

## Symptoms of Anxiety and its Reduction by Leisure Activities during Weekend Program among WICA Players through Non-Formal Education

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### Abstract

Leisure activities and sports play a significant role in reducing anxiety. This study investigated how anxiety symptoms in teenagers were affected by sports. The study contributes to our knowledge of anxiety in community in the light of Pakistan's expanding awareness of anxiety, a comorbid symptom of attention deficit hyperactivity disorder (ADHD). It aims to illuminate the views of teenagers with ADHD on sports and anxiety while providing information on the functions played by parents, neighbors, and society in their lives. The study used qualitative, descriptive, and case study methods with six participants (three males and three females) who were all WICA (Wasim International Cricket Academy) players during the weekend program, through non-formal education, who had their symptoms of anxiety evaluated. Data collection included in-depth interviews conducted by the researcher, focusing on adolescents with ADHD experiencing high levels of anxiety. Results revealed that leisure activities reduced symptoms of anxiety in five of the samples, out of six adolescents during the weekend program. This study lays the groundwork for further investigations in the field and emphasizes the importance of addressing the needs of adolescents in society.

**Keywords:** *Reduction in Anxiety, Case Studies, WICA Players, Leisure Activities, Weekend Program*

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## Introduction

Anxiety is a multifaceted emotional and physiological response characterized by feelings of worry, fear, apprehension, or unease about potential future events or circumstances. This complex emotion often involves a sense of impending danger or a feeling of being out of control, affecting both mental and physical aspects of an individual's well-being. Common symptoms of anxiety include excessive worry, restlessness, muscle tension, difficulty concentrating, irritability, racing thoughts, insomnia, and physical sensations such as a rapid heartbeat or shortness of breath (American Psychiatric Association, 2013). Anxiety can range from mild and manageable to severe and debilitating, significantly interfering with daily activities and overall quality of life. It's important to recognize that anxiety is a normal and adaptive response in certain situations, helping individuals prepare for challenges or danger. However, when anxiety becomes excessive, chronic, or interferes with daily functioning, it may indicate an anxiety disorder that could require professional intervention and treatment.

The main causes of anxiety include genetic predisposition. Genetic factors assume a pivotal role in shaping the landscape of anxiety disorders. When there exists a family history marked by individuals grappling with anxiety, it amplifies the likelihood of a young person also grappling with an anxiety disorder. These genetic influences can render certain individuals more vulnerable to anxiety, as it may be hereditary within family lines (Bourne, 2015).

Another element contributing to anxiety involves disparities in brain chemistry. Crucial neurotransmitters like serotonin and dopamine play a fundamental role in the regulation of mood and emotional states. Whenever there are irregularities in the levels of these neurotransmitters, it can contribute to the emergence of anxiety disorders. These imbalances in brain chemistry can undermine the brain's capacity to effectively manage stress and emotional reactions, heightening an individual's susceptibility to experiencing anxiety.

Bourne (2015) indicated that environmental factors also exert considerable influence on the emergence of anxiety in young individuals. Elevated levels of stress, exposure to traumatic events, instances of abuse, or challenging family dynamics can act as triggers and exacerbate anxiety. Stressors such as academic pressures, social hurdles, or familial discord can foster a profound sense of disquiet and apprehension, thereby fostering the development of anxiety disorders. These environmental stressors wield significant influence over the mental well-being of young individuals.

The pressure to excel academically, establish social connections, and conform to societal expectations can emerge as substantial instigators of anxiety in young individuals. The competitive nature of the educational system and the aspiration to conform to social norms can give rise to a notable burden. These pressures may result in excessive fretfulness, a fear of falling short, and a sense of inadequacy, all of which contribute to the inception of anxiety disorders. Grasping and confronting these societal pressures are pivotal in the management and prevention of anxiety among the younger population (Bourne, 2015).

There is growing awareness of ADHD among parents, educators, and healthcare professionals in Pakistan. Efforts are being made to provide information and resources to increase understanding about the disorder and how to support individuals with ADHD. This study adds to the body of fresh writing in anxiety with a focus on ADHD. Additionally, the study would open the door for more sophisticated investigations in the future. For children with ADHD to have their opinions heard and be able to lead normal lives, the present study intends to investigate their concerns surrounding sports and anxiety. Additionally, the study would offer first-hand information on how parents, neighbors, and society are seen by teenagers with ADHD. It would better emphasize and raise awareness of the requirements of students with ADHD in our society.

