Anxiety

USQ

Are feelings of NERVOUSNESS, WORRY, or FEAR impacting on your life or your studies?

You may be experiencing Anxiety, which most people experience at some point in their life as this is a normal response to a stressful event or perceived threat to one's safety.

Despite being a normal reaction, when the level of distress is too high it can affect one's ability to manage the stressful situation/event and in these situations we may freeze, become defensive/fight, or avoid the stressful situation. All of which are not effective coping strategies.

These uncomfortable feelings can also at times not be related to a specific situation and can impact on your ability to perform general day-to-day activities, or cause a considerable degree of distress.

Typical signs and symptoms of Anxiety include:

Physical – racing heart, perspiration, churning stomach, breathing difficulties and increased respiration, physical tension and headaches;

Cognitive – racing thoughts, the perception that one may not be able to manage the situation, confusion;

Emotional – feeling overwhelmed and irritable;

Behaviour – Feeling restless and fidgety, and avoidance

WHAT HELPS?

- Breathing exercises to monitor, control, and slow your breathing can reduce symptoms of anxiety (http://www.cci.health.wa.gov.au/docs/ACF3C65.pdf)
- Attempt to identify the triggers of your anxiety by keeping a diary of what is happening, what you are thinking and what you are feeling when you experience the anxiety (http://www.cci.health.wa.gov.au/docs/ACFA273.pdf)
- Relaxation techniques to assist to ease the physical tension and help to calm the body and the mind (http://www.cci.health.wa.gov.au/docs/Info-PMR.pdf)
- Lifestyle changes including the reduction of caffeine and alcohol intake and increased exercise and enjoyable activity can also be effective.
- The Centre for Clinical Interventions also has a workbook that includes some good self-help information, worksheets, and activities for you to progress through at your own pace.
- Whilst self-help resources are useful, it may be wise to consult a professional to support you to understand what you are experiencing and to assist with the identification and implementation of effective strategies to manage your anxiety.

Contact Student Services to make an appointment to discuss your concerns further to ensure you are at your best to experience all that is available to you during this exciting time in your life….

After hours (24/7) crisis support is available from Lifeline telephone counselling service on **13 11 14.**

Free, confidential counselling available for currently enrolled students at
USQ Student Services
Toowoomba Campus, G Block Ph: (07) 4631 2372
Springfield Campus Level 3 Main Building Ph: (07) 3470 4400
Fraser Coast Campus Student Hub C Block Ph: (07) 4194 3125