

There is a difference between feeling anxious and having an anxiety disorder. It is normal to feel nervous when facing a new or challenging experience. These feelings; however, should not disrupt your everyday activities. Feelings of excessive worry, distorted thinking, excessive perfectionism, excessive niceness, unresolved regret, and guilt are all symptoms of anxiety disorders.



## ADDITIONAL RESOURCES

### *I think I may have anxiety. What should I do?*

- **Identify triggers:** In many instances, feelings of anxiety or panic attacks can be closely linked to “triggering” experiences or situations. These can be frequent, like going to the grocery store or public speaking, or infrequent, like seeing a former abuser. Start with identifying and understanding your triggers. Pay attention to your feelings of anxiety; when they start, where you are, and how they make you feel. Identifying and addressing your triggers can be key in attacking the causes of your anxiety, rather than just managing the symptoms.
- **Calm your body:** Your mental health is linked to your physical well-being. Exercising, eating right, avoiding caffeine, and getting enough sleep will all help ease your anxiety. It can also be helpful to learn proper relaxation exercises like therapeutic breathing or yoga. WSR offers regular Saturday morning yoga sessions, and BYU’s Counseling and Psychological Services (CAPS) offers online relaxation recordings.
- **Take time for self-care:** Prioritize your mental health. It is absolutely critical that you take time out of your schedule for self-care; read a book, listen to music, write in your journal, go on a walk outside, say a prayer, talk to a friend, clean your room, take a shower, etc. Find activities that relax you and redirect your thoughts to a positive place.
- **Seek professional help:** You do not need to fight anxiety alone. BYU offers free counseling for students through Counseling and Psychological Services (CAPS) located in 1500 of the Wilkinson Student Center. You can also speak to your Bishop or church leader who can direct you to other resources. There are many different kinds of medication, counselling services, and therapy options available to address your specific challenges.

### **Resources:**

- *SilverCloud* is an online self-help program available through CAPS. It includes programs for depression, anxiety, stress, and body image and can be found through the CAPS website.
- “Like a Broken Vessel” by Elder Jeffrey R. Holland
- “Facing Anxiety” by Eric B. Murdock. New Era April 2017
- lds.org/mentalhealth includes help, resources and videos with personal experiences
- Anxiety and Depression Association of America: Understanding the Facts of Anxiety Disorders and Depression is the First Step.

BYU Counseling and  
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BYU offers free  
counseling for  
students through  
**Counseling and  
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(CAPS)** located in  
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