Common Symptoms of Paranoia:
- Delusions.
- Hallucinations.
- Anxiety
- Irrational fear
- Hostile Behaviour.
- Odd Behaviour.
- Psychosis.
- Loss of touch with reality.
- Suicidal Ideation

Tips to manage your anxiety:

Good Sleep:
Take a minimum of 8-9 hours of sound sleep. Sleep is one of the most fundamental elements that help you in doing proper work and daily functioning.

Limit the intake of Alcohol:
Don’t take alcohol or any other substance that affects your physiological and psychological or decision-making.

Form Healthy Relationships:
Form relationships that are meaningful and supportive. Surround yourself with people who have a positive approach to life. So that whenever you feel that you are about to get triggered, you talk to your friends and family support.

Healthy Routine: Develop healthy eating, drinking, and sleeping routine. Having proper sleep can help in reducing mental stress. It will also help you in having a balanced mood.

Group Therapy:
Indulge in any support group or get yourself enrolled in any group to deal with such difficult thoughts. Where people will discuss and talk about their own experiences.

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Lifestyle change:
It is an important treatment option. Quit using any recreational drug or medication that can increase risk-taking behavior.

Mindfulness Exercises:
This mindfulness meditation focuses not only to make you relaxed but to focus on your breathing pattern and your body sensations. It will help you to calm down so that you can think positively. Paranoid thinking patterns will subside if you will try to keep yourself calm and poised.

Cognitive Behavioural Therapy:
People can learn to recognize and alter their maladaptive behaviors with CBT procedures. CBT can help people build coping skills, recognize dangerous situations and decide what to do about them, and stay away from relapse. It teaches patients how to recognize and understand their own thoughts, as well as how to develop better habits, think more positively and rationally, and feel better.