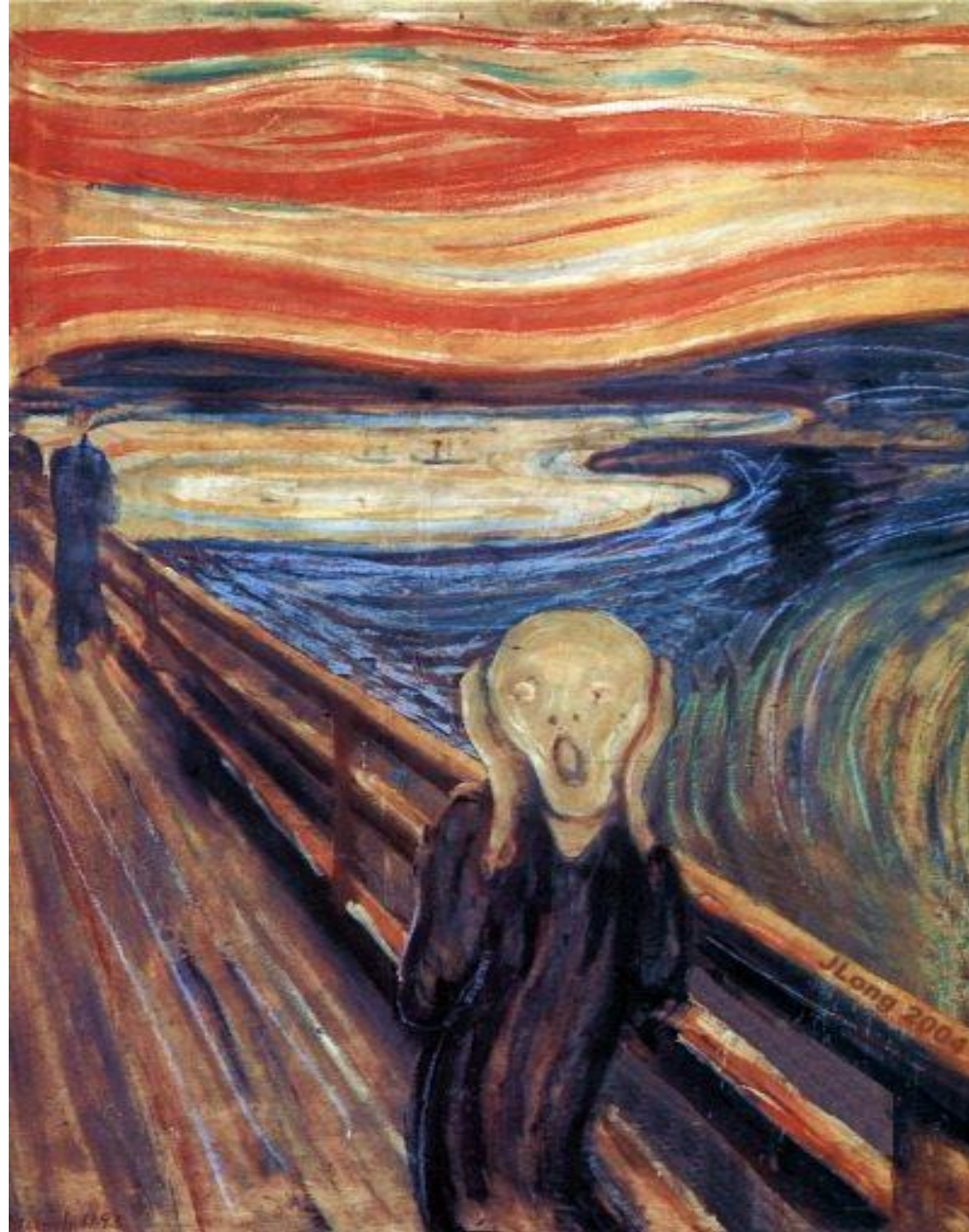


Coping with Anxiety



Multicultural Counseling and
Research Center
February 2012



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

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

Questions?