### **Review of Literature**

In today's fast-paced and demanding world, the mental well-being of young individuals, including anxiety and Attention-Deficit/Hyperactivity Disorder (ADHD), is a growing concern. Attention-Deficit/Hyperactivity Disorder, commonly referred to as ADHD, is a neurodevelopmental disorder that affects individuals' cognitive and behavioral functions. It is characterized by a persistent pattern of inattention, hyperactivity, and impulsivity. Although it is often diagnosed in childhood, ADHD can extend into adolescence and adulthood, influencing various aspects of a person's life (Barkley, 2020).

The core symptoms of ADHD can be categorized into three main areas. First, there is inattention, which includes difficulty sustaining attention, organizing tasks, and following through on assignments or activities. Second, hyperactivity is marked by restlessness, constant fidgeting, and an inability to remain seated in situations where it's expected. Lastly, impulsivity involves acting without considering the consequences, frequently interrupting others, and making impulsive decisions. To receive a diagnosis of ADHD, an individual must exhibit a

persistent and pervasive pattern of these symptoms that interferes with their daily functioning (Beh-Pajoooh et al., 2012).

ADHD has a profound impact on various aspects of an individual's life. In academic settings, it may result in difficulty concentrating, completing assignments, and staying organized. At work, it can affect productivity and task completion (Barkley, 2020). In personal relationships, impulsivity and inattention can lead to misunderstandings and conflicts. Additionally, self-esteem and emotional well-being can be compromised by the challenges associated with ADHD (Thapar et al., 2011).

Managing ADHD often involves a multifaceted approach. Behavioral therapies, including psychoeducation and cognitive-behavioral therapy, are frequently used to teach individuals coping strategies and organizational skills. Medication, such as stimulants or non-stimulants, can also be prescribed in some cases to help manage symptoms (Barkley, 2020). The key to effective management is early diagnosis and a personalized treatment plan that addresses the specific needs of the individual with ADHD. Support from educators, family members, and healthcare professionals is essential for helping individuals with ADHD reach their full potential (Lee & Irwin, 2018).

It is crucial to understand the complexities and interconnections between anxiety and ADHD for early identification, appropriate intervention, and improved management of these mental health conditions in young individuals. Anxiety disorders are prevalent among youth, encompassing various forms such as generalized anxiety disorder (GAD), social anxiety disorder, panic disorder, specific phobias, and obsessive-compulsive disorder (OCD). These disorders significantly impact the daily lives, academic performance, and social interactions of young people (Thapar et al., 2011). The causes of anxiety in youth are multifaceted and include genetic predisposition, imbalances in brain chemistry, environmental stressors, and the pressures associated with academic and social expectations. By recognizing and addressing these factors, we can better support the mental well-being of young individuals in our society (Bourne, 2015).

Leisure activities encompass a wide range of recreational pursuits that individuals engage in during their free time, offering relaxation, enjoyment, and personal fulfillment. These activities vary widely and can include sports, arts and crafts, reading, music, gardening, cooking, gaming, travel, photography, socializing, watching movies and TV shows, outdoor adventures, relaxation techniques, collecting, and volunteer work, among others. Leisure activities play a crucial role in promoting mental and emotional well-being, providing opportunities for self-expression,

skill development, and social interaction, and allowing individuals to find joy and satisfaction outside of their work or daily obligations (Su et al., 2022).

The beneficial effects of regular physical activity as a leisure activity on health are indisputable in the field of modern medicine. Exercise is often the first step in lifestyle modification for the prevention and management of chronic diseases. Out-of-school activities become a significant part of life for adolescents to learn how to regulate their mental and emotional states, increase their cognitive capacities, and promote self-autonomy to lessen student stress caused by high academic expectations and other difficulties. Back (2022) investigated the connection between the leisure activity kinds of Korean middle school students and their anxiety level and psychological well-being, this study examined the self-reported free time utilization and leisure activity preferences of Korean adolescents. This study discovered that students' ability to manage stress and anxiety was positively impacted by their involvement in physical activity-based leisure activities.

