

Anxiety

Strategies for Coping with Anxiety

- Engaging in good self-care (adequate sleep and nutrition)
- Relaxation techniques
- Exercise
- Social support
- Positive thinking
- Learning self-help skills
- Effective time management
- Be realistic with yourself
- Assert yourself
- Be kind to yourself

Questions?

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Anxiety can come in many forms, from a general feeling of tension to being overwhelmed with panic. We all experience life's pressures and therefore no one is immune to anxiety. Common factors that affect how we experience anxiety include: our level of confidence, how we react to uncertainties and lack of control, heredity, and available coping resources.

Often the anxiety we experience is normal, situational and even expected (e.g., anxiety about taking exams or starting a new job) and can be easily handled with simple coping skills. Sometimes anxiety can even be helpful because it motivates us to perform better. Additionally, not all anxiety is related to negative experiences. Sometimes, even positive moments in our lives can cause feelings of tension.

However, sometimes anxiety can become overwhelming and affect the way we function in our daily lives. If you believe this is happening to you, help from a mental health professional may benefit you. Counseling can help identify triggers to anxiety, eliminate ineffective coping mechanisms, and develop strategies to counteract things that may sustain the anxiety (e.g., thoughts, behaviors, emotions, relationships). Medication can also be a beneficial tool in treating anxiety.

Possible Signs of Anxiety:

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- Persistent Worrying and expecting the worst
 - Heart palpitations
 - Sweating
 - Confusion
 - Headaches
 - Intense fear
 - Shortness of breath
 - Decreased confidence
 - Abdominal distress
 - Exaggerating the negative

