

ANXIETY & PANIC

Everyone experiences anxiety at some point. Whether it is when taking a test, giving a presentation, starting a new job, or going on a 1st date. Most people react to anxiety provoking situations with sweaty palms, muscle tightness, increased heart rate, and feelings of uneasiness. These reactions are normal and good because it keeps people motivated to study or impress our new boss. However, anxiety can become severe and cause people to have problems making decisions and interfere with the completion of daily tasks.

Indicators of Severe Anxiety or Panic

- Sense of impending danger such as losing control, or having a fatal heart attack.
- Uncontrollable or obsessive thoughts.
- Recurring nightmares.
- Physical symptoms such as shortness of breath, dizziness, sweating, nausea, chest pains, headaches, and insomnia or excessive sleeping.

Tips for Dealing With Anxiety or Panic

- Take slow deep breathes. Deep breathing helps your body get the oxygen it needs and promotes relaxation.
- THINK POSITIVELY.
- Journal about your thoughts and feelings.
- Expect some anxiety - It is a reminder that you want to do your best, but remember that you can manage the anxiety.
- Have a sense of humor - learning to laugh at yourself and the world around you is calming.
- Recognize that life is full of unknowns and that you do not have to have control of all of them.
- Develop a problem solving attitude to allow you to dismantle the large problems into smaller, more manageable, problems.

Many people tell you that college student should not have a thing in the world to be anxious about. However, this is not the case. College is a fun and rewarding time, but it is also a time filled with stress from constant evaluation from professors, expectations from parents, financial concerns, serious relationships, and the need to make career decisions that can affect the rest of your life. If you are experiencing severe or seemingly uncontrollable anxiety the Counseling & Career Center wants to help. Call **665.6262** or stop by the lower level of Main Hall to make an appointment with one of the counselors.

UM COUNSELING & CAREER CENTER

Providing free and confidential **PERSONAL** and **CAREER** counseling services to UM Students.

Call **665.6262** or stop by the lower level of Main Hall



www.montevallo.edu/counselingcenter