The association between engaging in physical exercise and emotional functioning in kids with ADHD was examined by Kiluk et al. (2009). A sample of 65 children (ages 6 to 14) with ADHD were compared depending on their level of sports engagement on parent-reported measures of mood and behavior. As a control group, 32 kids who had been identified as having a learning disability (LD) were utilized. It was shown that kids with ADHD who engaged in three or more sports showed noticeably fewer signs of anxiety or despair than kids who played fewer sports. According to the findings, children with ADHD may display less anxiety or depressive symptoms when they participate in an energetic sport. They found that sports and leisure activities can help individuals with ADHD improve their focus and concentration. Engaging in structured activities that require attention to rules and strategies can contribute to better impulse control and reduce anxiety related to difficulties in maintaining attention. Further, physical activity, including sports, leads to the release of endorphins, which act as natural mood elevators and stress reducers. Regular participation in these activities can help individuals with ADHD manage stress and decrease anxiety symptoms.

### **Statement of the Problem**

In Pakistan, little study has been done on the connection between recreational activities, particularly sports, and anxiety symptoms in young people with attention deficit hyperactivity disorder. For institution-based research on adolescents with ADHD in Pakistan, less demographic data is available. Due to socioeconomic issues, relatively few students can join sports teams, and there has been very little research done on how sports

might help those with anxiety symptoms. As a result, there is a great demand for research and studies on this issue in our country, and it is anticipated that this study will be useful for future studies.

### **Objective of the study**

The main objective of the study was to explore the effects of sports on symptoms of anxiety.

### **Research Methodology**

This study used qualitative survey and it was descriptive in nature. The present study employed a qualitative method as it helped find trends that determined the rise or fall of anxiety and allowed for a more detailed understanding of the 'why' behind any group changes discovered. A case study research method would be used to gain a better understanding of a subject or process. Case studies involve in-depth research into a given subject, to understand its functionality and successes. Case studies within ADHD function as a valuable instrument for acquiring a nuanced comprehension of the disorder, investigating individual variations, evaluating the effectiveness of treatments, and adding to the broader knowledge foundation in the field (Yin, 2018).

Further, it would also be descriptive as it explores the effects of leisure activities on the reduction of anxiety symptoms among children with ADHD, present in the current situation.

### **Population, Sample and Sampling Technique**

The population of the proposed study consists of 6 (3 male and 3 female) WICA players, who were screened out for ADHD symptoms. Purposive sampling would be used through screening.

### **Research Tool**

The Vanderbilt ADHD Parent Rating Scale (VADPRS) was the scale employed in this investigation. It was a psychometric evaluation tool for people designed to gauge how severe the symptoms of "Attention Deficit Hyperactivity Disorder" were. Woolrich developed this test in (1998) at the Oklahoma Health Sciences Center in the United States. To better address frequent comorbid problems associated with ADHD, it featured five parts inattention, hyperactivity & impulsivity, oppositional defiant disorder, conduct disorder, and anxiety/depression. The reliability of the scale on Cronbach's alpha was 0.90 for all of the subscales in multiple

investigations, and it was validated by experts and professionals. 47 items made up the Vanderbilt ADHD diagnostic parent rating scale.

### **Data Analysis**

Data was collected by the researchers themselves. Firstly, we screened out the WICA players who had ADHD and high symptoms of anxiety. Secondly, we conducted in-depth interviews with screened 6 adolescents with ADHD and high levels of anxiety.

### **Case Study Report of Adam (Participant 1)**

This case study provides an in-depth analysis of Adam, a 19-year-old male individual from Gulraiz, Rawalpindi, Pakistan, born in 2003. His weight is 56 kg while his height is 5.4 feet. In WICA, he is in Group U-19. Adam is an Intermediate student, belonging to a lower-class nuclear family, he is the first of three siblings. His father is an electrician, while his mother is a maid in a school. He is an average student. His language proficiency is in English, Urdu, Kashmiri, and Punjabi. His hobbies are music and cricket. Rather he has an obsession with cricket. He has an earning history through playing matches. He belongs to the lower-middle class and has a low socioeconomic status. His special personality trait is that he is the child of a broken family and has a complex of short stature. Adam has a strong affiliation with Islam, actively participating in religious activities.

Adam maintains a healthy lifestyle. His sleep cycle is 8-9 hours per day. His appetite is more than normal. He claimed that his childhood was pleasant. He has no medical, psychotic, or substance abuse history. He also has no injury history. He is not under any current medication. He has no family medical, psychiatric, or substance abuse history.

Adam exhibits a good and normal communication style. His communication and social interaction with others are satisfactory. His level of speech is normal. He hesitates in clear eye contact as he is a bit shy person. His rapport and relationship with other people are sometimes like a suffocated attachment. But he demonstrates a passion for his friends.

