

Handling Your Anxiety

Anxiety is a prevalent concern among college students. Feelings of being unprepared, inadequate, or stressed can also contribute to feelings of anxiety. While anxiety is normally viewed as a negative feeling, it is a naturally occurring phenomenon that is associated with 'fight or flight' responses. Anxiety is meant to motivate people towards being prepared when it is experienced in the correct amounts. Knowing how to control and utilize your anxiety will help you succeed in your academic career.



Be Prepared

One way to avoid academic anxiety is to prepare as much as you can. For example, you will feel anxious about a test if you are not fully prepared. Know what it takes to prepare yourself for success in each class.

Steps to Preparing

1. Attending all your classes and supplemental support classes
2. Tracking your courses with a planner or calendar
3. Setting realistic time frames for you to complete your homework assignments and prepare for exams

Expectations of Self

When trying to lower anxiety, consider the expectations you have for yourself. When looking at your expectations, keep in mind that rather than lowering your expectations, try to manage the negative emotions that come along with fulfilling your expectations.

Take Control

When examining anxiety, consider what aspects of it you can control. Find the areas that you can change. If there are parts of your anxiety that you cannot control, you may have to come to terms with just accepting them.



Find an Outlet

Exercise can be a great outlet for anxiety. By getting your blood moving and endorphins pumping, you may help yourself get unstuck if you are paralyzed by your anxiety. Another outlet could be a source of laughter, which can also help with endorphins.

Utilize Your Resources

On campus there are numerous resources available to help you manage your anxiety. Some on campus resources are the Student Health Center, the Recreation Center, & Student Involvement.

Control Your Breathing

When trying to relax, practice purposeful breathing. When people are anxious, they normally hold their breath; so, take deep meaningful breaths. Practicing yoga or meditation can also assist in developing helpful breathing techniques

Get a Good Night's Sleep

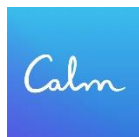
When feeling anxious, it may be hard to clear your head at night but try to get a good night's sleep! Try to visualize replacing your entire body starting with your feet. Focus solely on relaxing your body one part at a time.

Find a Support System

Sometimes you may just need someone to vent to about your anxieties! Simply having someone to help you sort out the issues and help find solutions may help calm your anxiety. This person may be a friend, family member, or a therapist.

Recommended Apps

Calm



Insight Timer



iBreathe



Action Plan

When you are feeling anxious, what relaxes you?

I will:

Frequency: _____ times a _____.

How confident am I that I will complete this plan?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

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