

Anxiety

The manifestation of stress that continues after the stressor is gone.

- Focus on who **YOU** are and how **YOU** feel. Feeling concern about doing well in college is good, but when you feel anxious or panicky, it's important to become aware of these feelings and do something.
- List the stressful events in your life and determine why they make you anxious.
- Analyze your list to see which stressors are realistic. Often we worry about matters that are not very realistic, such as working hard to prepare for a test but still worrying that we will fail.
- Anxiety is often accompanied by feelings of fear, apprehension or impending doom. If you experience symptoms that are more consistent with anxiety than stress, you should meet with a healthcare provider or contact COD Counseling Services.



COD TUTORING SERVICES

LEARNING COMMONS: ONE-STOP ACADEMIC SUPPORT CENTER

(630) 942-3686

Anxiety Management Apps

Download from iTunes or Google Play



Worry Box

Learn to control worry and get relief from anxiety.



What's Up?

Learn techniques to feel grounded in stressful moments.

COD Resources:

Counseling and Advising Services

Student Services Center (SSC), Room 3200
(630) 942-2259

Center for Access and Accommodations

Student Services Center (SSC), Room 3249
(630) 942-2154

Reduce Stress

Anxiety Management Strategies



Set goals. Any step towards goals reduces stress.



Manage your time.



Address issues before they become big problems.



Set boundaries and learn to say no.



Socialize with people who invigorate.



Get sufficient sleep.



Eat right.



Talk with a friend, counselor, or therapist.



Write in a journal.