

# WHAT TO KNOW ABOUT

# ANXIETY

## What is anxiety?

Anxiety is a common, normal reaction to stressful and uncertain situations. When anxiety is persistent, excessive, unrealistic, and impacts our functioning, it may be due to an anxiety disorder.



**Symptoms of anxiety may be cognitive, emotional, and/or physical. They may include:**

- Feeling nervous or on-edge
- Difficulty concentrating
- Having trouble sleeping
- Gastrointestinal problems
- Having an increased heart rate
- Sweating or trembling
- Feeling irritable
- Having a sense of impending danger or panic

## Did you know?

Anxiety disorders are the most common type of mental illness in the US, affecting approximately 40 million adults every year.



Anxiety may be generalized or about specific things (i.e. test anxiety, social anxiety, specific phobias, etc.)

Anxiety can result from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

Anxiety disorders are considered highly treatable with counseling and/or medication.

## Tips for Managing Anxiety



Practice accepting the things you cannot control, and replacing negative thoughts with more positive ones.



Take deep breaths. This can help calm the nervous system when it goes into "fight or flight" mode, our body's common response to fear. Recognize that these feelings are temporary.



Try not to rely on avoidance to cope. Often, what we are trying hardest to avoid will only continue to bother us. If we are willing to experience some temporary discomfort to face our fears, we often find our anxiety will dissipate.



Take care of your body: Limit caffeine and alcohol. Get plenty of sleep. Eat well-balanced meals. Exercise regularly- it really can help!

**SELF HELP RESOURCES ON THE BACK**



**APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER**

*counseling.appstate.edu (828) 262-3180*

# SELF HELP RESOURCES FOR ANXIETY

*The Anxiety and Phobia Workbook* by Edmund J. Bourne\*

*Mastery of Your Anxiety and Panic* by Craske and Barlow\*

## BOOKS



*The Relaxation and Stress Reduction Workbook*  
by Davis, Eshelman, and McKay\*

*The Shyness and Social Anxiety Workbook*  
by Anthony and Swinson\*

*Why Zebras Don't Get Ulcers* by Sapolsky\*

\*All books available through App State's Library: [library.appstate.edu](http://library.appstate.edu)

## Apps:

- Calm
- Insight Timer
- Calm Harm
- Headspace
- Sanvello
- MindShift CBT

## APPS AND ONLINE RESOURCES



### Online Resources:

*Anxiety and Depression Assoc. of America:* [adaa.org](http://adaa.org)

*Anxiety Slayer Blog and Podcast:* [anxietyslayer.com](http://anxietyslayer.com)

*Get Self Help for Anxiety:* [getselfhelp.co.uk//anxiety.htm](http://getselfhelp.co.uk//anxiety.htm)

*Selfcompassion.org:* Exercises and guided meditations

Psychology Clinic:  
(828) 262-6639 or  
[psychclinic.appstate.edu/](http://psychclinic.appstate.edu/)

## CAMPUS RESOURCES



### Counseling Center:

Check out our Quick Access groups!  
(828) 262-3180 or [counseling.appstate.edu](http://counseling.appstate.edu)

### Wellness Center:

Koru Mindfulness classes and retreats!  
(828) 262-3148 or [wellness.appstate.edu](http://wellness.appstate.edu)

## MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes information and resources from:

- Anxiety and Depression Association of America: [adaa.org/understanding-anxiety](http://adaa.org/understanding-anxiety)
- Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.)