

Anxiety Disorders

Signs and symptoms:

EMOTIONAL SYMPTOMS

- Feelings of apprehension or dread.
- Feeling tense or jumpy.
- Restlessness or irritability.
- Anticipating the worst and being watchful for signs of danger.

PHYSICAL SIGNS

- Pounding or racing heart and shortness of breath.
- Sweating, tremors and twitches.
- Headaches, fatigue and insomnia.
- Upset stomach, frequent urination and diarrhea.

What student-athletes can do:

- Recognize signs and symptoms and seek help from a licensed mental health provider.
- Actively participate in your treatment and develop a plan that works for you.
- Be mindful of triggers and stressors that can impact your anxiety.
- Practice daily self-care; this includes

