

# Coping with Anxiety



Multicultural Counseling and  
Research Center  
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What is anxiety?



# Tonight's agenda

- What is anxiety?
- Signs and symptoms
- How to cope
- Relaxation techniques
- Types of anxiety
- Resources

What are situations in which you may feel anxious?





# What is anxiety?

- Feelings of nervousness
- Emotional distress
- Fears
- Constant worrying
- Unpleasant emotions/negative thoughts



# Signs and Symptoms of Anxiety

- Feeling tense or jumpy
- Accelerated heartbeat
- Feelings of panic and fear
- Sweating
- Fatigue
- Headache
- Shortness of breath



# Situations where you might experience anxiety

- Before a test
- Public speaking
- Settling into a new culture or country
- In social situations (at a party, at a new school, on a date, etc)
- Before a job interview



# Anxiety is normal

- It is OK to feel anxious
- Anxiety will come and go
- It is a part of the normal human condition
- You are not alone



# Coping with anxiety

- Be aware of negative thoughts
- Visualize success
- Take a deep breath
- Positive thinking
- Exercise
- Try keeping a journal to understand when you feel most anxious
- Listening to music

# Replace negative thoughts with positive thoughts

<i>Negative</i>	<i>Positive</i>
<i>"This is too hard"</i>	<i>"Take one step at a time"</i>
<i>"People will laugh at me"</i>	<i>"I will get through this"</i>
<i>"What's the point of trying if I'm just going to fail"</i>	<i>"I will do the best I can"</i>



## Learn to Relax Quickly

- Step 1: Take a step back from the situation and think happy thoughts.
- Step 2: Think, *Clear Head, calm body*
- Step 3 : Take in one slow, deep breath
- Step 4: As you breathe out, relax your body, from your head to your toes.



# Preparing for a test

- Manage review time.
- Practice in the test conditions.
- Set a routine for how you study.
- Get a good night's sleep before the test—don't stay up the night before to cram.
- Eat a healthy breakfast



# Dealing with test anxiety

- Avoid talking about the test with classmates before it starts.
- If you go "blank" on a test question, move on to another question and return to the tougher question later.
- If you are having trouble remembering information, use a piece of scratch paper to begin writing down anything you can remember on the topic.



# Understanding stress and anxiety

- Stress and anxiety are normal emotions and they can teach us how to react to a problem appropriately.



# Asking for help

- If your stress or anxiety is getting in the way of your daily life, it is OK to ask for help.
- If someone you know is exhibiting some severe symptoms of anxiety, feel free to share the resources with them.
- Although feeling anxious is normal, if you feel an extreme case of anxiety, then seek help.

# St. Louis counseling agencies

<b>Catholic Charities Southside</b> (Counseling in Spanish)	314-773-6100 Ext. 100
<b>Casa de Salud</b> (Counseling in Spanish)	314-762-1250
<b>Family Resource Center</b>	314-534-9350
<b>Family Wellness Counseling</b>	314-432-7927
<b>Center for Counseling and Family Therapy</b> (St. Louis Univ.)	314-977-2505
<b>Multicultural Counseling and Research Center</b> (Counseling in Spanish)	314-445-5678
<b>Provident Inc.</b>	314-533-8200 1-800-782-1008

# Questions?

