

# 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