

ANXIETY: UNDERSTANDING & COPING

1 WHAT IS ANXIETY?



Anxiety is our body's natural response to perceived threats. It helps us stay alert and safe.

However, when it occurs too often or becomes overwhelming, it can interfere with daily life.

COMMON CAUSES

- Academic pressure
- Exams and deadlines
- Social expectations
 - Family problems
 - Past negative experiences
- Uncertainty and future worries

4 SYMPTOMS

PHYSICAL SYMPTOMS

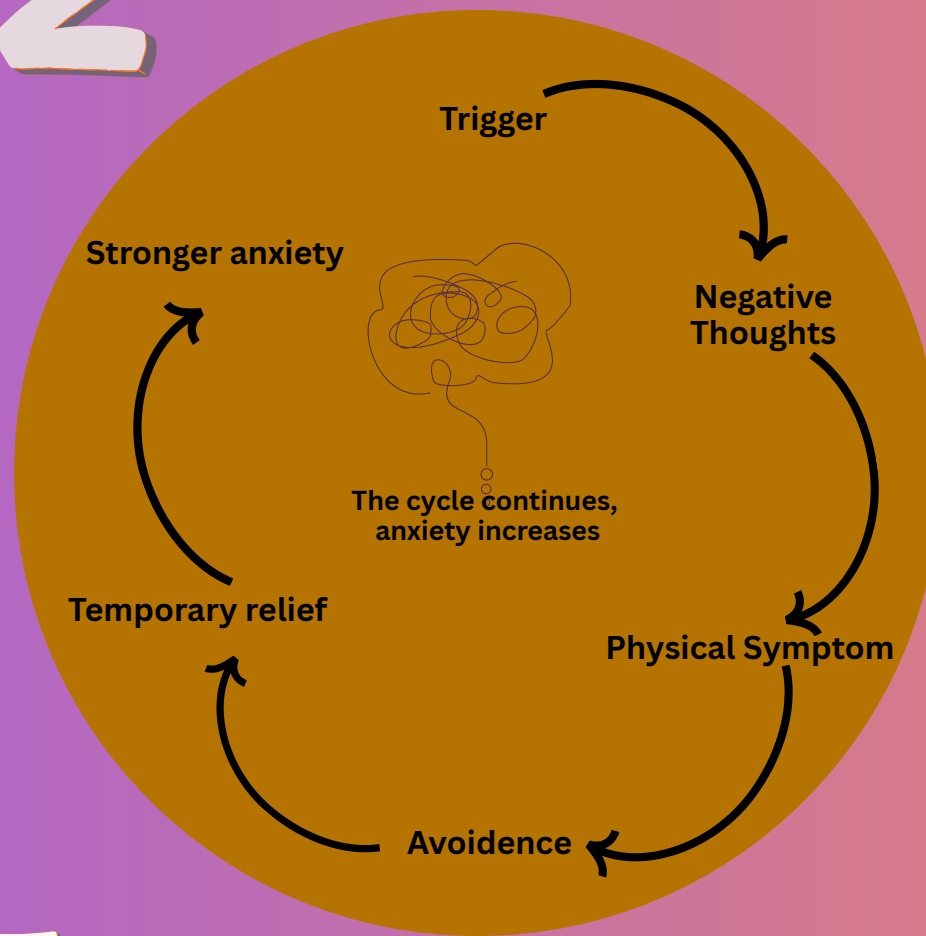
-  Racing heartbeat
-  Shortness of breath
-  Stomach discomfort
-  Headaches
-  Muscle tension
-  Sweating

PSYCHOLOGICAL SYMPTOMS

-  Persistent worry
-  Difficulty concentrating
-  Negative thoughts
-  Irritability
-  Restlessness
-  Feeling of hopelessness

If these symptoms last long, don't hesitate to seek help

2 ANXIETY CYCLE



5 SURVEY RESULTS

56 participants
67.9% university students
75% Female

Intense exam anxiety



Nearly 1 in 2 students experience intense anxiety during exams.

Preparation week peak



1/3 of students feel their anxiety levels peak during the preparation week

The Procrastination Trap



Anxiety leads to avoidance and procrastination for almost half of the participants.

Management Struggles



66% of students identify poor time or stress management as a primary anxiety trigger.

Awareness Gap



More than half of the students are unaware of free psychological support resources.

7 SOCIAL AWARENESS & CONNECTION

You are not alone!



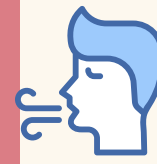
Create awareness, talk about it, support each other.

FOLLOW US

@mentalwell.being.tr



3 COPING STRATEGIES



DEEP BREATHING

Breathe in slowly, breathe out. Repeat. Calm your body and mind.



QUALITY SLEEP

Get enough rest. A good sleep reduces anxiety.



MINDFULNESS

Stay in the present. Observe your thoughts without judgment.



PHYSICAL ACTIVITY

Exercise regularly. It boosts your mood and reduces stress.



STUDY SCHEDULING

Pomodoro technique, realistic goals, no all-nighters



Small steps every day create a big change.

6 PROFESSIONAL SUPPORT



MENTAL HEALTH SERVICES (MHRs)

You can make an appointment through the MHRs mobile app or the Alo 182 hotline to get support from a mental health professional.



PSYCHOLOGIST
PSYCHIATRIST



SCHOOL COUNSELING SERVICES

Our school counselors are here for you anytime. Your privacy is respected and you are not alone.



Scan the QR code to reach out to GSB counseling services and get professional support.



Scan the QR code to book a session with the school counseling service.

Asking for help is a sign of strength, not weakness.