



ANXIETY

What is Anxiety?

While everyone experiences stress sometimes, sustained (ongoing) anxiety can be detrimental to both your psychological and physical health. Anxiety disorders are the most common mental health concern in the United States, with 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). Academics, relationships, work, family, moving, commitments, and/or experiencing one or more of your identities as systemically oppressed are examples of stressors. When the demands of life continue to feel like they are overwhelming our ability to manage them, anxiety can result.

You May be Experiencing:

- Excessive worry
- Increased heart rate
- Increased body temperature/perspiration
- Muscle tension
- Feeling stuck
- Shallow breathing
- Rumination
- Upset stomach
- Decreased appetite
- Irritability/anger

Some ways to cope:

- Practice Self-care and Self-compassion
- Change your focus: take a walk, listen to music, read, breathe
- Think about how you talk to yourself- is it reasonable, accurate, and helpful?
- 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
- **Get Connected.** Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.