

Self-Help Resources for

ANXIETY

What is anxiety?

Anxiety is a common, normal reaction to stressful and uncertain situations. When anxiety is persistent, excessive, distressing, and impacts our functioning, it may be due to an anxiety disorder. Anxiety disorders are considered highly treatable with counseling and/or medication.

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

Typical symptoms

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

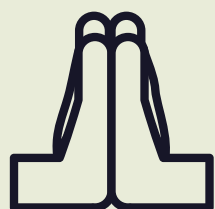


Helpful Tips



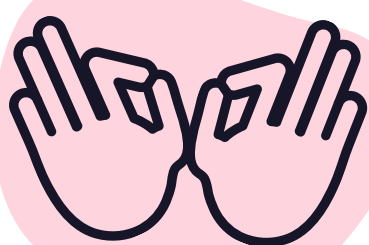
Take care of your body

Establish a sleep routine, meet your nutritional needs, and try to incorporate some form of movement.



Practice grounding strategies

Name 5 things you can see, 4 things you can touch, 3 you can hear, 2 you can smell, 1 you can taste.



Take deep breaths

This can help calm the nervous system when it goes into "fight or flight" mode. Breathe in through the nose, out through the mouth.

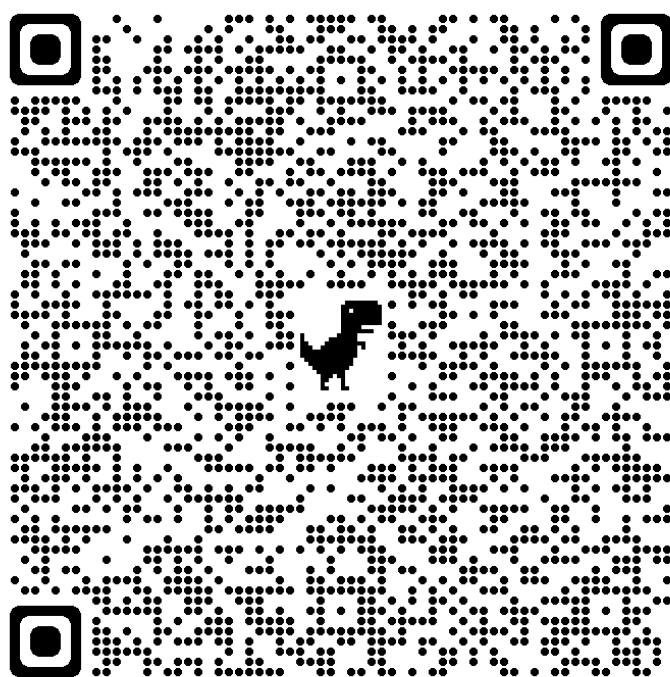


Examine and challenge thoughts

Try weighing the evidence for and against your thought, or asking yourself "How would my best friend see this situation?"

Resources

Check out our full resource list via QR code!



Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu
(828)262-3180 | counseling@appstate.edu |
[@appstatecounselingcenter](https://www.instagram.com/appstatecounselingcenter)

