WHEN SHOULD I SEEK HELP?
If you have tried several ways to manage your anxiety and it continues to significantly impact your life, it may be time to seek professional help.

The Texas State University Counseling Center offers self-help tools, workshops, individual and group counseling that can help you develop better ways to deal with stressors and teach you skills to manage your anxiety more effectively.

Check out counseling.txstate.edu for helpful online resources, social media and more information about our services.

You can also call the Counseling Center Monday through Friday, 8 a.m. - 5 p.m. at 512.245.2208 to schedule an appointment or to learn more about our services.

MAKE AN APPOINTMENT
Call
512.245.2208

San Marcos location and hours
LBJ Student Center, Room 5-4.1
8 a.m. – 5 p.m., Monday – Friday

Round Rock location
Nursing Building, Room 116
1555 University Blvd.
Check our website for current hours.

ONLINE RESOURCES
Website
counseling.txstate.edu

facebook.com/txstCC
twitter.com/txstCC
youtube.com/c/TxStCounselingCenter
instagram.com/txstCC
pinterest.com/txstCC

COUNSELING CENTER

Texas State University, to the extent not in conflict with federal or state law, prohibits discrimination or harassment on the basis of race, color, national origin, age, sex, religion, disability, veterans’ status, sexual orientation, gender identity or expression. Texas State University is a tobacco-free campus.
WHAT IS A PANIC ATTACK?
A panic attack is an overwhelming sensation of fear that typically builds quickly and lasts from five to 20 minutes. Although some panic attacks are triggered by specific situations, some may seem to occur out of the blue. Panic attacks tend to be very distressing and often lead to increased worry of having additional attacks in the future.

Symptoms may include:
- pounding heart and/or chest pain
- difficulty breathing
- feeling faint or dizzy
- sweating
- lump in your throat and/or choking sensation
- tunnel vision
- shaking or trembling
- hot flashes or chills
- uncontrollable crying
- terrifying thoughts or fears

EVERYDAY ANXIETY OR AN ANXIETY DISORDER?

**Everyday Anxiety**
- worry about bills, a job, a breakup or other important life events
- embarrassment or self-consciousness in an uncomfortable or awkward social situation
- a case of nerves or sweating before a big test, business presentation, stage performance or other significant event
- realistic fear of a dangerous object, place or situation
- making sure that you are healthy and living in a safe, hazard-free environment
- anxiety, sadness or difficulty sleeping immediately after a traumatic event

**Anxiety Disorder**
- constant and unsubstantiated worry that causes significant distress and interferes with daily life
- avoiding social situations for fear of being judged, embarrassed or humiliated
- seemingly out-of-the-blue panic attacks and the preoccupation with the fear of having another one
- irrational fear or avoidance of an object, place or situation that poses little or no threat of danger
- performing uncontrollable repetitive actions such as excessive cleaning or checking, or touching and arranging
- recurring nightmares, flashbacks or emotional numbing related to a traumatic event that occurred several months or years before

WHAT CAN I DO TO COPE WITH ANXIETY?

**Recognize anxiety as anxiety**

**Take a deep breath.** Remind yourself that anxiety is a natural reaction to an important event and the feeling will eventually pass.

**Learn relaxation techniques.** Listen to a calming recording, engage in deep breathing, practice progressive muscle relaxation or attend a yoga class.

**Use positive self-talk.** Remind yourself what you are capable of doing with reflection, such as “I trust myself to get through this,” “I can handle this one step at a time” or “I’ve made it through difficult things before.”

**Treat your body right.** Eat a balanced diet, get adequate sleep, exercise regularly and avoid alcohol, tobacco, excessive caffeine and other drugs.

**Reach out to friends.** Just talking about your problems with someone who listens and cares can be very helpful for relieving stress. They don’t have to take on your burden or “fix” things to be helpful.

**Avoid over scheduling your day.** Leave space in your life for downtime and give yourself permission to engage in activities that bring you joy and meaning.

*As adapted from Anxiety and Depression Association of America (ADAA) / www.adaa.org*