Adam exhibits the symptoms of anxiety, despite his outwardly obedient conduct and a consistently pleasant smile. He is well-mannered and has maintained a positive image in the academy, likely influenced by his humble background. This upbringing may have contributed to his humility and polite behavior. Unexpectedly, Adam finds a sense of completeness

in his split family and his physical height, perhaps using these attributes to boost his self-esteem.

The coach acknowledges Adam's humility and good conduct, praising his abilities as a runner, fielder, and competent batsman. Moreover, Head Coach/Director WICA, appreciates Adam's cooperative attitude within the team, categorizing him as a batting allrounder. The coach emphasizes Adam's technical proficiency, indicating his skills in the sports.

The Adam was advised of some suggestions like:

- Adam needs to be more self-assured and confident.
- It's vital to make up a plan to be successful in life and focus on his studies.
- To help Adam progress, he must work on building confidence and not only excel in sports but also concentrate on his academic activities.
- Developing a structured plan for the future will be instrumental in achieving success in various aspects of life.
- Balancing his talents in sports with a strong focus on studies will empower him to reach his goals and lead a fulfilling life.

After following these suggestions, the anxiety symptoms of Adam were found to be reduced after six weeks.

### **Case Study Report of Shayan (Participant 2)**

This case study provides an in-depth analysis of Shahyan, a 26-year-old male individual from Bahria Town, Pakistan, born in 1996. In WICA, he is in Group 19 and above. The participant is a master's student, belonging to an upper-middle-class nuclear family, he has no siblings. His father is an HR officer, while his mother is a housewife. He got good marks in his overall academic career, which shows his dedication and competence. Shahyan has shown below-average interest in his religion, rather he participates very little in religious activities. Notably, he has shown a lack of passion, rather he has no obsession. A special characteristic the participant has is patience. His weight is 86 kg at this young age, while his height is 5.6 feet.



His language proficiency is in English and Urdu. His hobbies are watching TV, reading books and cricket. He has no earning history.

Shahyan doesn't maintain a healthy lifestyle. His sleep cycle is 10-12 hours per day. His appetite is average. His energy level is low. He claimed that his childhood was pleasant. He has no medical, psychotic, or substance abuse history. He had got an injury due to a dog's bite. He is not under any current medication. He has no family medical, psychiatric, or substance abuse history, only his mother has blood pressure issues.

Shahyan exhibits a normal communication style. His communication and social interaction with others are reserved. His level of speech is comprehensive. He has a feeling of body shaming due to obesity. He has no hesitation in clear eye contact, but he is an extraordinarily quiet person. His rapport and relationship with other people are sometimes reserved, but he demonstrates himself as an introvert and a thorough gentle person. His manifestation of patience is remarkable.

Shahyan has shown highly positive symptoms of anxiety and depression. This may be a lack of siblings. The participant hasn't any group of friends. He is not talkative even. The most distressing factor identified is that he has no passion in his life. When he has been asked about his aim in life, he simply says, "To have a good life", this reply was without any clarity of aim or plan. Coach has identified his problem of staying aloof. Head Coach/Director WICA has mentioned his introvert's personality and quietness. The participant was advised of some suggestions like:

- The participant must do breathing exercises frequently.
- He should try hydrotherapy like ablution, drinking plenty of water, taking hot water baths, swimming, and so on.
- He should adopt some kind of professional and amateur activity to avoid boredom and aimlessness.

After six weeks, no symptoms of anxiety reduction were noticed in Shahyan.

### **Case Study Report of Hadi (Participant 3)**

This case study provides an in-depth analysis of Hadi, a 17-year-old male individual from Gulraiz, Rawalpindi, Pakistan, born in 2005. In WICA, he is in Group U-19. The participant is an intermediate student, belonging to

a middle-class nuclear family, he is the second of two siblings. His father is a CDA Admin officer, while his mother is a housewife. He got good marks in his overall academic career, which shows his dedication and competence. Hadi has shown interest in his religion, and he participates well in religious activities. Notably, he has shown a passion for cricket. A special characteristic the participant has is sensitivity. His weight is 56 kg, while his height is 5.11 feet. His language proficiency is in English, Urdu, and Punjabi. His hobbies are watching TV and cricket. He has no earning history.

