

## 4 Quick Remedies that Help you Handle Psychological Issues with Ease

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So what do we understand from Psychology or psychological problems? Is it a science that's very difficult to understand or something that deals with [extreme mental problems](#)? Or is it way beyond a normal human beings understanding? Well, to make it simple, psychology is about how humans deal with in their life every day. What they go through, what they think and how they perceive the world and people in it. Looks like an easy thing to do? Yes. It is.



It is not about what disorders are present in the body. Its more about how important it is to identify it, to realize that it's time to do something about the issue. Mental problems are nothing to shy away from. In fact, a lot of people suffering from such problems are simply unaware and fall prey to something big. Thus, it is extremely important for you to be well-informed about them. You never know when you or any of your loved ones might need help. And studies say, a lot of us do need help!

You might think that psychology is beyond our problem solving skills but the reality is that there are some simple things in life provided by mother nature, that make any problem or disease much easier to handle. Especially when the nature of it is not too extensive.

## Top 5 Common Problems:

### Anxiety:

Because of the growing effect of a struggling life, anxiety is one of the top mental problems. Its best described as a feeling of extreme nervousness, panting and uneasiness. Anxiety can affect how you deal with a certain issue. It interferes into your ability to lead life. When it occurs, it's usually very hard to calm yourself down. For most people, anxiety doesn't go away immediately. It's a constant feeling with sadness.



Most of the times, people suffering from anxiety do not wish to mingle and talk to others. Isolation becomes a huge part of their life. And this effects their overall mental health.

[Anxiety relief](#) isn't easy to achieve. The sufferer gets panicky at situations very soon. Anxiety sufferers start getting phobias of different types. Phobias of being judged by others, phobias of objects, animas and even heights. All this worry leads to excessive thinking and then unrealistic worry. Hence, there's nothing about anxiety that can be taken easily. The more you ignore, the more difficult life gets! Here's the symptoms of anxiety:

- Feelings of panic, fear, and uneasiness
- Problems sleeping
- Cold or sweaty hands or feet
- Shortness of breath
- Heart palpitations
- Not being able to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea
- Muscle tension
- Dizziness

## Depression:

This is a state of low and sad mood, behaviour, activity, feeling, interest and well-being. Depression is definitely a medical problem and can be treated, but it's easy to treat it at home if it's not gone too far. Among all, teen depression is the most common today.

We use a lot of words for depression, but depression is actually just more than sadness. It interferes with your everyday life and activities, just like anxiety does. As the days go by, the feeling of hopelessness grow so much that it gets out of hand. Making you feel depressed all day for even no reason! The feeling of an impending doom is always there and makes you feel life is worthless and hopeless.



It's vital that [depression is taken care](#) of before it goes beyond treatment. However, its more vital to know the symptoms at the early stage and the ways to treat them when they manifest. Depression leads to very bad habits like hurting yourself physically on purpose and even suicide attempts. At the end, the most important thing to know is there are many things you can do to understand and support your mood, and thus reduce the risk of recurrence leading to clinical depression.

### Symptoms include:

- Feelings of hopelessness
- No energy
- Anger
- Sadness
- No social life
- Sleep changes
- Self-loathing

## Panic Attacks:

Have you ever felt a weird, overwhelming feeling combined with anxiety and worries? This could be a panic attack! A panic attack is a sudden surging feeling that is a mix of a couple of other mental disorders. It makes you feel extremely uneasy, yet excited at the same time.



This results in an **extremely fast heart beat** and breathlessness. You aren't able to pull out words from your mouth, and can't speak. Some people even feel like they are either losing their senses or are beginning to die!

The body gives in very easily while suffering a panic attack. These attacks last from anytime between 2 minutes to a number of hours too. People suffering from these attacks usually need someone else to calm them down. Easing the senses and not feeling left out is an important thing to keep in mind. Being reassured and being calm does help a lot while suffering these attacks.

**Symptoms include:**

- Vibrations
- Sweat
- Breathlessness
- Heavy breathing
- Heart pounding
- Turning red
- Unable to talk
- Unable to stand

**Insomnia:**

Don't we see everyone talking about this all round the world? Isn't sleeplessness actually getting very common these days? Well, just like all the other mental disorders, insomnia isn't just lack of sleep, it's much more.

We all feel like our sleep has disappeared when we have something very exciting coming up. But insomnia isn't related to sleep disappearing due to good thoughts. In fact, it's the opposite. When you do not fall asleep due to tensions, depression and everything related to the same, it's called insomnia.



Insomnia is of mainly two types. Chronic and acute. There's one that's deliberately not sleeping too, but that's considered habitual and can be easily changed. This [sleep disorder makes lives miserable](#). Sleep is a very essential part of one's well-being.

Just like other disorders, insomnia too can either be for a couple of days to long weeks and months. Insomnia is chronic when it lasts longer than a few days and when it's just for a few days, it's known as acute insomnia.

