

Tips to Managing Anxiety:

- Take a time-out to relax.
- Eat well-balanced meals.
- Limit alcohol and caffeine.
- Get enough sleep.
- Exercise daily
- Take deep breaths.
- Count to 10 slowly.
- Do your best.
- Accept that you cannot control everything.
- Welcome humor.
- Maintain a positive attitude.
- Get involved.
- Learn what triggers your anxiety.
- Talk to someone.

RWU Resources

Public Safety

(401) 254-3611

Health Services

CSD 220

(401)245-3156

Donna Darmody, Director of Health Education

CSD 210

(401) 254-3413

Counseling Center

CSD 200

(401) 254-3124

Sources:

- <http://www.adaa.org/living-with-anxiety/managing-anxiety>
- <http://studenthealth.georgetown.edu/health-issues/stress-anxiety-depression/anxiety>
- <http://www.rwu.edu/campus-life/health-counseling/counseling-center/making-appointment>

Anxiety and College Students



Health Education Office
Center for Student Development
Room 211 (401) 254-3413



What is Anxiety?

Did you know that there is a difference between stress and anxiety? While both can be triggered by the same things and can let the body know something isn't quite right, anxiety has the added component of a sense of fear. When anxiety occurs frequently, it can interfere with everyday life and can become a problem.

Signs & Symptoms

- **Emotional symptoms include:** feelings of apprehension or dread, trouble concentrating, feeling tense and jumpy, anticipating the worst, irritability, restlessness, watching for signs of danger, and feeling like your mind has gone blank
- **Physical symptoms include:** pounding heart, sweating, upset stomach, dizziness, frequent urination, diarrhea, shortness of breath, tremors and twitches, muscle tension, headaches, fatigue, and insomnia.

Types of Anxiety:

- **Generalized anxiety disorder (GAD):** constant worries and fears distract you from your day-to-day activities, or you're troubled by a persistent feeling that something bad is going to happen. You feel anxious nearly all of the time, though you may not even know why.
- **Panic disorder:** characterized by repeated, unexpected panic attacks, as well as fear of experiencing another episode.
- **Obsessive-compulsive disorder (OCD):** characterized by unwanted thoughts or behaviors that seem impossible to stop or control. You may be troubled by obsessions, or feel compelled to perform repeated actions called rituals.
- **Phobia:** an unrealistic or exaggerated fear of a specific object, activity, or situation that in reality presents little to no danger. Common phobias include fear of snakes, spiders, flying, and heights.
- **Social anxiety disorder:** characterized by a debilitating fear of being seen negatively by others and humiliated in public. It can be thought of as extreme shyness.
- **Post-traumatic stress disorder (PTSD):** an extreme anxiety disorder that can occur in the aftermath of a traumatic or life-threatening event. Symptoms include flashbacks or nightmares about what happened and avoiding situations that remind you of the event.

Resources on Campus:

The Counseling Center

To schedule an appointment with one of the counselors here, you can call 401-254-3124 or stop by the office, CSD 200. In either case, a staff member at the front desk can make an appointment for you.

The hours during the academic year are from 8:30AM to 5:00PM, Monday through Friday. You will be asked to fill out a brief information sheet and questionnaire prior to your first visit.

Students can generally be seen within a week of their initial request and, if the need is pressing, can often be seen on the same day.

You will be able to talk freely and in confidence about what is troubling you. A counselor will listen, clarify and help you sort out your problems. They can also point out some of the various ways you might choose to address your particular set of concerns.

Your counselor might recommend that you begin counseling at the Center, or you might be referred to some other resource on campus or in the community. Your counselor might simply encourage you to continue with your present coping methods, but it's still useful to talk these things out with a trained and objective professional.