

## 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, on the fifth floor of LBJ Student Center in room 5-4, has workshops and 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](http://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

### Visit Our Office

LBJ Student Center, Room 5-4.1  
8 a.m. – 5 p.m., Monday – Friday

## Online Resources

### Website

[counseling.txstate.edu](http://counseling.txstate.edu)



[facebook.com/txstCC](https://facebook.com/txstCC)



@txstCC

[twitter.com/txstCC](https://twitter.com/txstCC)



[youtube.com/c/TxStCounselingCenter](https://youtube.com/c/TxStCounselingCenter)



@txstCC

[instagram.com/txstCC](https://instagram.com/txstCC)



[pinterest.com/txstCC](https://pinterest.com/txstCC)

### COUNSELING CENTER

601 University Drive  
5-4.1 LBJ Student Center  
San Marcos, TX 78666  
512.245.2208 | [counselingcenter@txstate.edu](mailto:counselingcenter@txstate.edu)

# ANXIETY



COUNSELING CENTER

TEXAS  
STATE  
UNIVERSITY

*The rising STAR of Texas*

## ANXIETY IS COMMON

Feeling anxious from time to time is natural and can actually be good for you. Stress and anxiety motivate us to make changes or take action.

Getting nervous before a test, a date or a job interview is normal. Feeling worried, afraid or sad over a major life event, a dangerous situation or a personal loss are common, healthy reactions to situational stress.

Anxiety becomes problematic, however, when it occurs repeatedly over a long period of time, is not associated with a particular event or situation or seems out of your control. It often feels overwhelming and can hamper your ability to manage your daily life. Many students seek counseling when their anxiety becomes persistent or interferes with their ability to complete tasks or function socially.

## 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

*\*As adapted from Anxiety and Depression Association of America (ADAA) / [www.adaa.org](http://www.adaa.org)*

## 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
- terrified thoughts or fears

## WHAT CAN I DO TO COPE WITH ANXIETY?

**Change the way you think about stress.**

Remember that it is a natural reaction to an important event. Learn to channel your anxiety into something productive.

**Learn relaxation techniques.** Listen to a relaxation recording, practice deep breathing exercises or sign up for a yoga class.

**Use positive self-talk.** Use positive self-reinforcement, 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.

