

# STRESS STATISTICS/FACTS

## POSITIVE

- 40 million American adults report having an anxiety disorder.
- Only one-third of adults receive treatment for anxiety.
- 20% of college students say they feel stressed “most of the time.”

## NEGATIVE

- Anxiety is highly treatable.
- Stress can be successfully managed.
- The counseling center can help with anxiety and stress management, even if it is not a mental illness.

## SOURCES

<sup>1</sup>Best Colleges  
<http://www.bestcolleges.com/resources/balancing-stress>

<sup>2</sup>Anxiety and Depression Association of America  
<http://www.adaa.org/understanding-anxiety>

<sup>3</sup>Learn Psychology  
<http://www.learnpsychology.org/student-stress-anxiety-guide/>

WELLNESS FOR LIFE

## ABOUT US

Donnelly College Counseling Center specializes in offering professional counseling services to Donnelly College students. The Center is staffed by mental health care professionals such as Licensed Professional Counselors, Licensed Clinical Social Workers and mental health counseling graduate students under direct clinical supervision.

## CONTACT US

The Counseling Center is located on the 7th floor of the main building in room 710.

### FALL/SPRING HOURS

Monday – Friday  
8:30 a.m. – 4:30 p.m.

### SUMMER HOURS

Monday – Thursday  
8:00 a.m. – 5:00 p.m.

### APPOINTMENTS

If you wish to make an appointment, call 913-621-8781 or email [counseling@donnelly.edu](mailto:counseling@donnelly.edu).

### VISIT OUR WEBSITE FOR:

Information about our services, links to helpful resources and information, anonymous online mental health screenings and more.

[www.donnelly.edu/counseling](http://www.donnelly.edu/counseling)

# STRESS AND ANXIETY IN TEENS AND COLLEGE STUDENTS



## DONNELLY COLLEGE

608 N. 18th St. Kansas City, KS 66102 | [donnelly.edu](http://donnelly.edu) | 913.621.8700

The College is accredited by The Higher Learning Commission and a member of the North Central Association, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604-1411; (800) 621-7440; [www.ncahlc.org](http://www.ncahlc.org). Donnelly College maintains an open and welcoming environment, and does not discriminate on the basis of a person's sex, race, color, creed, religion, age, national origin, ancestry or disability.

[donnelly.edu/counseling](http://donnelly.edu/counseling)

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**COLLEGE CAN BE A SCARY TIME FOR STUDENTS.** There are new pressures and expectations that might not have been there in high school. Many students report feeling stressed or anxious while in college.

### **WHAT IS STRESS?**

Stress is a feeling of emotion or physical tension that can come from any event or thought that makes you feel frustrated, angry or nervous.<sup>1</sup> Stress is caused by a release of two hormones in your body, epinephrine and cortisol. These hormones help you feel awake and aware with a burst of energy to get you through the stressful situation. Stress can be positive and help you address challenges, but stress can also become more negative when it is unmanageable.

### **WHAT CAUSES STRESS?**

Everyone has different levels of stress and different triggers for what makes them feel stressed. College students may feel stressed due to exams, homework, living away from home, commuting, balancing school and work, balancing family obligations and engaging in romantic relationships.

### **WHAT DOES STRESS LOOK LIKE?**

Due to the change in hormone levels, stress can cause physical reactions. Stress may cause sweating, increased heart rate, increased blood pressure, muscle tension, headaches, stomach aches and fatigue. Stress also has emotional consequences such as irritability, helplessness or unhappiness.

### **HOW DO PEOPLE COPE WITH STRESS?**

Some individuals may eat a lot or stop eating when they are stressed. Others may turn to drugs and alcohol to cope. Some students will pull “all-nighters” to try and get things done. These are examples of unhealthy ways of coping. When individuals cope this way they may experience memory loss, loss of concentration or a negative outlook on life.

### **WHAT IS ANXIETY?**

Anxiety is typically when an individual is worried about something. Anxiety is not always a bad thing. It can help you stay alert and aware of potential threats. If your body feels threatened or nervous, it becomes anxious to help address the threat.

