

## **AROMATHERAPY ON ANXIETY**

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**ABSTRACT:** Anxiety (also called angst or worry) is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. It is the displeasing feeling of fear and concern. Anxiety also influences how we behave. For instance, when we feel anxious, we often avoid doing things that we want to because we are worried about how they will turn out. Although short experiences of anxiety are part and parcel of daily life, it becomes challenging when anxiety begins to follow people around and is a regular feature in their lives. Anxiety is a very common symptom which may often accompany depression or other mental health conditions, as well as being a condition in its own right. While anti-anxiety medications may help relieve symptoms, aromatherapy uses essential oils to soothe, calm and relax.