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### Self-care Strategies

- > Proper nutrition
- > Adequate sleep
- > Regular relaxation
- > Meditation
- > Doubt and dispute demeaning or disrespectful things you think or say about yourself
- > Talking to someone you trust might lead you to insights or answers
- > Reading self-help books (Some recommended ones are listed below.)

#### References:

Beck, A. & Emery, G. (1985). Anxiety disorders and phobias: A cognitive perspective. New York: Basic Books.

Davis, M., Eshelman, E. & McKay, M. (2000). The relaxation and stress reduction workbook. Oakland, CA: New Harbinger.

Hyman, B. & Pedrick, C. (1999). The OCD workbook. Oakland, CA: New Harbinger.

Wilson, R. (1996). Don't panic: Taking control of your anxiety attacks. New York: Harper Collins.

### Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

### **Pat Walker Health Center University Health Services**

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Accredited by  
**Accreditation Association  
for Ambulatory Health Care**

*A Member of  
the Division of Student Affairs*



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# ANXIETY



### **Counseling and Psychological Services**

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Website: [health.uark.edu/CAPS](http://health.uark.edu/CAPS)  
Accredited by

**International Association of  
Counseling Services**



Anxiety and stress represent the most common complaint for clients at Counseling & Psychological Services (CAPS) in the University of Arkansas Health Center. In the U.S. each year 13.3% of Americans suffer from an anxiety disorder.

- **Panic Disorder** involves a sudden attack of anxiety symptoms that can feel life threatening. After the first attack, a person may spend considerable time worrying about and avoiding another attack.
- **Acute or Post-Traumatic Stress** may occur when something happens that threatens a person's life or sense of well-being. The symptoms may continue long after the event has past.
- **Specific phobias** are a fear of some particular object, place, or event. Anxiety about tests, performance, and public speaking are the most common specific phobias. Fear of heights, spiders, flying, and enclosed spaces (like elevators) are some of the other examples of specific phobia.
- **Social phobia** is a powerful and persistent dread of interacting with other people. Social contact makes one vulnerable to embarrassment and/or feeling judged.
- **Generalized Anxiety** as its name implies, involves feeling generally anxious and/or worrying about everything (or nothing in particular).



### The Impact of Anxiety

**Intellectual Impact:** Decreased concentration can impair one's ability to learn. Fear and avoidance can lead to increased absenteeism from classes and small group working sessions.

**Physical Impact:** Chronic tension from persistent anxiety can reduce appetite, increase cravings for sweets, create gastrointestinal distress, and lead to muscle aches. During prolonged anxiety, the immune system does not function optimally, so individuals are more likely to develop illness or infection.

**Social Impact:** Being valued, reassured, and cared about by friends can be quite helpful in reducing anxiety; however, the nervousness shown by people with anxiety disorders can also be exhausting for friends.

**Emotional Impact:** Anxiety tends to be self-sustaining. Anxious individuals engage in pursuits intended to help them escape or avoid what they fear. When these efforts interfere with living, anxious individuals may feel loneliness, regret or shame, or depression.

**Vocational Impact:** Concentration, confidence, and persistence are often impaired during anxious episodes. People with anxiety disorders might miss work to avoid anxiety, and if they are on the job, their productivity could be low due to distraction.

### Symptoms of Anxiety

- Worries and/or nervousness
- Nausea or vomiting
- Shaking or twitching
- Rapid pulse or pounding heart
- Shortness of breath
- Tingling sensation on skin
- Clammy hands or sweating
- Chills or hot flashes
- Passing out or fainting
- Uncertainty and Doubt
- Fear or Shock
- Muscle tension or aches
- Intrusive thoughts or images
- Fatigue

Experiencing four or more of these symptoms on most days for more than two weeks may indicate the need for professional help.

Counseling & Psychological Services (CAPS) is available for consultation without an appointment. Call 575-5276 for days and times.

