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/* ----- The CSS rules offered here are just an example, you may use them as a base.
Shape your 'expand/collapse' cont so that it meets the style of your site. ----- */ #cont {
width:100%; margin:0 auto; padding-bottom:20px; overflow:hidden } .demo {
/*margin:0; padding:1.5em 1.5em 0.75em; border:1px solid #ccc; position:relative*/ }
.collapse p {padding:0 10px 1em} .top{font-size:.9em; text-align:right} #switch, .switch
{margin-bottom:5px; text-align:right} /* --- Headings --- */ .expand{padding-bottom:.75em}
/* --- Links --- */ a:link, a:visited { border:1px dotted #ccc; border-width:0 0 1px;
text-decoration:none; } a:hover, a:active, a:focus { border-style:solid; /*
background-color:#f0f0f0;*/ outline:0 none } /*a:active, a:focus { color:red; }*/ .expand a {
display:block; padding:8px 8px } .expand a:link, .expand a:visited { border-width:1px;
background-image:url(images/img/arrow-down.gif); background-repeat:no-repeat;
background-position:98% 50%; } .expand a:hover, .expand a:active, .expand a:focus {
text-decoration:underline } .expand a.open:link, .expand a.open:visited { border-style:solid;
background:#eee url(images/img/arrow-up.gif) no-repeat 98% 50%; } An
xiety
```

A vague uncomfortable feeling experienced but whose cause is unknown.

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### **Autistic children**

Children diagnosed with disorder of living in their own imaginary world having lost touch with reality.

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### **Biochemical imbalance**

A loss of balance in the chemical substances found in the brain cells, causing hallucinations, delusions which puts the person.

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### **Body language**

Non-verbal expression of feelings through one's body postures, movements, facial expressions, gestures etc.

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### **Caregiver**

Anyone who undertakes caring and supporting of a person with mental/nervous disorder.

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### **Chest pressure**

Feeling of heaviness in chest area.

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### **Compulsion**

An uncontrollable urge to perform some action or behaviour.

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### **Coping technique**

Any effort aimed at dealing effectively with the demanding situation arising from mental/emotional disturbance.

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### **Delusion**

Another symptom of mental disorder wherein a strongly held belief cannot be convinced to be changed.

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### **Depression**

Prolonged low feeling and mood associated with worrying, a form of mental disorder, requiring medication and/or counselling.

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### **Ekalavya**

A character from the Indian epic, Mahabharata, who is considered a role model of self-help. This name was adopted by SAA for its support groups for shubhankars and shubharthis.

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### **Empathy**

Being able to imaginatively experience what another person is going through, without feeling pity.

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### **Endorsement**

Encouraging, complimenting.

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### **Escapist**

A person who runs away or avoids facing a difficult situation or from trouble-some thoughts.

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### **Facilitator**

A trained person in a support group who ensures supportive environment prevails, making

everyone feel a part of the peer group and open to sharing one's challenges and experiences.

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### **Hallucinations**

When a person with mental disorder sees/hears/senses things which others don't. It is one of the main symptoms in the clinical diagnosis of schizophrenia.

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### **Holistic approach**

An all-encompassing (360 degree), all-round, open-minded approach.

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### **Hypertension**

A physical disorder in which blood-pressure remains abnormally high.

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### **Isolation**

Withdrawing or excluding oneself from the family or society, preferring to remain alone.

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### **Lethargy**

Feeling lack of will or interest to do anything which is caused psychologically or due to side-effects of medication

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**Manifestation**

Making appearance, coming into being of symptoms etc.

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**Nervous symptom**

Nervous symptom

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**Non-judgmental environment**

A place where persons accept each other for what they are, without passing any judgment. A supportive, empathetic atmosphere.

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**Numbness**

Loss of any kind of sensation or emotions.

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**Obsession**

Unavoidable thought or idea which torments a person as he cannot get rid of it despite trying.

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**Palpitation**

Heart beating unusually fast on account of psychological or physiological cause.

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### **Phobia**

Irrational fear about certain thing which a person is unable to overcome. The fear is mostly associated with nervous symptoms.

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### **Prerogative**

A privilege or right reserved exclusively based on one's rank, stature, etc.

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### **Psychiatrist**

A specialist doctor who treats persons with mental/nervous disorders.

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### **Psychologist**

A professional with a degree in psychology and who provides counselling and other mental health related services.

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### **Relapse**

Recurrence of illness.

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### **SAAthi**

A volunteer from the SAA family. Word of Indian origin, meaning a friend-in-need, a person who nurtures fellowship.

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### **Self-esteem**

Sense of self-worth, rating oneself up and feeling better.

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### **Shortness of breath**

Inability to breathe easily and comfortably.

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### **SHSG**

Self-Help Support Group, a group of the persons, for the persons and by the persons with a common challenge or issue, comes together for mutual support.

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### **Shubhankar**

A Sanskrit term used in SAA circles to refer to a caregiver - literal meaning: a person who is dedicated to other (shubharthi's) welfare.

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### **Shubharthi**

A Sanskrit term used in SAA circle to refer to a person with mental/nervous disorder - literal

meaning: seeker of well-being.

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### **Socialization**

Interaction with other persons, mingling in the community.

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### **Spotting**

A technique of recalling, at the time of a disturbing event, the tools devised by Dr Low for being able to cope with it.

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### **Stigma**

A sense of disgrace, shame or guilt owing to diagnosis of mental disorder and/or attitude or action of others.

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### **Stress**

A feeling that one is unable to meet the demands made by the situation, anxiety or insecurity.

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### **Trauma**

A highly disturbing/distressing event that, at times, requires professional help for relief.



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**Trivial issue**

Minor matters of no consequence and therefore worth ignoring.

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