**Symptoms:**

- Sleepiness during the day
- General tiredness
- Irritability
- Problems with concentration or memory

**Eating Disorders:**

A lot of us are unaware, but psychological problems can also lead to severe eating disorders. Abnormal and disturbed eating habits are normal in mentally disturbed people. We all turn towards food when a little upset. But serious eating disorders take place when the depression levels get too high.

Such suddenly have a craving for inedible items and can't seem to get over it. Pica is a disorder in which people tend to eat things like chalk, stones, sand, plastic and more. They usually get a sense of satisfaction and that in turn makes them feel a little better.



Apart from pica, people who are too obsessed with their looks, slimming down or [gaining some weight](#) also suffer from the same. This is called as binge-eating disorder.

Bulimia Nervosa is a disorder where people cannot control and over eat large amounts of food. Anorexia Nervosa is the opposite. When people think they are gaining weight and are so worried that they get dangerously underweight. Weighing themselves several times a day is common in anorexia nervosa. Mood can sometimes help eating good food. You can also check out the Top 10 natural foods that enhance your mood instantly.

#### Symptoms:

- Restricted eating
- Overeating
- Obsessed with the weighing scale
- Having very less food due to cravings of pica.
- Fear of body image.
- Extreme weight loss
- Extreme weight gain

## How Simple Home Remedies and Ideas Can Help with Psychological Problems:

### Dietary Changes:

Mood and food go hand in hand all the time. None of our good times are complete without good food. But food sometimes serves more than we think. It not only helps your taste buds and satisfies your hunger pangs, it's also used for medical purposes.

Because we [eat for good health](#) too and not just for filling our stomach, there are a lot of foods which uplift our moods, make us feel better, kick out depression and help us handle anxiety. It also helps stop cravings that go a little overboard and weird.



Our relationship with food is very natural. We feel hungry because there's no sugar in our bodies, and when that happens we feel hungry. Hungry people are always irritated and in a bad mood.

There are certain foods that help in this regard. They make you feel better by releasing the much needed hormone, serotonin.

- Complex carbs: oats, grains, brown rice, brown pasta, wheat breads etc.
- Tyrosine or amino acids: curd, milk, bananas, sesame seeds etc
- Vitamin B rich foods: fish, poultry, whole grains, all green leaves.
- Omega 3 fats: fish oil, salmon, mackerel.
- Any natural sugars, and everyone's favorite, sweets!

### Therapy:

We all know therapeutically; some ways are the best way to deal with issues that are related to the brain. There are many therapies that are professionally used by doctors and hospitals. But here, we are trying to make it simple. We are looking for therapies that can be done right at home so that the need for professional help never comes! There are some tips that you should always be following:



- Take no unnecessary medicines and drugs.
- Surround yourself with what you love! People, surroundings, colours, anything!
- Learn and look for positivity around you
- Sleep as much as you can. It's going to do no harm.
- Get a good body massage done once in a while.
- Do something new. Something you have never done before. Something that's fun!
- Read books! Books make you imagine things. And you imagine it the way you like it. If you don't like reading, watch the movie version.
- Beautify yourself. It will make you fall in love with yourself again.
- [Meditation helps a lot of people.](#)

### Breathing exercises:

Combat depression, anxiety, sadness with breathing exercises. Yes, [breathing exercises help a lot.](#) Breathing invokes the emotional imbalance in your body. Deep breaths and keeping the rhythm of your breathing at one good pace helps better your mood naturally. Take a deep breath now and check. You will feel a sense of calmness.

Breathing betters blood circulation and activates all your organs in the body. It's a great way to make yourself feel better.





**Some helpful breathing exercises:**

- Increase the depth of each breath slowly. Close your eyes and focus on deep breathing only. This [relaxes your entire body](#) and will open your mind to positive thought. Within 5 mins, you will feel uplifted!
- Sit on a chair with a straight back and feet all flat on the floor. Inhale deeply and squeeze your fists. Now exhale slowly. Keep your hands straight and lower your fists to your chest like you are pulling a rubber band. Repeat the two steps. On the last repetition, cross your arm over your chest. Drop your chin to your chest. Inhale for 4 short breaths and hold your breath there. Exhale slowly through your mouth. This helps fight anxiety.

**Yoga workouts:**

Always find something that will keep you moving for at least 30 mins a day. It releases a lot of stress and toxins, which make you feel much better after the activity. You can go swimming and dancing if you don't like the conventional cardio. But the best solution for mental illness and troubles is yoga!



- We are aware of the fact that yoga's main aim is just not physical health but mental too, and that is why yoga is excellent to fight mental disorders.
- It relieves worries, making you mentally active and happy!
- Its helps greatly with anxiety and depression.
- Yoga improves concentration powers and helps in thinking very efficiently.
- It prevents any new mental disorders and prevents the growth of the existing ones.
- Even if you do face regular traumas and down in life, yoga reduces the effects of it!

Mental stability is extremely important for overall well-being. Never forget this that health is the first priority in the list. We can take care of something that is seen like all physical issues. But sadly mental troubles aren't seen and worse, they are even ignored a lot. Hence, the first thing to always keep in check in the mental well-being of a person. Regardless of what are you are; a good mind will be a happy person!

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