

SMU WellFacts

Anxiety



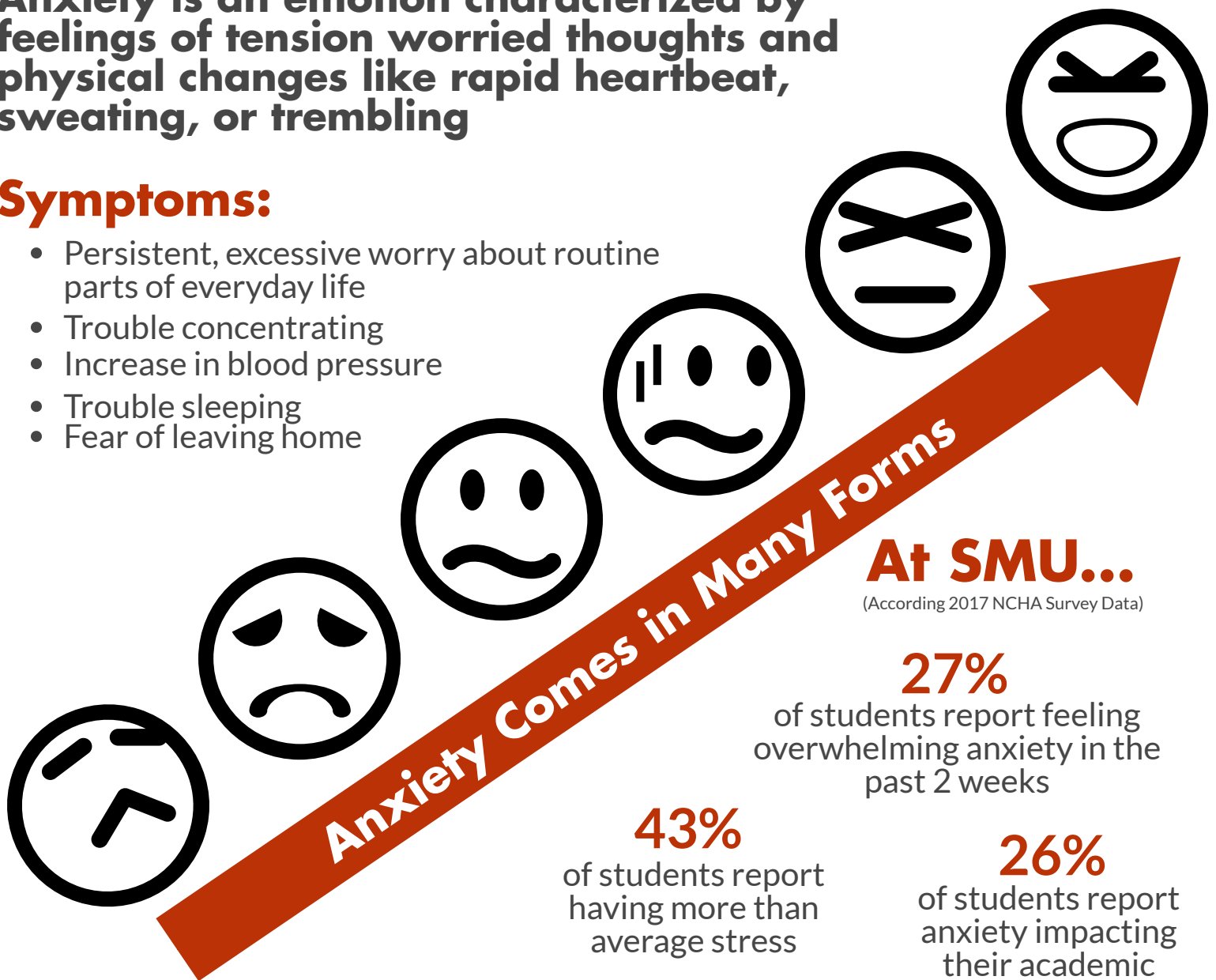
College Stress

What is Anxiety?

Anxiety is an emotion characterized by feelings of tension worried thoughts and physical changes like rapid heartbeat, sweating, or trembling

Symptoms:

- Persistent, excessive worry about routine parts of everyday life
- Trouble concentrating
- Increase in blood pressure
- Trouble sleeping
- Fear of leaving home



At SMU...

(According 2017 NCHA Survey Data)

27%

of students report feeling overwhelming anxiety in the past 2 weeks

43%

of students report having more than average stress

26%

of students report anxiety impacting their academic performance

Normal Stress vs. Anxiety Disorder

It is normal to feel occasional stress, but when it is persistent, seemingly uncontrollable and interferes with daily activities, you may have an anxiety disorder

The Mindful Pause

An awareness of one's internal state's and surroundings

Try this 30-second mindfulness exercise when feeling anxious or stressed

Step 1: Take a slow breath in and a slow exhale

Step 2: Notice what sensations are present

Step 3: Focus on the sensation of your breathing

Step 4: Carry on

How Can I Improve My Mental Health?

- Exercise Daily
- Get enough sleep each night
- Avoid using drugs and alcohol
- Spend time with supporting family members or friends
- Try deep breathing or meditation
- Practice gratitude
- Download SMU's Interactive Self-Help Therapy app



If you are struggling with anxiety schedule an appointment with SMU Counseling Services

Call 214-768-2277

OR

Schedule an appointment online:
<https://www.smu.edu/StudentAffairs/HealthCenter/Counseling/Appointments>

Sources:

- <https://www.mayoclinic.org/diseases-conditions/anxiety>
- <https://adaa.org/understanding-anxiety>
- <https://www.apa.org/topics/anxiety>

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