

MANAGING ANXIETY FOR COLLEGE STUDENTS



Acknowledging anxiety and taking small steps towards tackling anxiety inducing situations will be most beneficial for you in the long run (LeBlanc & Marques, 2019). To do this, learn what triggers your anxiety, do not just avoid anxiety triggering situations, talk to a trusted friend or adult, and talk to a healthcare provider if necessary.

ACKNOWLEDGE ANXIETY

FIND RESOURCES

Look for resources at your school, in your community, and online.

Visit uarichmountain.edu/mental-health-and-wellness.html for online mental health resources specific to students at UA Rich Mountain.

Using apps to self-manage anxiety can be a useful tool for college students. Apps may focus on mindfulness, meditation, cognitive behavioral therapy techniques, breathing, simple games to occupy your mind, AI chats, or daily mood tracking. Apps can be a good short-term place to start when trying to manage anxiety.

USE APPS TO SELF-MANAGE

LIFESTYLE CHANGES

Lifestyle changes can help students to manage their anxiety. This may include improving sleep, increasing exercise, reducing caffeine, and adding more self-care activities into your daily routine.