

Anxiety FAQs

What is Anxiety?

Anxiety is a feeling of dread about something unpleasant or threatening that might happen- even when there is no apparent reason to worry.

Who Gets It?

We all do now and then! Some degree of anxiety is natural in stressful situations and may even be helpful. Anxiety in certain situations can help you to focus, pay attention and make sure you are prepared.

When Is Anxiety Problematic?

Sometimes anxiety can become more pervasive, last longer, and interfere with your daily life.

What Are the Symptoms?

- Nervousness and tension
- Difficulty sleeping
- Loss of appetite
- Knotted stomach
- Difficulty breathing
- Dizziness
- Pounding heart
- Compulsive eating
- Trembling
- Difficulty concentrating

What Are the Possible Causes?

- Pressures from friends, family, school, or work.
- Relationship problems.
- Financial problems.
- Worries about the future.
- Feelings that are difficult to understand, cope with or seem unacceptable.

What Are Some Things You Can Do?

- Talk about it ^[1] with those involved.
- Learn and practice relaxing ^[2] (try the Anxiety and Stress Management training session ^[3]).
- Plan some change of pace such as getting away for the weekend.
- Exercise ^[4].
- Avoid taking on too much! You don't have to be a "superperson."

- Try practicing mindfulness. Interested, but not sure how to get started? CAPS hosts several [mindfulness groups](#) [5] each semester, or you can email RRRprograms@unc.edu [6] to obtain information about a Mindfulness 101 workshop. Mindfulness 101 is a one-time, one-hour workshop that will help you learn about and practice mindfulness meditation.

What Are Some Available Resources for Help?

- [Seek support](#) [7] from friends or your R.A. (resident advisor in the residence halls).
- Come into [Counseling and Psychological Services](#) [8]. No appointment needed for first time visits.
- Learn more about [anxiety management](#) [3] skills.
- Request a stress management or mindfulness program from student wellness for your student organization, friends, or residence hall. You can find more information about [requesting a program from Student Wellness](#) here [9].

Source URL: <https://caps.unc.edu/self-help/stress-and-anxiety/anxiety-faqs>

Links

[1] <https://caps.unc.edu/self-help/relationships/effective-communication>

[2] <https://caps.unc.edu/self-help/stress-and-anxiety/relax-those-muscles>

[3] <https://caps.unc.edu/self-help/stress-and-anxiety/anxiety-management>

[4] <http://campushealth.unc.edu/node/305>

[5] <https://caps.unc.edu/services/counseling-and-psychological-services/group-therapy/mindfulness-and-meditation>

[6] <mailto:RRRprograms@unc.edu?subject=Mindfulness%20101>

[7] <https://caps.unc.edu/self-help/academic-success/study-skills-college/getting-support-friends-family-and-university>

[8] <https://caps.unc.edu/node/19>

[9] <https://studentwellness.unc.edu/resources/request-program>