



# THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



## ANXIETY

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.

Terlizzi, E. P. & Zablotsky, B. (2024). Symptoms of anxiety and depression among adults: United States, 2019 and 2022. National Health Statistics Report, 213. <https://dx.doi.org/10.15620/cdc/64018>.

### Contact Us:



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# Anxiety

Everyone feels anxious sometimes. It is a normal reaction to stress. But if you find that your anxious feelings interfere with enjoying life - then it may be time to address it.

## What causes anxiety?

### Big life changes

- Increased stress, struggling to balance school and personal life, traumatic events, financial stress, conflict with peers

### Health factors

- Major illness or injury, family history, side effects from medication

### Situational factors

- Social settings, large crowds, performing in public

## Taking care of yourself

Adjusting to college life can be difficult while obtaining your degree. Take time to address what symptoms are getting worse and develop coping strategies to support your well-being. Consider focusing on things that you can control and practice positive self-talk. Reaching out to a trusted family member or friend, a medical professional, or a counselor can provide valuable support in navigating college life.

## Symptoms

- Restlessness or feeling on edge
- Easily fatigued
- Difficulty concentrating or mind going blank
- Irritability
- Muscle tension
- Sleep disturbances
- Excessive worry or fear
- Chest feeling tight
- Rapid heartbeat
- Nausea or dizziness
- Sweating or trembling
- Headache

**Anxiety can feel overwhelming, but it does not last forever and it is not in control. You are.**

