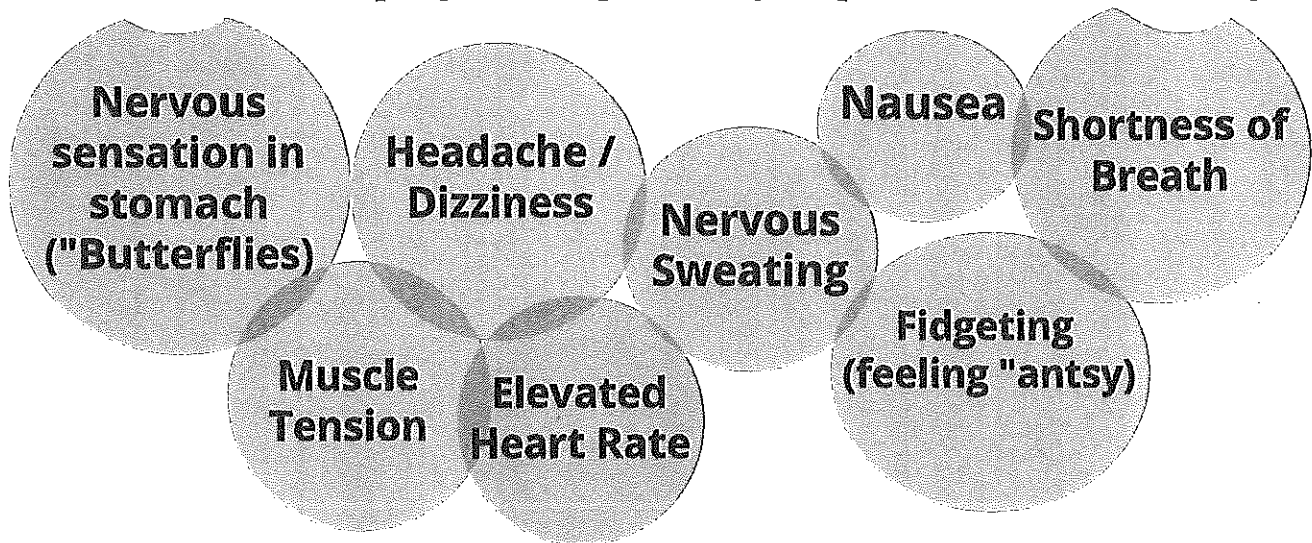


Managing Physical Symptoms of Academic Anxiety

What are the physiological symptoms of Anxiety?



Tips for managing Symptoms

Progressive Muscle Relaxation
Squeeze different muscle groups for 15 seconds at a time, then release the tension, and notice how your muscles feel as you relax.

Deep Breathing

Take a deep breath in, focusing on breathing into your abdomen, hold it for 3 seconds, then slowly exhale

Positive Imagery

Close your eyes and picture a place that makes you feel calm and peaceful. Add details to the setting (what do you see, hear, feel, smell?). Take a few moments to breath and feel calm before opening your eyes.

For Additional Resources visit
sites.bsu.edu/aarc

academic anxiety
resource center