

# Managing Academic Anxiety

Stress is a normal part of the college experience, but when it builds over time it's possible it could grow into anxiety. Finding ways to identify and alleviate stressors in your life can help reduce academic anxiety.



## You're Not Alone

Anxiety in college is common and 45% of college students say they experience "more than average stress".

It's important to remember that you have a network of peer, faculty, and staff support to help you find ways to reduce your stress. Start by talking with your campus mentor - an RA, your favorite professor, your advisors, or someone in Academic Support Resources, Disability Resources or University Health & Counseling Services.

## Possible Causes of Anxiety

There are many reasons you might be feeling anxious. Discovering the root cause of your stress allows you to find effective ways to manage it long term. You may be experiencing anxiety because of:

- Prior negative experiences
- Fear of failure
- Lack of preparation
- Cramming
- Lack of confidence
- Pressure to perform well
- Unreasonable goals or perfectionism

## How Can We Help?



One way to reduce stress is to prioritize and get organized. Academic Support Resources staff members are available to help you create a personalized study plan for your academic success.

## Stress Reduction Tips



Sleep—7-8 hours are ideal for optimal functioning during the day.



Eat well—Fueling your body properly gives you the nutrition needed to fight stress.



Exercise—Moving your body daily releases endorphins which boost your mood.



Mindful breathing—Deep breathing or meditation calm your body and reduce stress.



Find your passion—Find a hobby or sport that gives you an outlet for everyday tensions.



Reduce your load—Learn to say no and make your mental health a priority.



Journal—Process your thoughts and problems to manage everyday stress.



Think positively—Your thoughts have the power to create your reality.