.