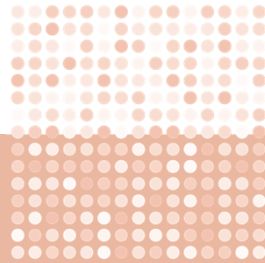




GLION SELF-HELP SERIES

# Mental Wellbeing



## Anxiety

Read about this topic & understand  
what you are experiencing, as well  
as tips on how to manage it.



*There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.*

Epictetus

Everyone feel anxious or scared by something at certain moments in life. Anxiety could affect how you feel physically, or mentally. People's experiences of anxiety differ making it more difficult to connect the symptoms to the underlying cause. Trying to control everything and to be perfect may increase your feelings of anxiety. However, there are several techniques you could try to reduce your feelings of anxiety.

●●●● TIPS & TECHNIQUES ●●●●

RECOGNIZING ANXIETY: COMMON SYMPTOMS

**Mental symptoms:**

- Are you constantly worrying about something, beyond a reasonable feeling?
- Do you feel constantly tense or nervous? Are you unable to relax?
- Are you constantly worrying about the future or regretting the past?
- Do you often feel tearful?
- Do you have disrupted sleep patterns
- Do you have difficulties concentrating?
- Do you fear that the worst will happen?
- Are you obsessed by certain negative thoughts?

**Physical symptoms:**

- Does your heartbeat abnormally fast on regular occasions?
- Do you suffer from regular headaches? Chest pains? Difficulties breathing?
- Do you suffer from a lack of appetite?
- Do you suffer from panic attacks?





## WHAT TO DO TO REDUCE ANXIETY

Talk about your feelings to a family member, a friend, or a health professional.

Use breathing exercises to help you calm anxious feelings

Regular physical activity can help you relax

If you have difficulties falling asleep, try switching off your screens an hour before you go to bed. Keep a regular bedtime, even at the weekends.

Eat regularly and healthily to maintain your energy levels

Keep a diary of your negative thoughts, note when they occur or what triggers them, and then try to avoid that triggering moment.

Change your negative thoughts into positive ones (see Reframing)

As far as possible, appreciate the moment, live in the here and now Try to avoid worrying about the future too much or regretting the past

Try meditation, search for a video that suits you to guide you

Take care of yourself, be open to new experiences, and keep positive thinking!

You should contact the campus Health Advisor or a general practitioner if: your feelings of anxiety are preventing you from leading a normal life and if self-help isn't enough.

## OTHER GUIDES IN THE GLION SELF-HELP SERIES

- Anger management
- Anxiety
- Assertiveness
- Confidence
- Constructive criticism
- Coping with homesickness
- Depression
- Developing purpose
- Emotional Intelligence
- Enjoy what you have
- Exam anxiety
- Frustration
- How to be happy
- Learning from mistakes
- Loneliness
- Looking after yourself
- Managing conflict
- Managing conflict
- Motivation
- Negative thinking
- Overcoming procrastination
- Perfectionism
- Planning and prioritizing
- Public speaking
- anxiety
- Regaining control
- Relationship break-up
- Self-confidence
- Setting into university
- Stress management
- Time management
- Worried about someone



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