

## Anxiety

**You're not alone in feeling anxious.** Anxiety is one of the most common emotional struggles—especially during times of change, stress or pressure, like university life. These tools are designed to help you understand your anxiety and find ways to calm your body and mind when things feel overwhelming.

### **Information Guides**

#### [Understanding and Coping with Panic](#)

Explore what panic attacks feel like, why they happen and how to manage them using grounding and calming techniques.

#### [What is Social Anxiety Disorder?](#)

Read insights into social anxiety, its symptoms and approaches to managing fear in social situations.

#### [Anxiety Coping Flashcards](#)

Quick, portable strategies you can refer to when you're feeling anxious, designed to help ground and calm your mind.

#### [Freeze, Appease, Flight or Fight](#)

Find out about the body's natural stress responses and identify how you personally react in anxiety-inducing situations.

### **Article**

#### [Understanding and Managing Anxiety at University](#)

Practical tips tailored to student life, focusing on how to handle academic, social and life pressures.

### **Book**

#### *The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness*

by Jan E. Fleming; Nancy L. Kocovski; Zindel V. Segal (Foreword by)

A step-by-step guide using mindfulness and Acceptance and Commitment Therapy (ACT) to reduce anxiety in social situations.

### **Video**

#### [A Declassified Guide to Anxiety](#)

Breaks down what anxiety really is, its triggers and ways to cope

#### [CBT Self Help for Anxiety](#)

Not sure how to manage your anxiety? These easy-to-use exercises help you unpack your thoughts and find a calmer way forward.