

Handling Your Anxiety



Anxiety is a prevalent problem among college students. Students are often experiencing many transitions, such as; first-time situations, and unknown expectations that can result in anxiety. Feelings of being unprepared, inadequacy, or stress 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.



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 Women’s Resource Center, & the Recreation Center.

Control your Breathing

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



Steps to preparation

By attending class, using a planner to keep track of your courses, & completing the homework without procrastinating, you should feel less anxious about school. By working on fulfilling the requirements for class you can feel more confident in your work.

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.

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 relaxing your entire body starting with your feet. Focus solely on relaxing your body one part at a time.

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, you should try to manage the negative emotions that come along with the anxiety of fulfilling your expectations.



Take Control

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

Find a support System

Sometimes you may just need someone to vent 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.

