

LEARNING THE FACTS ABOUT ANXIETY...

1. **Anxiety is normal.** Everyone experiences anxiety at times.

AM I NORMAL?

2. **Anxiety is adaptive.** It is a system in our body that helps us to deal with real danger or to perform at our best.

"Is it
Danger
or
Discomfort?"

3. **Anxiety is not dangerous.** Although anxiety may feel uncomfortable, it is not dangerous or harmful to you.

4. **Anxiety does not last forever.** When you are anxious, you may *feel* like the anxiety is going to last forever. But anxiety is temporary, and will eventually decrease.

5. **Anxiety is mostly anonymous.** Most people (except those close to you) cannot tell when you are anxious.

HELLO
my name is

Anxiety

First-Aid Steps to Manage Anxiety

- ◆ Call a "time out" and stop whatever you are doing to breathe.
- ◆ **Change the scene.** Leave the room, walk around campus.
- ◆ Drink a glass of water slowly.
- ◆ **Talk to someone.**
- ◆ Ask yourself "what's the worst that could happen?" and assess if you could cope with that, and how.
- ◆ **Ask yourself if it will really matter one year from now, five years from now.**
- ◆ Hug someone (or your animal).

