Managing Stress and Anxiety!

- 80% of college students say they frequently or sometimes experience daily stress
- Anxiety disorders are the most common mental illness in the U.S., and the most common mental health problem on college campuses
- 58% of college campuses have seen a rise in anxiety disorders
- In one study, 60% of college students reported that severe stress interfered with their ability to complete their schoolwork more often than once

<table>
<thead>
<tr>
<th>Signs of stress/anxiety</th>
<th>Sources of stress</th>
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<tr>
<td>Trouble concentrating</td>
<td>Environment– noise, traffic, weather, pollution, crowding</td>
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<td>Irritability</td>
<td>Physiological– illness, injury, hormones, inadequate sleep or nutrition</td>
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<td>Sweating</td>
<td>Thoughts– the way you think affects how you respond, negative self-talk, perfectionism, catastrophizing</td>
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<td>Trouble sleeping</td>
<td>Social Stressors– financial problems, work demands, social events, losing a loved one, conflicts</td>
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<td>Shortness of breath</td>
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<td>Irregular heartbeat</td>
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<td>Muscle tension and pain</td>
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<td>Headaches</td>
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<td>Upset stomach or diarrhea</td>
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What can I do to manage stress/anxiety better?

- Develop a balanced lifestyle (sleep, food, exercise, work, school, recreation)
- Engage with others socially and build relationships with others
- Engage in physical activity to help relieve tension, anger or frustration
- Avoid unnecessary stress by distancing yourself from people/things that contribute to stress, and learn to say “no” if you have hit your limit
- Adapt to the stressor by changing how you view it or deal with it
- Make time for FUN and RELAXATION! Nurture and take care of yourself

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours: Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00

Upcoming Events:
Nov. 1 Native American Heritage kick-off celebration 5:30-7pm @ Mileti Alumni Center
Nov. 8 Election Day
Nov. 9–10 The Tunnel of Oppression 10:00am-10:00pm @ 201 BTSU
Nov. 11 Veteran’s Day
Nov. 16 GRIT activity in BTSU from 11:30-1:30
Nov. 17 Not In Our Town Peace March at Noon (meet @ corner of Main/Wooster)

BGSU Counseling Center
November 2016