

BUILD RESILIENCE TO ANXIETY & STRESS

Stress and anxiety can feel like dominant forces in our lives, especially throughout the pressures of college life. But what's the difference between the two, and how can you survive and thrive despite their effects?

Differences of Anxiety & Stress

Stress is generally a response to external causes, such as taking a big test or arguing with a friend. It typically goes away when a situation is resolved.

Conversely, anxiety is an internal, constant and persistent feeling of apprehension that doesn't seem to go away. It could be a regular feeling of uneasiness about meeting new people or your life trajectory.

Symptoms of Anxiety & Stress

Anxiety & Stress can have the following symptoms:

Anxiety

- Restlessness
- Nervousness
- Feeling of Unease or Dread
- Tenseness

Stress

- Moodiness
- Headaches
- Feeling of being overwhelmed
- Loneliness

Both:

Both Anxiety & Stress can cause faster heartbeat and breathing.



Wrench Your Life Away from Anxiety

Strategies for addressing anxiety are focused on coping skills and prevention through preparation, since it's more pervasive than stress.

Practicing mindfulness and breathing techniques can help calm your mind. Incremental exposure to a situation that makes you anxious can also ease your mind - like training wheels.

You may also be experiencing Generalized Anxiety Disorder (GAD), or another acute form of anxiety that would benefit from clinical diagnosis and mental health counseling.

Craft Protection Against Stress

First, remember that stress comes from an external factor and is temporary!

Work on setting boundaries of time for yourself, building out a routine to rely on when things get challenging. Feel welcome to ask for help with problems where support could be helpful! Support structures of routine and a helping hand can alleviate burden by giving your mind less to think about when the stress feels like too much to handle.

Similar to anxiety, you can practice some incremental exposure techniques to alleviate stress' influence. Have a test you're stressing about? Make and take a practice version so on test day it feels like you're just running through the motions!

This resource and more information on mental health topics and support brought to you by:

