

Anxiety

Anxiety is an emotion that leads to unpleasant feelings and/or thoughts of dread over certain events. Occasional anxiety is an appropriate reaction to stressful events in your life. These occasional episodes of anxiety can be managed with self-care and do not require a visit to a health care provider or mental health professional.



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SYMPTOMS:

- Feelings of fear and uneasiness
- Muscle tension
- Restlessness
- Fatigue
- Problems concentrating
- Chest pain or tightness
- Feeling that you are having difficulty breathing
- Abdominal pain
- Dizziness
- Headache

SELF-CARE MEASURES:

- Talk with supportive friends/family
- Do something fun!
- Create a routine
- Journal
- Schedule time to nourish your spirit with reading, prayer, meditation or music
- Get 7-8 hours of sleep each night
- Exercise
- Try a calming app
- Use a guided meditation app
- Avoid excessive caffeine
- Avoid self-medicating with alcohol or drugs

WHEN TO SEEK PROFESSIONAL HELP:

- You have thoughts of hurting yourself or others
- You are experiencing ongoing irrational fear and dread (irrational feelings that are generalized and not linked to a specific event/events)
- You have frequent severe anxiety that lasts at least six months
- You have physical symptoms including but not limited to chest pain, shortness of breath, dizziness, fainting spells
- Symptoms are interfering with your normal daily activities

IF YOU FEEL YOU ARE HAVING A MENTAL HEALTH EMERGENCY:

- During business hours - Call the Loyola Counseling Center at 410-617-2273 or walk-in to the Counseling Center located in Humanities, Room 150
- After hours or on the weekend - Call the After-Hours Crisis Line at 410-617-5530, public safety at 410-617-5911 or go to a local emergency department.
- Call 988 - the Suicide and Crisis Lifeline

For more resources and self-help information visit the Counseling Center Website at www.loyola.edu/department/counseling-center

Loyola self-care guidelines are based on the most recent recommendations of national medical authorities.