

Anxiety Management Guide

For Students

What is Anxiety?

Anxiety is a natural response to stress or danger, and it's something everyone experiences from time to time. However, when anxiety feels overwhelming, occurs frequently, or interferes with daily life, it's important to find ways to manage it.

Signs of Anxiety

You may be experiencing anxiety if you notice the following:

- Racing thoughts or constant worry
 - Difficulty concentrating or focusing
 - Feeling restless, on edge, or irritable
 - Trouble sleeping or feeling tired all the time
 - Physical symptoms like headaches, stomachaches, or rapid heartbeat
-

How to Manage Anxiety

1. Practice Deep Breathing

When you feel anxious, your body goes into “fight or flight” mode. Deep breathing helps calm your nervous system by sending signals to your brain that you are safe and can relax.

How to do it:

- Sit comfortably and close your eyes.
- Breathe in through your nose for 4 seconds, hold your breath for 4 seconds, then slowly exhale through your mouth for 6 seconds.

- Repeat for a few minutes until you feel calmer.

2. Challenge Negative Thoughts

Anxiety often brings negative or irrational thoughts, like “I’ll fail” or “Everyone will think I’m weird.” Learn to challenge these thoughts by questioning their accuracy.

How to do it:

- Ask yourself: "Is this thought based on facts or assumptions?"
- Replace negative thoughts with balanced ones, like "Even if I don't do perfectly, I can still learn from this."

3. Create a To-Do List

When tasks or responsibilities feel overwhelming, making a list can help organize your thoughts and reduce anxiety. Break down tasks into smaller, manageable steps.

How to do it:

- Prioritize what needs to be done today and what can wait.
- Check off tasks as you complete them, and celebrate each small win!

4. Practice Mindfulness

Mindfulness helps you stay grounded in the present moment, reducing the tendency to get stuck in anxious thoughts about the future.

How to do it:

- Focus on your five senses. What can you see, hear, smell, taste, and feel right now?
- If your mind starts to wander, gently bring your focus back to the present.

5. Get Moving

Physical activity can reduce anxiety by releasing endorphins (feel-good chemicals) and giving your mind a break from worries.

How to do it:

- Take a walk, ride your bike, dance, or play a sport you enjoy.
- Even a few minutes of movement can make a big difference.

6. Talk About Your Feelings

Sharing your feelings with a trusted friend, family member, or counselor can help you feel supported and understood.

How to do it:

- Reach out when you're feeling anxious and let them know what's going on.
- Talking things out can help put problems in perspective and reduce their intensity.

7. Limit Screen Time

Spending too much time on social media or watching the news can increase anxiety, especially when it involves comparing yourself to others or seeing stressful information.

How to do it:

- Set screen time limits for apps that trigger anxiety.
- Focus on real-life interactions and activities that make you feel grounded.

8. Cope ahead

Sometimes anxiety comes from feeling unprepared. Planning ahead can help you feel more in control and reduce anxious feelings.

How to do it:

- If you know a stressful situation (like an exam or presentation) is coming up, prepare in advance.
- Practice calming techniques like deep breathing or visualization before the event.

When to Seek Help

It's normal to feel anxious sometimes, but if your anxiety is affecting your daily life, school, or relationships, it's important to reach out for help. A counselor, therapist, or mental health professional can offer strategies and support tailored to your needs.