

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
- Use campus resources: The Counseling Center's Oasis or Studio, Madison Meditates provided through MAD4U, get a UREC massage, explore nature at the Arboretum, visit the Interfaith Chapel in Madison 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)

For more resources and self-help information visit the Counseling Center Website at <http://www.jmu.edu/counselingctr/index.shtml> or <https://thepath.taoconnect.org/>

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