

4 Tip to Manage Anxiety and Depression On Campus



When the pressure begins to feel too overwhelming, find an outlet for stress.

Anxiety can be caused by various stressors on campus. From the academic pressure to succeed to social pressure to "fit in," there will be times that stress and pressure can feel overwhelming. When that happens, try to find hobbies like exercise or meditation that can become a healthy outlet to release stress.



Don't be afraid to make new connections.

Typical signs of depression can include isolation and a lack of energy to socialize. Finding ways to make connections with others on and off campus can be helpful. Don't be afraid to unplug from technology and try out different campus organizations and activities to find connections among like-minded people. If you feel overwhelmed with anxious or depressive thoughts/feelings, reach out to a campus counselor or mental health clinic for professional help.



Make time to add self-care techniques to your routine.

When you are feeling overwhelmed with personal or academic responsibilities, it can be easy to experience burnout. If not addressed, burnout can lead to extreme anxiety or depression. If you are beginning to feel early signs of burnout, now would be a good time to begin to practice and include self-care activities to your routine.



Set realistic expectations.

The main sign of anxiety is feeling an extreme amount of stress or pressure. Stress can often be relieved by being more honest and realistic with yourself and others about certain expectations. It is ok to say *no*, or *I need more time* or *I need help*. Don't be scared to be realistic with yourself and advocate for what you need.



Check out these helpful resources to learn more about anxiety and depression in [Teens & College Students](#). For more information, visit www.adaa.org