



Anxiety

Attending college is part of an exciting journey to achieve your academic and professional goals. However, the road can be stressful and may cause anxiety for students. Worries can range from fearing the unknown, grades, test taking, finances, time management, meeting personal expectations and others', and planning for next steps after graduation.

We all worry and have fears. But anxiety disorders involve more than temporary worry or fear. If you are feeling anxious, you are not alone. Anxiety is the most common health issue for college students, and 18% of Americans are suffering from an anxiety disorder.

Symptoms of Anxiety

Signs you may be struggling with anxiety:

- Feeling nervous, restless, or upset
- Having difficulty controlling the worry
- Having a sense of impending danger, panic or doom
- Trouble concentrating or paying attention
- Having an increased heart rate
- Having trouble breathing
- Sweating
- Trembling, feeling shaky, or twitching
- Trouble sleeping, feeling weak, or tired despite adequate sleep
- Grouchy, on edge, jumpy
- Feeling sad or down
- Tense muscles, aches/pains, upset stomach

Help is Available

If your anxiety is ongoing, frequent, unusually intense, or getting in the way of your normal functioning, you probably should seek professional help. Anxiety is treatable. Talk therapy, medication, and lifestyle changes are all strategies that can help treat anxiety. If anxiety is left untreated, it can impact your success at school, work, health, relationships, and the ability to enjoy life. PCCAPS, offered through Centerstone Solutions, is a great place to start for assistance.

Contact Centerstone Solutions at (800) 766-0068 to schedule an appointment.