

Breathe Easy: A Modern Indian Guide to Overcoming Anxiety at Work

What is Anxiety?

Anxiety is the body's natural response to stress. Occasional anxiety is normal, but chronic anxiety can interfere with health and productivity.

Why is Anxiety Common Among Working Indians?

- Work pressure & deadlines
- Family expectations
- Job insecurity
- Commute stress
- Poor work-life balance

Start Your Day Mindfully

- Meditate or do yoga
- Avoid checking your phone early
- Listen to calming Indian music

Plan and Prioritize

- Use task planners
- Break tasks into smaller chunks
- Avoid overcommitting

Set Work Boundaries

- Avoid after-hour calls

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- Politely say 'no' to extra workload

Breathe and Take Micro-Breaks

- Use 4-7-8 breathing
- Stretch every 90 minutes

Eat Balanced Desi Meals

- Include curd, nuts, banana, ghee
- Stay hydrated

Digital Detox

- Mute unnecessary notifications
- Uninstall distracting apps

Talk it Out

- Share feelings
- Seek professional help if needed

Improve Sleep Hygiene

- Avoid phones in bed
- Use dim lights and soft music

Use Indian Wellness Practices

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- Try Pranayama, incense, Ayurvedic massage

Practice Gratitude & Faith

- Write 3 good things daily
- Engage in prayer if spiritual

When to Seek Help

If anxiety affects daily life, seek professional support. Platforms like iCall, YourDOST, Therapize India are affordable options.