

Anxiety

More Feet on the Ground

Understanding Anxiety: *What does it mean?*



A feeling of worry, nervousness or unease caused by a fear of danger or misfortune.

Understanding Anxiety: *Why does it exist?*

- Anxiety serves a purpose – it helps keep us aware, alert, and ready for action
- It is part of the body's internal “fight or flight” response
- It drives us to protect ourselves

Understanding Anxiety: *Healthy vs Unhealthy*

When does “normal” anxiety become an anxiety disorder?

- When it interferes with the ability to do things that are usually manageable or enjoyable
- When the body responds to situations or ideas that are not typically considered dangerous or uncomfortable
- When the intensity of the response is disproportionate to the situation

Types of Anxiety Disorders

- Generalized Anxiety Disorder
- Social Anxiety Disorder
- Specific Phobias
- Panic Disorder
- Agoraphobia
- Separation Anxiety
- Selective Mutism

- * *Obsessive Compulsive Disorder*
- * *Post Traumatic Stress Disorder*



Symptoms of Anxiety

Mental

- Worries and fears
- Trouble concentrating
- Irritability
- Restlessness
- Difficulty sleeping

Physical

- Pounding heart
- Sweating
- Shortness of breath
- Trembling
- Headaches

Understanding Terms

CAUSE

The root of the anxiety disorder

TRIGGER

The situations/thoughts/objects that evoke anxiety



Potential Triggers

- Social interactions
- Job interviews
- New experiences
- Performing
- Public speaking
- Tests
- Being in small spaces
- Being in large groups of people
- Having too much time to think
- Expectations

Treatment Options

Psychotherapy



Medication



Alternative or Complementary Options



Yoga

Acupuncture

Meditation

Coping with Anxiety



Learn

about anxiety

Explore

how to calm down

Challenge

anxious thoughts

Set

small goals

Seek

support

Practice

what works for you



Coping with Anxiety



Acknowled
ge
observed changes

Practice
active listening

Suggest
seeking help

Collabora
te
with friends and family

Promote
self-care

Encourag
e
exploration and growth

But don't forget to take care of yourself too!

www.morefeetontheground.ca

Online training tool focused on recognizing, responding to, and referring students experiencing mental health challenges.

Resources on Campus

Resources in the Community