Hadi maintains a healthy lifestyle. His sleep cycle is 8-9 hours per day. His appetite is average. His energy level is good, and he is an active boy. He claimed that his childhood was just normal. He has no medical, psychotic, or substance abuse history. He is not under any current medication. He has no family medical, psychiatric, or substance abuse history.

Hadi exhibits a normal communication style. His communication and social interaction with others are normal. His level of speech is comprehensive. He has a feeling of body shaming due to his lack of beard and thin physic. He feels hesitation in clear eye contact because he is a shy person. He gets attached to people very soon. His manifestation of sensitivity and depression is remarkable.

Hadi has shown positive symptoms of anxiety and depression. This may be due to his complex lack of beard and physical weakness. He has to face bullying due to these reasons. His sensitivity leads him to depression. Avoiding clear eye contact also shows his lack of confidence.

The coach has identified his good behavior and obedience. Head Coach/Director WICA has mentioned his well-played game, nice gesture, and sensitivity. A few suggestions were given to the participant:

- He must have the company of lively, positive, and loyal people around him; such people will make him a confident and balanced personality.
- He must do breathing exercises daily.

After following these suggestions, the anxiety symptoms of Hadi were noticed to be reduced after six weeks.

**Case Study Report of Sara (Participant 4)**

This case study provides an in-depth analysis of Sara, a 19-year-old female individual from Bahria Town, Rawalpindi, Pakistan, born in 2003. In WICA, she is in Group U-19. The participant is an Intermediate student, belonging to a middle-class nuclear family, she is the second of three siblings. Her father is a property dealer, while her mother is a housewife. She is an average student. Sara has a normal affiliation with Islam and participates in religious activities. Notably, she has shown a passion for cricket. A special characteristic the participant has is her nostalgic and gloomy behavior. Her weight is 55 kg, while her height is 5.7 feet. Her language proficiency is in English and Urdu. Her hobbies are watching TV and cricket. She has no earning history.

Sara maintains a healthy lifestyle. Her sleep cycle is 8 hours per day. Her appetite is good. Her energy level is low. She claimed that her childhood was pleasant. She has no medical, psychotic, or substance abuse history. She once committed a self-harming activity. She once visited a psychiatrist, and she was under anti-depressant medicines. Her mother has surgery and her father has hepatitis while no one in the family has any substance abuse history.

Sara exhibits a normal communication style. Her communication and social interaction with others are normal. Her level of speech is slow. She has a stressed feeling on her face and her family crisis. She feels hesitation in clear eye contact because she is a shy and introverted person. She has a suffocating attachment with people. His manifestation of sensitivity and depression is remarkable.

Sara exhibits highly positive symptoms of anxiety and depression. She also did a self-injurious activity due to her crisis at home. Sara seems to be very upset, gloomy, sad, and nostalgic. She is well-mannered and has maintained a positive image in the academy, likely influenced by her humble background. This upbringing may have contributed to her humility and polite behavior.

The coach acknowledges her good conduct, praising her abilities as a fielder and competent batter. Moreover, Head Coach/Director WICA, appreciates the participant's cooperative attitude within the team, categorizing her as a batting player. He also mentioned a "new start-up of her communication" within the academy. A few suggestions were being advised to the participant like:

- The participant needs to be more self-confident and livelier.
- She should adopt new activities to enjoy her life as a teenager, like going on a trip, walking, swimming, reading books, art activities, and so on.
- Breathing exercises are always helpful in catharsis and relaxation and must be adopted by the participant.

After following these suggestions, the anxiety symptoms of Sara were found to be reduced after six weeks.

### **Case Study Report of Sana (Participant 5)**

This case study provides an in-depth analysis of Sana, a 16-year-old female individual from Soan Garden, Rawalpindi, Pakistan, born in 2007. In WICA, she is in Group U-19. The participant is an Intermediate student, belonging to a middle-class nuclear family, she is the second of five siblings. Her father is an online taxi services driver, while her mother is a housewife. She is an average student. Sana has a normal affiliation with Islam and participates very little in religious activities. Notably, she has shown a passion for cricket. A special characteristic the participant has is her Tom-Boyish behavior. Her weight is 50 kg, while her height is 5.6 feet. Her language proficiency is in English and Urdu. Her hobbies are driving, baking, and cricket. She has an earning history of playing matches.

