

Firstly

I might not get a good score on the exam

Other people might think I am weird

I might not be successful in the future

The research might not go well

I might encounter a disaster or a traffic accident

We feel anxious in our daily life, and these anxieties may include: “What if...?” or “What if it doesn’t go well...,” or for past issues, “It might have been like...,” or “I might have acted weird.”

To relieve these anxieties, we prepare for exams and do assignments, listen to seniors’ experiences, ask for advice, or change our behavior.

However, when we are very anxious, we feel that we cannot cope with issues, and we block things that make us nervous or maintain a distance from those things.

Let’s think together about anxiety and how to cope with them.

Would you like to talk for a moment?

Talking to someone about even the smallest things, such as what you are feeling anxious about, may help you feel relaxed and give you new ideas.

On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

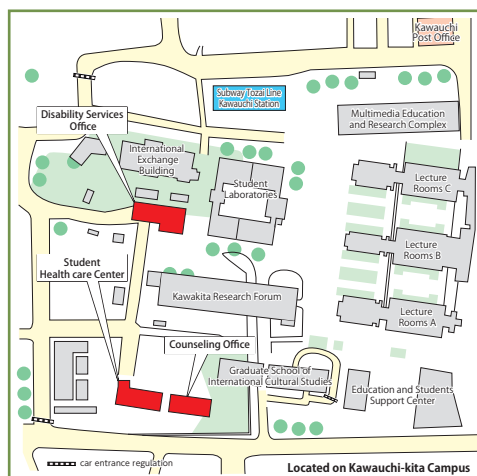
Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>



EMPOWERMENT Series③

Facing your Anxieties

hints to overcome your anxiety

Center for Counseling and Disability Services
Tohoku University

What anxieties do university students have?

Students tend to have various types of anxieties during campus life. These include:

- (1) Worries about living such as living alone and part-time jobs
- (2) Worries about interpersonal relationships
- (3) Worries about exams, reports, and research
- (4) Worries about future careers
- (5) Worries about natural disasters or incidents/accidents

It is natural to feel anxious because one may experience many things for the first time as a university student.

What are the effects of anxiety?

When one is not able to cope with anxiety or have multiple events that one will be anxious about, it may lead to mental health problems listed below, which may differ among individuals. It is important to cope with these anxieties while it is still small, because it may lead to anxiety disorders and other mental health problems.

related mental health problems

- ✓ Racing heartbeat, trembling, rapid breathing, and a blank mind. >>> **panic disorder**
- ✓ Experiencing strong reactions to stimuli such as noise, avoiding specific places or things, or having flashbacks after experiencing a disaster or suffering harm. >>> **PTSD**
- ✓ Feeling scared of being contaminated or forgetting to lock the door, and repeating actions to erase those thoughts. >>> **obsessive-compulsive disorder**
- ✓ Refusing food or overeating because anxious of body shape. >>> **eating disorder**



How to deal with anxiety

Here are some methods for coping with anxiety.

◇ Recognizing what anxiety is telling you

Anxiety is a sensor notifying you to avoid undesirable situations or to trigger coping behaviors by awakening your mind and body. You may be able to identify your problems and you may be able to develop by dealing with your concerns.

◇ Write your situations, organize and analyze

Write situations where you would feel anxious. You may be able to calm down or discover unexpected things by objectively perceiving these situations.

Then, write as many coping methods as possible for each anxious situation you described. Try them one by one, starting with the one that may seem the most effective. If you cannot think of any coping methods, try consulting someone you trust or a specialist. New ideas may be discovered.

◇ Recognize factors that increase anxiety

Reflect and see if there are any patterns or tendencies in how you become anxious. Past experiences and personality traits, such as perfectionism, may affect the type and intensity of your anxiety. Consulting a specialist when you do so is recommended.

◇ Maintain and recover your original coping ability

It is essential to maintain and recover your original coping ability. When doing so, put your problems aside, rest, enjoy your hobbies, exercise lightly by walking, and care for your mind and body.

In summary

In general, anxiety does not excessively increase if you are able to feel that “things will work out.” It helps to prepare different coping methods by trying them out when you have room in your mind. Feel free to contact the on-campus counseling services whenever you want to learn about concrete coping strategies for your situations.