

## Anxiety Disorders

Many people experience anxiety, including students who are here at Carroll. However, when anxiety becomes overwhelming and persistent, occurs with no warning, interferes with daily living and lasts for 6 months or more, the student should seek professional help from a counselor. Most anxiety disorders are very treatable with psychotherapy, medication or a combination of both. Many people who have a diagnosable disorder don't seek help because they feel that they don't have a legitimate illness or they fear the reaction of family and friends. Sometimes people many have been dealing with their anxiety disorder for so long they think that is just how they are.

All anxiety disorders are characterized by excessive or unrealistic worry or nervousness that won't go away. The Diagnostic and Statistic Manual of Mental Disorders (DSM-IV) lists the following anxiety disorders:

**Generalized Anxiety Disorder:** Symptoms may include sleep disruption, problems concentrating, restlessness, muscle tension, and feeling on edge. Symptoms need to be present for at least 6 months.

**Panic Disorder:** Symptoms are very physical, ie., heart palpitations, sweating, chest pain, choking, or inability to breathe, fear of dying, nausea, gastrointestinal distress. These symptoms often occur "out of the blue".

**Social Anxiety Disorder:** A student who suffers from social anxiety may experience extreme discomfort at the thought of being in a social setting. They may fear being judged by others. Students may start to avoid social situations.

**Obsessive-Compulsive Disorder:** Symptoms are recurring obsessive thoughts, impulses, or images that cause anxiety. These are different from excessive worries about real life concerns.

If you are experiencing these symptoms, help is available at the Walter Young Center. Call 262-524-7335 to schedule an appointment with a counselor. An untreated disorder can sabotage your college experience on a number of levels. Help is out there!