## ANXIETY MANAGEMENT



Anxiety disorders are one of the most common mental health problems on college campuses.

A 2008 study of college students found that:

- 80% experience daily stress.
- 34% have felt depressed at some point in the past 3 months.



- 13% have been diagnosed with a mental health condition, such as an anxiety disorder or depression.
- 9% have seriously considered suicide within the past year.

#### How do YOU respond to stress?

Physical	Emotional	Behavioral	Thought
Symptoms	Symptoms	Symptoms	Symptoms
headachesfatigueinsomniaweight changecolds/flusteeth-grindingpounding heartmore drug useshoulder aches	anxietythe "blues"mood swingsbad tempercrying spellsirritabilitydepressionnervous laugh _worrying	isolationresentmentlonelinesslashing outclamming upless sex drivenaggingusing peopleless socializing	forgetfulnessdull sensesboredomno new ideaslethargyconfusionno focusless efficientbad attitude

### LEARNING THE FACTS ABOUT ANXIETY...

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



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.

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

#### 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).



Anxiety