ANXIETY

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry or fear regarding daily situations. These can involve sudden experiences of intense anxiety and/or terror that result in panic attacks. These will often interfere with daily routines, work, school or family time and might result in one avoiding places, work, friends, school/classes or other situations.

SOME COMMON SYMPTOMS OF ANXIETY:

- Being restless/tense/nervous
- Experiencing an increased heart rate
- Breathing rapidly
- Sweating
- Trembling/Shaking uncontrollably
- Experiencing weakness or being overly fatigued
- Problems with concentration or thinking/worrying about things
- Experiencing problems going to sleep or staying asleep
- Having stomach aches or gut aches for no apparent reason that is not related to a physical problem
- Experiencing problems controlling worry
- Experiencing an urge to avoid places, people or things

WHEN TO SEEK PROFESSIONAL HELP WITH ANXIETY:

- If you feel like you are worrying too much
- If your worry is interfering with your work, school, relationships or other areas of life
- If you feel depressed
- If you are experiencing problems with drugs and/or alcohol-if you are using these substances to relax or go to sleep
- If you think you may have another mental health issue i.e. depression or you have been diagnosed with other mental health issues and are now experiencing anxiety
- If you think your anxiety could be associated with a physical health problem, go to a medical professional
- If you are experiencing suicidal thoughts/behaviors—SEEK EMERGENCY TREATMENT IMMEDIATELY BY CALLING 911 OR GOING TO YOUR NEAREST EMERGENCY ROOM.

Mid Plains Community College offers free counseling services to all students. You may contact the counselor for Mid-Plains Community College at (308) 532-5565 Ext. 1 and please leave a voice mail with a name and return phone number. I may also be contacted via email at hilljl@mpcc.edu

Please go to http://www.lotuscounselingllc.org for information regarding HIPPA compliant telehealth sessions.