



## CIF Student Health and Wellness



### Understanding Anxiety Related Conditions

Anxiety disorders are the most common mental health issue in the United States. By understanding that anxiety is common and treatable, student-athletes can better manage its impact on their health and performance.

#### **Signs and Symptoms**

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Expecting the worst or believing that a decision will lead to the worst outcome (“Catastrophizing”)

#### **Physical Signs**

- Pounding or racing heart, shortness of breath
- Sweating, tremors, shaking
- Headaches, fatigue, insomnia
- Upset stomach, diarrhea, frequent urge to urinate

#### **What student-athletes can do:**

- Recognize signs and symptoms and seek help from a medical provider or licensed mental health provider\* or talk with your school counselor
- Actively participate in your treatment to develop a plan that works for you
- Be aware of triggers and stressors that can impact your anxiety
- Take care of yourself; this includes getting sufficient and restful sleep, eating healthy, and participating in an appropriate amount of exercise
- Avoid drugs and alcohol, which can make your symptoms much worse.

#### **What families, teammates, coaches, and school staff can do:**

- Recognize signs and symptoms
- Seek support from the school counselor and help facilitate a connection with the student-athlete
- Be aware of local resources and providers

\*A Licensed mental-health care provider is a provider with a degree/license of MD/DO, Psy.D., Ph.D., LCSW, LMFT