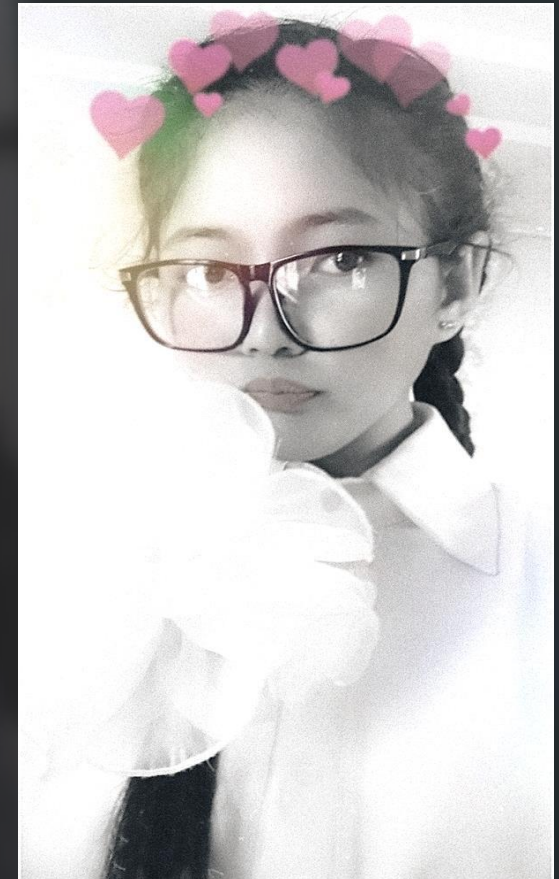


My profile

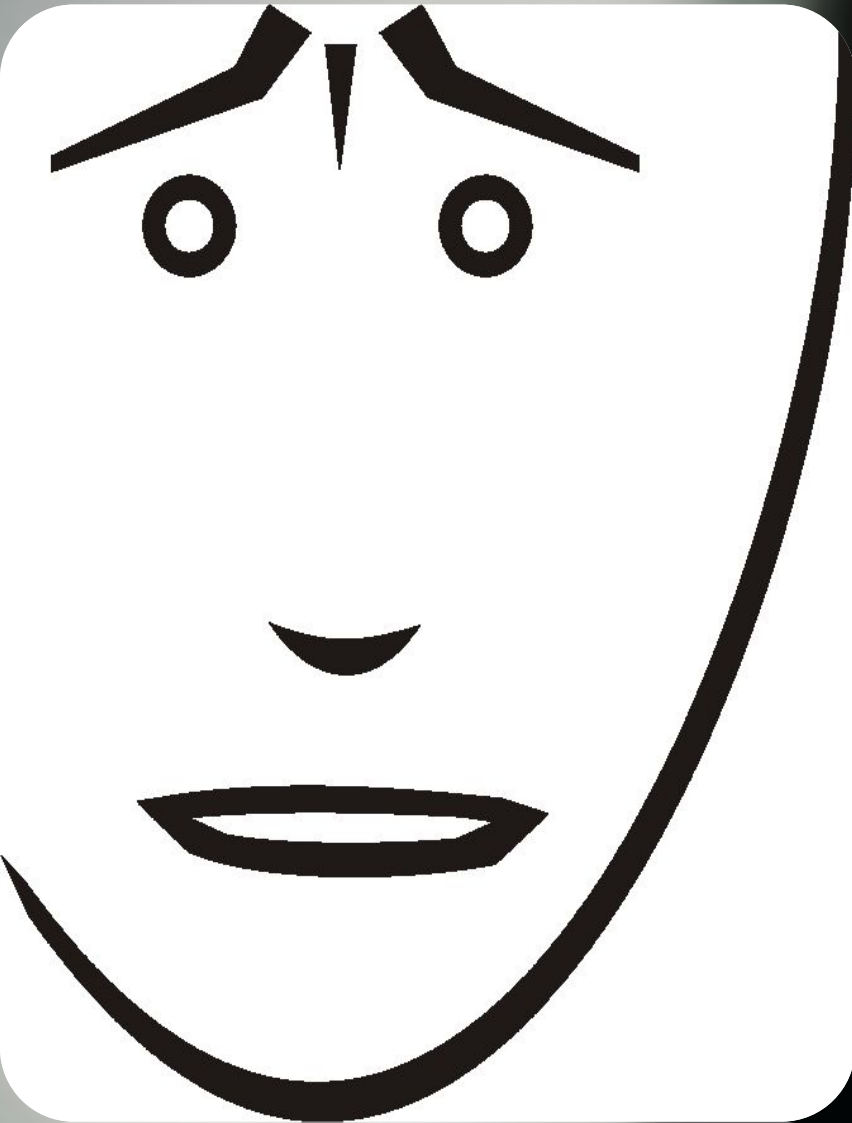
I am Kadyrali Marlana, presenting my project to express my recommendation.

Today, the fear of many people is increasing. I don't want to let humanity fall victim to fear. And got the name of the project about phobia.



Kadyrali Marlana
10 "ə" class

Agoraphobia



Agoraphobia - is an anxiety disorder characterized by symptoms of anxiety in situations where the person perceives their environment to be unsafe with no easy way to escape.



My proposals

1

- The best way to get rid of phobias is to do a exercise by himself.

2

- In society, a lot of riding in open places.

