



Whether you're a freshman student, who leaves family and friends behind to move into a strange town and embark on an academic journey, or a junior, who is expected to have everything figured out, being in college is anxiety-inducing. Also:

- Anxiety can happen to individuals for many reasons including genetics,
 - stressful environments,
 - social interactions,
 - other mental health disorders,
 - major life events, etc.

Common signs of anxiety disorders:

- feeling restless or on-edge,
- feeling fatigued often,
- difficulty focusing,
- irritability,
- excessive feelings of worry that are difficult to control,
- difficulty with sleeping.

PLEASE NOTE

- These are symptoms that may also occur due to other underlying health issues, therefore we recommend you talk to your doctor and/or mental health therapist about it.
- Excessive caffeine intake can also mimic or exacerbate the symptoms of anxiety.

If you feel overwhelmed and need to talk to a professional, please reach out to [NMT Counseling Center](#). Fill out the Request for Services Form available [here](#) to get started. The Counseling staff will email you within 1-2 business days. You got this!

If you feel like you're behind with coursework, please come to the [OSL](#) and get tutoring help! Our amazing tutors are here to help you get through the material.

HOW TO COPE WITH ANXIETY DISORDERS

You're right, the internet is flooded with ways to deal with anxiety. Our list of suggestions is not much different. Why? Because those things work. Give them a chance!

→ Practice mindfulness

- ◆ According to a [recent study](#), practicing mindfulness is as effective as medication, except that it's often better tolerated.
- ◆ Meditation is the most popular and some of the best meditation apps are Headspace, Calm, and Serenity.
- ◆ But mindfulness can be practiced in other ways too:
 - Contemplating the surroundings. Go for a walk and pay attention to everything around: what you see (buildings, sky, people), what sounds you hear (how fast or slow you're breathing, your feet hitting the pavement or grass, cars passing by), what you feel (the warmth of the sun, the wind).
 - Body scan. Sitting or lying down, start from your head and pay attention to any sensations in your body. Maybe some buzzing, tingling, your hands feel cold or your feet feel warm, your back itches.

→ Stay active

- ◆ Take a walk—it's easy, cheap, and you can do that mindfulness exercise described above.
- ◆ Check the NMT Bike Club: apart from lending and fixing bikes, the club organizes bike tours. Oh, and they *build* trails, too! Check their website [here](#) for more information.
- ◆ Not sure which sports to try? Check out the list of [NMT Sports Clubs](#). This can be the beginning of a beautiful (and healthy) friendship!
- ◆ Hit the gym, climb the bouldering wall, or take a dip at [NMT Recreation and Wellness Center](#). The gym is **free** for full-time students with a valid Tech ID.

Bibliography:

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"Managing Anxiety and Stress." *NMT Counseling Services at New Mexico Tech*. <https://www.nmt.edu/cds/anxiety.php>.

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