

Coping Strategies for Anxiety in College Students

Experiencing anxiety can make us feel out of control, however, there are ways to cope that can give us relief. This is an individualized process and finding what works for you may take practice.

TIPS FOR FINDING INNER PEACE

- acknowledge your anxiety and recognize symptoms
- check in with your stress levels daily
- practice deep breathing to calm the nervous system
- Embrace a healthy lifestyle of exercise and a balanced diet
- practice positive self talk
- keep a consistent routine
- face challenges head on instead of avoiding (skipping class or staying in bed)
- find a community and stay connected socially
- ask for help if you need it! Find a therapist who will help you change your relationship with anxiety.