

## Anxiety hmachhawn dan:

- ***I tan hun insiam rawh:*** Taksa sawizawi, rimawi ngaihthlak, taksa hmeh zal (massage), rilru leh taksa hahdam taka dah.
- ***Chaw tha inbuk tawk ei rawh:*** Chaw thlah loh tur, taksa tichak thei eitur tha, thlai hring leh thei ei tam.
- ***Zu leh ruihtheih thil dang ti suh:*** Hengte hi kan taksa tan a that loh ang bawkin Anxiety chawk tho thei thil a nih avangin tih loh tur a ni.
- ***I taksa mamawh tawk mu rawh:*** Rilru hahna kan neih chang hian kan taksa hian mut tam a mamawh thin a ni.
- ***Engkim i thunun thei lo tih pawm rawh:*** Thil engkim hi kan duhdan ang vekin a thleng thei lo a, hei hi pawm thiam kan zir chuan tul lova rilru hahna tam tak kan pumpelh thei a ni.

- ***Thil hlimawm lam sawiin, nui tam rawh:*** Nuih hi damdawi a ni.
- ***A eng zawngin thlir thin rawh:*** Ngaihtuahna tha lo bansanin a eng zawngin thil thlir thin rawh.
- ***Thil tha leh tangkai tih nan i hun hmang tam rawh:*** Inchhung khurah tangkai tum la, midangte tanpui fo thin ang che.
- ***I anxiety chawk tho thei thil hrechiang rawh:*** Hna, zirna, chhungkua, natna etc te pawh ani thei. Hemi hrechiang tur hian diary-ah ziak zel la, eng ber in nge anxiety neih tir thin che tih i hre thei ang.
- ***Sawichhuak rawh:*** I rilru hahna te mahnia pai mai lovin midang sawipui thin rawh.

# Anxiety Hmachhawn Dan



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### **Anxiety chu enge ni?**

Anxiety chu hlauhthawna leh phawklekna, manganna, thil vei burna leh helhkhamna tia sawi theih ani ang.

Anxiety Disorder: Rilru lama harsatna hetiang – (hlauhthawna, manganna, thil vei lutuk leh helhkhamna te) hi miin a anih dan tur aia nasa a al lo nei anih chuan anxiety disorder a nei kan ti thei ang.

### **Engvanga Anxiety hi lo awm nge? / Engin nge Anxiety hi thlen?**

Kan nuna thil thleng lian tham, kan nun sawinghing dawt thei thil a thlenin emaw hun rei tak chhung rilru hahna inkhawl khawm emaw a lo awmin Anxiety a thlen thei.

Entirnan: lusun, hna leh eizawna chungchanga rilru hahna, ngaihzawng / nupa inkara buaina, natna khirh vei, nunna chan mai thei dinhmuna lo ding tawh, naupan laia khuarel chhiatna, khuaikhem, tawhsual tawh, hnathawk tur emaw

lehkha zir tura tur leh nawr nasat lutuk.

### **Taksaa a lanchhuah dan:**

- Thlan tla nasa
- Thawk rang leh thaw vak vak
- Taksa lum pup pup
- Dang ro
- Tha khur
- Sam tla
- Lungphu rang
- Chau hluah hluah leh tha hrui nei lo
- Luhai leh nikhaw hre lo a awm
- Pumna leh awm nuam lo

*Anxiety hi enkawl vat anih loh chuan Depression hial a thlen thei a ni.*

### **Mizia leh nunphunga a lanchhuah dan:**

- Ngaihtuahna chawl lo
- Thil ngaihtuah vak vak
- Rilru sawrbing thei lo
- Thil tha lo thleng mai tura ngai a , chiaai vak
- Thinrim thut thut
- Mut that theih loh
- Thil thleng engkim a bengchhi reng
- Ei in dan phung thlak danglam
- Boruak tawn mek tlanchhiatsan duhna
- Midangte nena nunho harsat