Anxiety Among College Students
May 17, 2021, by Lily Marvin

If you've ever felt anxious about something, chances are you aren't alone. Actually, you are definitely not alone in experiencing anxiety. Anxiety is one of the highest mental health issues among college students. According to the National Institute of Mental Health, 75% of all individuals with an anxiety disorder will experience symptoms before age 22, as cited in the ADAA Report.

Contributing Factors

There are many factors that contribute to students feeling anxious while at school. Some of these factors are lack of sleep, loneliness and academic factors. Lack of sleep could be caused by drinking caffeine too close to sleep, staying up late or pulling all-nighters working on assignments/ projects. Going from the support system of friends and family at home to college is hard for some students and some struggle to make friends faster than others. A survey through the Healthy Mind Networks, revealed that two-thirds of college students are struggling with loneliness and feeling isolated. Having a heavy workload can have a huge impact on anxiety in students as they rush to meet deadlines and keep up with all the course work.

Ways to Cope with Anxiety on Campus

Many students aren't willing to seek the help they need on campus. Most colleges have resources available on their campuses to help students with mental health issues and help them find a support system. "Lingering stigmas may contribute to the small percentages of students who took advantage of counseling this year." In the United States, there is such a stigma around mental health, and it isn't nearly talked about as much as it should be. The high stigma associated with mental health is one of the main factor's students don't want to utilize the resources available to them on their campus. The COVID-19 pandemic has highlighted a lot of mental health issues among college students and has brought out a whole new plethora of issues. "The fall 2020 survey data revealed a significant "treatment gap," meaning that many students who screen positive for depression or anxiety are not receiving mental health services. This is one of the biggest issues and it needs to change. "Often students will only seek help when they find themselves in a mental health crisis, requiring more urgent resources," this is one of the biggest issues and questions among college counselors. The question raised by this is how the school can

do more to make students go to counseling before the issues get too big and the student requires more help.

These are three solutions that students can take to deal with their anxiety on campus:

- **Practice self- care.** When a student is feeling anxious, it may be hard for them to maintain a healthy lifestyle. If one practices self-care it can help to cope with the anxiety caused by school. For example, you could start to establish a routine for yourself devoted to making sure you get enough sleep and keep good hygiene.
- **Find resources on campus.** There are many resources offered on college campuses to help students. If you feel that you need someone to talk to, then you should find what resources are available to you and find the one that would benefit you the most.

Don't avoid things. It is extremely easy to want to stay in bed all day if you are feeling anxious or to skip a class to work on an assignment. Don't do these things. Instead, reach out to your professor if you are struggling with the assignments or just with any questions you may have.