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.

# 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



**UNIVERSITY HEALTH CENTER**

University Health Center Logo

* Use campus resources: The Counseling Center’s Oasis or Studio, get a UREC massage, explore nature at the Arboretum, visit the Interfaith Chapel in The Union
* 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 JMU Counseling Center at 540-568-6552 or walk-in to the Counseling Center located on the 3rd floor of the Student Success Center
* After hours or on the weekend - Call public safety at 540-568-6911 or go to a local emergency department (Sentara Medical Center located at 2010 Health Campus Drive)
* Call 988 - the Suicide and Crisis Lifeline

For more resources and self-help information visit the Counseling Center Website at [jmu.edu/counselingct](https://www.jmu.edu/counselingctr/index.shtml)r or [timelycare.com/jmu](https://timely.md/schools/index.html?school=jmu)

UHC self-care guidelines are based on the most recent recommendations of national medical authorities. 22-23