

# ANXIETY

## ***What is anxiety?***

Anxiety may be chronic and fill one's day with intense worry and tension whether there is something to provoke it or not. Often, the source of worry is difficult to pinpoint and shifts focus frequently.

## ***Statistics***

18% (40 million) of adults having an anxiety disorder, and between 26% and 32% of college students reporting feeling anxiety and stress over the past twelve months (Anxiety & Depression Association of America, 2019)

## ***Stress vs. anxiety***

While all human beings experience stress, anxiety is a prolonged, ongoing emotion that may not reduce with lessening of stressful factors.

## ***Symptoms of anxiety***

Not everyone with an anxiety disorder experiences every symptom. Some of the symptoms of anxiety can include:

- excessive worry
- increased heart rate
- increased body temperature/perspiration
- muscle tension
- feeling stuck
- shallow breathing
- rumination
- upset stomach
- decreased appetite
- irritability/anger
- self consciousness

## ***Self-compassion***

Self compassion is a way to accept yourself for any perceived mistakes or shortcomings. Practice speaking to yourself like you would to a friend next time you notice derogatory self talk.

## ***Coping with anxiety***

- Practice self care and self-compassion
- Change your focus: go for a walk, listen to music, read, breathe
- Think about how you talk to yourself; is it helpful, accurate, and reasonable?
- Consider what you have control over and what you do not
- Break tasks down into small pieces of time and/or steps
- Share and connect with others; they have likely experienced stress too
- Embrace campus resources and communal supports
- Limit time on social media
- Explore meditation and mental health apps

# **CONTACT US**

## ***UW La-Crosse Counseling and Testing Center***

2106 Centennial Hall  
8 - 4:30pm M-F  
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Website:  
[www.uwlax.edu/counseling-testing](http://www.uwlax.edu/counseling-testing)

## ***Emergency Resources***

UWL Police:  
608-789-9999

City of La Crosse  
Police: 911 or 608-  
785-5962

Great Rivers 211: 211  
or 800-362-8255

Suicide and Crisis  
Lifeline: Call or text  
988



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