### **WHEN IS ANXIETY TOO MUCH?**

It is normal to worry about homework assignments or getting to work on time. It becomes unmanageable when the anxiety and stress begin to rule your life. Anxiety may have reached a high level if you are avoiding things you normally used to enjoy out of fear or worry, or if you start to experience panic attacks. If you spend the majority of your time worrying, anxiety may have reached too high of a level.

### **WHAT SHOULD I DO IF STRESS OR ANXIETY BECOMES OVERWHELMING?**

Sometimes it is difficult to tell the difference between stress and a mental illness. The counseling center can help. At Donnelly College, students, staff and faculty can receive services from the Counseling Center for free. If more specialized services are needed or services off campus are desired, referrals can be made. Consultations are also available for those wanting more information about counseling services. Contact the Center for more details at 913-621-8781 or visit donnelly.edu/counseling to request an appointment online.

### **WHAT DOES TREATMENT LOOK LIKE?**

The good news is that treatment is available for stress and anxiety. The first step toward getting treatment is to speak to a doctor or mental health provider. He or she can help determine if you have a mental health condition due to stress or anxiety and what types of treatment could be effective for you. Treatment options can include psychotherapy (or talk therapy), medications or a combination of both. The Counseling Center staff specializes in psychotherapy, which are confidential conversations with a counselor.

### **HOW CAN I HELP MANAGE MY STRESS AND ANXIETY LEVELS?**

Stress is inevitable, but it should not control your life. Self-care activities can help you manage stress. You may like to ride your bike, read a book or go for a walk. Hobbies are great ways to engage in self-care and recharge. Getting a good night sleep and maintaining a balance diet also helps with stress and anxiety.

### **CAN I AVOID STRESS?**

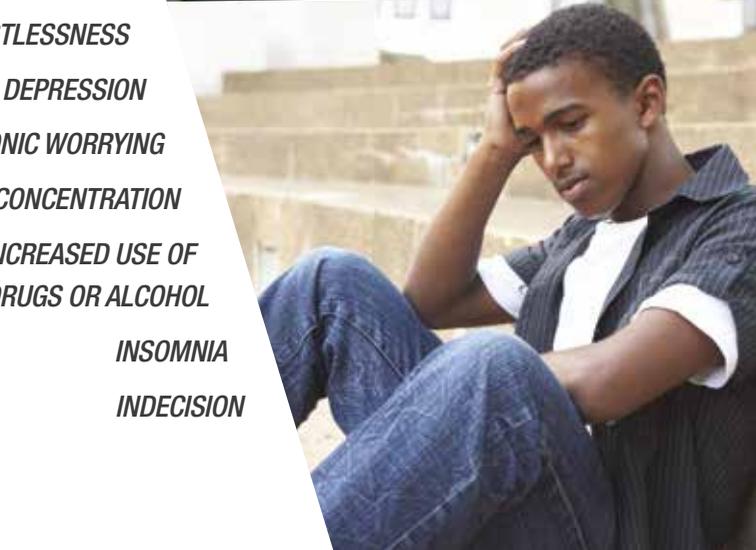
It can be difficult to avoid stress completely; however, there are techniques to help you reduce stress in your life. It is important to know your limitations. Sometimes you may feel pulled in a million directions. Being able to say no will help you stay mentally healthy. It can also be helpful to have a support system through positive relationships with family and friends. Taking care of yourself physically and emotionally will result in less stress when it does arise.

### **HOW CAN I HELP A FRIEND WHO IS ANXIOUS OR STRESSED?**

Let your friend know that he or she is not alone and that you are there for support. Gently encourage your friend to seek treatment and offer understanding and patience. Share resources with your friend such as the Counseling Center website. If your friend mentions wanting to harm themselves or others, reach out to a trusted adult or the Counseling Center.

### **YOU ARE NOT ALONE.**

Resources and treatment are available for concerns related to stress and anxiety. You do not have to suffer in silence. Reaching out can be the most difficult step, but getting help for stress management and anxiety can help improve your mood, relationships and school performance.



### **SYMPTOMS OF STRESS**

- FATIGUE**
- HEADACHES**
- DIGESTIVE ISSUES**
- IRRITABILITY**
- RESTLESSNESS**
- DEPRESSION**
- CHRONIC WORRYING**
- IMPAIRED CONCENTRATION**
- NEW/INCREASED USE OF DRUGS OR ALCOHOL**
- INSOMNIA**
- INDECISION**