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SOCIAL ANXIETY IN THE WAKE OF THE RECENT INCIDENT:

“TIME HEALS WHAT REASON CANNOT”

The main objective of this note is to address the Reported anxiety and connected after effects that the students are experiencing, especially those in the same hostel next to and or above the wing where the deceased student had stayed.

The anxiety seen is quite natural and understandable. It can be overcome with conscious and persistent efforts to understand the event in the right perspective. The event per se is not that which is causing the anxiety and the fear psychosis but the inference drawn and the assumed fears seem to be leading to anxiety insomnia that the students are experiencing. All of us are aware of the fact that we need to bid good bye to the world some day or the other. But that it should happen naturally and not induced for an abrupt end as what we have unfortunately seen recently. It is common for people connected with the individual or who may have seen him in and out and so the emotional turmoil that is reported is viewed with all empathy.

In the wake of the anxiety created after the incident as reported by Doctors from the Health Centre, an attempt is made to create awareness on understanding anxiety in general and the one developed after the stressful incident. Measures are also being taken to organize for an interactive session with a Senior Mental Health Professional from Outside by CCS in coordination with the Student Council, Especially the Women's Wing next week. This apart the health Centre is also planning to conduct an exclusive Desensitization Program for the inmates of the Hostel to overcome the anxiety induced insomnia and related phobia.

UNDERSTANDING ANXIETY:

It may be caused by a physical or mental condition or due to any medical related conditions as effects of drugs etc. In the present situation the anxiety is over the mental condition due to the suicide committed by your Hostel Mate or Batch mate or Lab mate.

Let us look at that condition as an External Factor over which none of us have had any control. Analyzing the rationale behind such an attempt it is the weakness of the mind, the inability to understand the issues connected with the Relationship issue and the hopeless feeling that seem to have pushed the student to end his life. The victim's preference to handle the issue by himself should also be given a serious thought. Had the individual taken time out to discuss the issue things could have been made to

work him positively. Seeking help of a Counselor or a Mental Health Professional need not be viewed as a social stigma.

In this connection attention is of all in the campus is drawn on to the utmost privacy and secrecy in the process of Psychological Counseling offered at CCS. No record of any kind is maintained to harass or use it against the individual who seeks help either when he/she is in or off the campus. It is an earnest request to remove all negative apprehensions attached in this regard.

ATTRIBUTES TO THE TENDENCY or CAUSES OF ANXIETY:

There can be many an external factors that may contribute to Anxiety as

- Stress from Academics or connected issues
- Stress in a personal Relationship or in the family
- Stress at Work,
- Financial Stress
- Lack of awareness on Preference of Life needs
- Lack of clarity or no planning on Future Goals –Both Career and Personal
- Low self esteem undermining one's own capabilities
- Emotional weakness to face the failure/lapses boldly
- Mental weakness in concluding that he/she has hit the wall.

With all Respects and prayers for the soul to RIP; in the present incident, the 'Low self Esteem' of the individual may be due to not giving any credit to:

- His Academic Intelligence,
- His position in the Gate Ranking
- The promising career in the big firm that he had earned out of his own best credentials, above all
- The momentary closure towards the duties towards parents and the trauma they would be pushed to lifelong by the unpleasant act.

These are highlighted not to demean the individual or from being judgmental. Had only external help at the helm of affairs is sought, things would have been different. In that context, attention is drawn on the weakness of the mind, the hopeless and helpless emotional feeling to fall a prey on a Relationship which may have been for about a few years in comparison with the 23+ long years of struggles and expectations of Biological parents and the contribution he could have made to the society in some kind.

SUGGESTIONS TO OVERCOME THE PRESENT ANXIETY SYNDROME:

- Understand the cause behind the incident in totality; Reassure yourself that you will guard yourself against instances of this nature. As time passes the anxiety will get reduced
- Create a support Network with all in and around the wing in the same Hostel, speak on developing a positive Attitude to come out of the grief.

- **Avoidance or Running away from the place or the situation can never be a solution to address any problem or issue. Assumed fears are the reason for staying away from the places nearby. Only from being in the same place and consciously working towards overcoming the grief or attached fear to the incident one can come to terms with the reality. The place of incident has nothing to avoid or run away from. Try and overcome the irrational fears developed. It is here the support Network Created among the same Hostel occupants will prove helpful.**
- Focus on the essentials, keep yourself busy, and tire your mind and physique with activities all through the day to fall asleep once on the bed. If spiritually inclined chant some prayers. Otherwise learn some Deep Relaxation Techniques like Pranayama to calm your mind before going to sleep. Have only pleasant thoughts before retiring to bed. Listening to Music will also help. Taking a warm bath is also known for inducing a peaceful sleep. **It is also suggested to use your place of stay only for personal use.**

SEEKING MEDICAL HELP FOR THE TREATMENT OF ANXIETY:

Any treatment for anxiety depends on the Root cause of the problem. If the anxiety is the result of any **Physical ailment**, treatment will be towards eliminating the ailment.

When the root cause is **Psychological in nature**, the underlying cause has to be identified and controlled or all possible things to eliminate must be tried.

Ex: If the Anxiety is due to marital problem seeking help of a Marital or a Family Counselor is advisable.

If the Anxiety is due to Academics, seeking the help of an Academic Counselor will be useful.

Psychotherapy mostly helps to address the **Anxiety Related Issues**. '**Cognitive Therapy and Behavior Therapy** is the most common Psychotherapeutic approaches to treat anxiety.

- **Helping the individual to combat his/her underlying unrealistic beliefs is Cognitive Therapy and**
- **Finding and developing a way to manage the stress and worries is Behavior Therapy.**

The Cognitive Behavior Remodification Therapy is what is practiced in the centre at CCS. Please come forward to get helped without any inhibitions, instead of suffering within and pushing yourself to acute anxiety Neurosis.

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