



How to cope with anxiety in college:

According to the American College Health Association, around 63% of college students are faced with crippling anxiety. This number only goes up as students get older and take on more responsibilities. It is important to learn how to cope in healthy ways at a young age in order to have strong mental health in the future.

exercise

exercise has been proven to reduce anxiety levels

How do you cope with anxiety?

"Something that I like to do to take away some stress is to go to the gym. It helps me clear my mind." Janie Mahaffy, KU sophomore



journaling

journaling helps with prioritization which in turn reduces anxiety

"I meditate when I feel anxious. It helps me center myself and my mind in order to meet deadlines." Lindsay Hylan, KU sophomore



music

use music as a tool to relax and focus

"Normally I like to hangout with my friends when I feel anxious. If the weather is nice we will go outside because the sun boosts my mood." Maggie Grams, KU sophomore



accept the anxiety

anxiety does not stop after college and we must accept that

"My art is my form of relaxation when it comes to anxiety. It's a quick way to release my energy and make something other people enjoy at the same time!" Myldred Lawyer, KU sophomore



We have to learn to move through life despite our fears because each day will always bring new obstacles.