



Stress. Severe stress may occur in individuals who have survived a severe or terrifying physical or emotional event.

General Anxiety. People with general anxiety experience on-going, exaggerated tension that interferes with daily functioning.

Anxiety is a normal response ...

to a perceived danger or threat to one's well-being or self-esteem. For college students, fear of inadequacy regarding academic work, problems with roommates, family or friends, work problems, and related issues can be at the source of serious anxiety. A knot in your stomach or sweaty palms during challenging situations is normal. Anxiety disorders, however, are medical illnesses that differ dramatically from normal feelings of nervousness. The symptoms of these disorders can make getting through each day very difficult and sometimes agonizing. Anxiety disorders are the most common of emotional disorders, annually affecting more than 20 million Americans.

Types of Anxiety:

Panic. Panic can be an overwhelming fear of being in danger, during which the individual may experience many physiological symptoms.

Phobias. A phobia is an uncontrollable, irrational, and persistent fear of a specific object, situation, or activity.

Obsessions and Compulsions. Obsessions are frequently occurring irrational thoughts that cause great anxiety but that cannot be controlled through reasoning. Compulsive behaviors can sometimes take up more than an hour a day, thus becoming excessively disruptive of normal daily routines and social relationships.

Symptoms of Anxiety:

- ◆ Overwhelming feelings of panic and fear
- ◆ Uncontrollable obsessive thoughts
- ◆ Painful, intrusive memories; recurring nightmares
- ◆ Nausea, sweating, muscle tension, and other uncomfortable physical reactions

What you can do if you believe you or a friend may be experiencing Anxiety:

Although managing anxiety can be challenging, these types of conditions generally respond well to treatment, and the majority of individuals receiving treatment experience significant relief from their symptoms! Here are ways you can help yourself in managing anxiety:

- ◆ Call P&CS at (858) 534-3755, or come directly to our Central Office at Galbraith Hall 190, and request to meet with one of our psychologists; the Intake Coordinator will schedule an appointment for you.
- ◆ During business hours (8:00am-4:30pm): If this is an urgent matter and you need to speak with someone immediately, call (858) 534-3755, and indicate the seriousness of your situation; you will be able to speak with a psychologist shortly.
- ◆ Outside business hours: If this is an urgent matter and you need to speak with someone immediately, call (858) 534-HELP, and your need to speak with a psychologist; you will be able to speak with a psychologist shortly.



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**counseling and
psychological services**

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