3

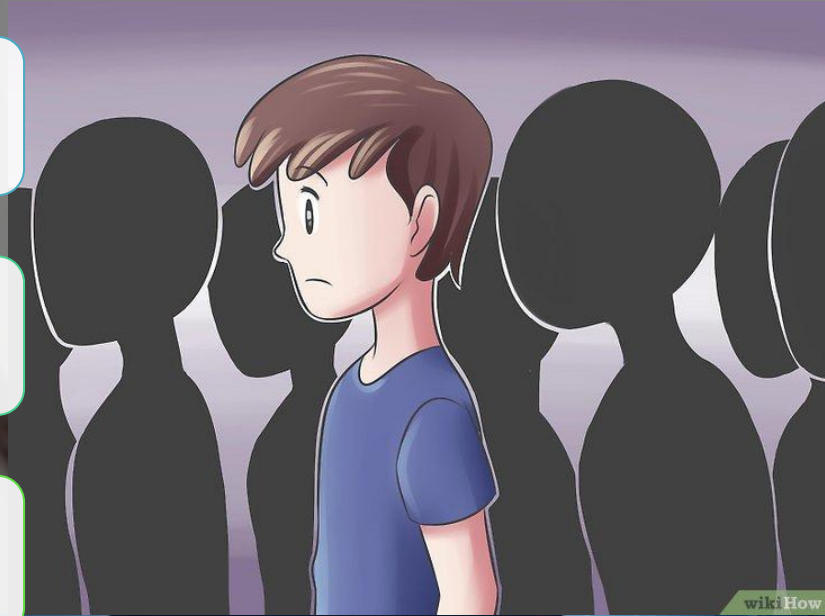
- Learn to open doors in your home.

4

- Don't be alone. Go a lot with people.

5

- If there is no benefit from these tips, then you need the help of a psychotherapist7

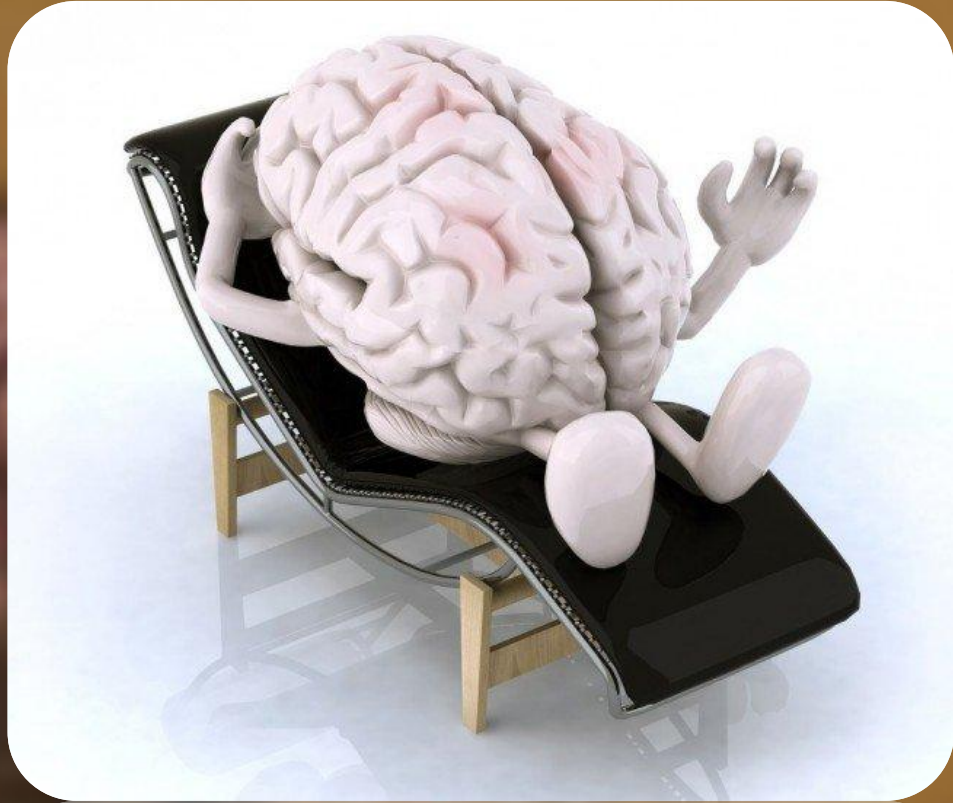


wikiHow



Psychotherapy is the use of psychological methods, particularly when based on regular personal interaction with adults, to help a person change behavior and overcome problems in desired ways.

Psychotherapy aims to improve an individual's well-being and mental health, to resolve or mitigate troublesome behaviors, beliefs, compulsions, thoughts, or emotions, and to improve relationships and social skills.



Thanks for watching



Project content

- Student's profile
- Agoraphobia
- Proposals
- Psychotherapy
- End.

Phobia

- A phobia is a type of anxiety disorder defined by a persistent and excessive fear of an object or situation. The phobia typically results in a rapid onset of fear and is present for more than six months. The affected person goes to great lengths to avoid the situation or object, to a degree greater than the actual danger posed. If the feared object or situation cannot be avoided, the affected person experiences significant distress. With blood or injury phobia, fainting may occur. Agoraphobia is often associated with panic attacks. Usually a person has phobias to a number of objects or situations.

- Social causes, as a rule, are associated with psychological and traumatic and stressful situations that can act as triggers for the development of phobias (dog bite in childhood, severe illness, media reports about the high risk of cancer and cardiovascular diseases). These triggers can trigger phobia.