

ANXIETY

Every student feels stressed out at one time or another, especially during midterms and finals. Anxiety is one of the most common concerns that students experience during their college careers. So when do those feelings become reason for more concern? In spite of its prevalence you may not be aware that you are experiencing anxiety unless you recognize its symptoms. When someone experiences anxiety, they have a general sense of uneasiness and/or an unpleasant mood. It may be triggered by specific persons, places or things, or it may be generalized; free-floating without any identifiable or specific triggers.

Anxiety is often accompanied by unrealistic fears or worries. It often occurs in situations in which a person perceives themselves to be powerless or lacking ability to control an outcome. It is typically future oriented and not a helpful or healthy reaction, when it is based on irrational and distorted thinking, feelings and perceptions. This is in contrast to fear, which is a rational response to a real threat of some kind. There are many common symptoms of anxiety that you may experience and also many different resources that can help manage any symptoms of anxiety listed below.

Common Symptoms of Anxiety:

- Excessive worry
- Feeling agitated
- Restlessness
- Fatigue
- Difficulty concentrating
- Irritability
- Muscle tension
- Trouble falling or staying asleep
- Racing or unwanted thoughts
- Panic attacks (sweating, nausea, rapid heartbeat, shaking, shortness of breath, chest tightness, fear of dying or losing control)

Websites

Anxiety and Depression Association of America

National Alliance of Mental Illness - Anxiety Disorders

Free Health Anxiety Workbook

Free Social Anxiety Workbook and Worksheets

Free Worry and Rumination Workbook and Worksheets

Free Panic Attack Workbook and Worksheets

Anxiety Worksheets

Understanding Anxiety for LGBTQ People

African Americans with Anxiety: How to Overcome Unique Obstacles

Anxiety in Asian Americans

Anxiety in Latinos

Podcasts/Videos

Podcast: The Anxiety Podcast

Podcast: The Calmer You

Podcast: Social Anxiety Solutions

Podcast: Your Anxiety Toolkit

TED Talk: Olivia Remes, “How to Cope with Anxiety”

TED Talk: Mel Schwartz, “Overcome Anxiety in 7 Minutes”

TED Talk: Angela Ceberano, “Be the Warrior not the Worrier: Fighting Anxiety and Fear”

Books

The Anxiety Toolkit: Strategies for Fine-Tuning Your Mind and Moving Past Your Stuck Points,

by Alice Boyes

DARE: The New Way to End Anxiety and Stop Panic Attacks, by Barry McDonagh

Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear and Worry, by Jennifer Shannon

How to be Yourself: Quiet your Inner Critic and Rise Above Social Anxiety, by Ellen Hendriksen

The Anxiety Workbook: A 7-Week plan to Overcome Anxiety, Stop Worrying, and End Panic,
by Arlin Cuncic