Sana maintains a healthy lifestyle. Her sleep cycle is 8 hours per day. Her appetite is below normal. Her energy level is good, and she is an active girl. She claimed that her childhood was pleasant. She has no medical, psychotic, or substance abuse history. She once committed a self-harming activity. Her family has no medical, psychotic, or substance abuse history.

Sana exhibits a normal communication style. Her communication and social interaction with others are normal. Her level of speech is comprehensive. She has a stressed feeling on her face and her family crisis. She feels no hesitation in clear eye contact because she is an extrovert and active person. She has a suffocating attachment with people. His manifestation of non-compliance behavior and anxiety is remarkable.

Sana exhibits slight positive symptoms of anxiety. She also did a self-injurious activity due to her crisis at home. Sana seems to require attention from her family. The issues at home with her parents are pushing her up

to non-compliance behavior. A low heart rate is seen in the body, which appear as if she is not having a proper diet.

Coach remarked that she has a lot of behavior problems like loudness, angeriness, and rage. But with time, she has shown improvement. Head Coach/Director WICA mentions her good running and bowling style and competent fielding in the ground. A few suggestions were advised to the Sana like:

The participant needs to have proper anger management to have self-control.

- She should eat proper food to gain strength and power, which is essential for the bowler.
- Seasoned fresh fruits and homemade healthy food are required.
- Plenty of water intake is essential for her.
- Extra sleep hours will enhance her qualities.

After following these suggestions, their anxiety symptoms of Sana were found to be reduced after six weeks.

#### **Case Study Report of Kiran (Participant 6)**

The case study provides an in-depth analysis of Kiran, a 13-year-old female individual from Gulraiz, Rawalpindi, Pakistan, born in 2009. In WICA, she is in Group U-13. The participant is a 7th-standard student, belonging to a lower-middle-class nuclear family, she is the third of three siblings. Her father is an electrician, while her mother is a maid. She is an average student. Kiran has a normal affiliation with Islam and participates normally in religious activities. Notably, she has shown a passion for cricket. A special characteristic the participant has is her frightening and complex behavior. Her weight is 39 kg, while her height is 5 feet. Her language proficiency is in English and Urdu. Her hobbies are cricket and applying make-up. She has no earning history.

Kiran maintains a healthy lifestyle. Her sleep cycle is 9-10 hours per day. Her appetite is normal. Her energy level is low, but she is an active girl. She claimed that her childhood was pleasant. She has no medical, psychotic, or substance abuse history. Her family has no medical, psychotic, or substance abuse history.

Kiran exhibits a normal communication style. Her communication and social interaction with others are reserved. Her level of speech is comprehensive. She has a stressed feeling due to her broken family and financial crisis. She feels hesitation in clear eye contact because she is an introvert and shy person. Her manifestation of frightened and reserved behavior is remarkable. Kiran exhibits highly positive symptoms of anxiety. This is due to her broken family background as her mother is a single parent. She feels bored at home, while her mother is at her job. Her relationship with people is reserved and rather stressed. But she is an obedient girl with nice gestures.

According to Coach, she is not confident enough, rather she seems a little bit complex. Head Coach/Director WICA mentions her good running and fielding style. He also mentioned her lack of confidence and stressed behavior due to her split family issues. The participant was advised few suggestions:

- The participant needs to be more self-assured and confident.
- She must carry on her game as this will gradually enhance her confidence level and make her happier.
- Seasoned fresh fruits, dairy products, and plenty of water are recommended.

After following these suggestions, the anxiety symptoms of the participant were found to be reduced after six weeks.

The participants showed symptoms of anxiety due to their circumstances at the start. However, by following specific suggestions to enhance confidence and balance sports with academic focus, a reduction in anxiety symptoms was observed after six weeks. Only one participant didn't show any progress, probably due to his lack of passion in life or feeling no need to have any change in life. Overall, a reduction in anxiety symptoms was noticed after implementing the suggestions for six weeks.

**Conclusions**

- In conclusion, these case studies emphasized the importance of considering individual backgrounds, lifestyles, and psychological factors while formulating effective suggestions to mitigate anxiety and depression symptoms.
- Tailored approaches that integrate both psychological and lifestyle adjustments can significantly impact the well-being and mental health of individuals.
- Ongoing monitoring and adaptation of interventions are crucial for sustained progress and improvement in the overall quality of life for each participant. In essence, the journey toward well-being is a dynamic and personalized process that actively engages with the multifaceted nature of individuals' lives and emotions.

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