

We all experience some form of anxiety. Some of us may feel anxious before talking in front of a larger group of people or while driving in heavy traffic. These are examples of expected stress or anxiety that help keep us motivated and alert.

However, when feelings of intense anxiety, fear, or distress become overwhelming & prevent us from doing everyday activities, an anxiety disorder may be the cause. This is the time to seek professional assistance or practice coping techniques.

Quick Info:

Anxiety disorders are the most common mental health concern in the US & on college campuses.

An estimated 40 million adults in the US (19.1%) have an anxiety disorder.

Many people first experience symptoms before age 21.

Student Resources:

Suffolk Counseling, Health and Wellness:

5th Floor, 73 Tremont St. Mon - Fri, 9 am - 5 pm

Counseling Support:

Call 617-573-8226 for an appointment

Wellness Resource Center:

Mon/Wed: 12 pm - 4 pm Tu/Th: 10 am - 4 pm

24/7 Mental Health Support:

Counseling Support:

Call 617-573-8226 and follow the prompts to be connected to a counselor

Trevor Project:

Mental health support for LGBTQIA+ youth
Text START to 678-678 or call 1-866-488-7386

The Steve Fund:

Mental health and emotional support for youth and young adults of color.
Text STEVE to 741-741

Mental Health Emergencies:

988 Crisis Hotline:

Text or call 988 to speak with a counselor about suicide or mental health crisis prevention

911:

In cases where physical harm may be involved, call 911 or Suffolk University Police Department at 617-573-8111



ANXIETY & STRESS

Signs
Symptoms
Resources



**SUFFOLK
UNIVERSITY**
Counseling, Health &
Wellness

Signs & Symptoms

Anxiety disorders are a group of related conditions, each having unique symptoms. However, all anxiety disorders have one thing in common: persistent, excessive fear or worry that prevents individuals from engaging in daily activities and relationships.

Emotional Symptoms:

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

Physical Symptoms:

- Pounding or racing heart and shortness of breath
- Sweating, tremors, and twitches
- Headaches, fatigue, and insomnia
- Upset stomach, frequent urination or diarrhea

Cognitive Symptoms:

The American Psychology Association defines cognitive distortions as faulty or inaccurate thinking, perceptions, or beliefs often accompanied by negative scenarios. Examples include:

- Engaging in catastrophic thinking
- Discounting the positive
- Labeling or Mislabeled
- Jumping to conclusions
- Polarized or "all or nothing thinking"
- Imposter Syndrome
- Perfectionism

Types of Anxiety

Generalized Anxiety (GAD):

GAD produces chronic, exaggerated worrying about everyday life. This worrying can consume hours each day, making it hard to concentrate or finish daily tasks. A person with GAD may become exhausted by worry and experience headaches, tension, nausea, or other physical symptoms.

Social Anxiety Disorder:

More than shyness, this disorder causes intense fear about social interaction, often driven by irrational worries about humiliation (e.g. saying something wrong or not knowing what to say). Panic attacks can occur in reaction to anticipated or forced social interaction.

Panic Disorders:

This disorder is characterized by panic attacks and sudden feelings of terror sometimes striking repeatedly and without warning. A panic attack causes powerful physical symptoms including chest pain, heart palpitations, dizziness, shortness of breath and stomach upset.

Other Forms of Anxiety:

- Phobias
- Obsessive Compulsive Disorder (OCD)
- Anxiety related to trauma or experiences of oppression
- Performance Anxiety

Possible Causes of Anxiety:

Genetics:

Studies support the role of genetics in anxiety disorders, as some families have a higher-than-average amount of anxiety disorders among relatives.

Environmental Factors:

Stressful or traumatic events such as abuse, death of a loved one, violence, or prolonged illness are often linked to the development of an anxiety disorder when individuals do not receive enough support.

Racial Trauma:

Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes.

Techniques for Managing Anxiety:

A combination of techniques and treatments is the best way to help manage anxiety. Possible techniques to help reduce symptoms of anxiety include, but are not limited to:

- Professional assistance from a licensed mental health counselor
- Spend time outside and engage in regular exercise
- Practice relaxation and mindfulness
- Engage in activities within a community that supports and accepts your whole identity
- Prioritize your sleep and nutrition