

# Anxiety Disorders

Anxiety disorders are the most common mental health issues in the United States. Data from national surveys show that more than 30 percent of student-athletes have experienced overwhelming anxiety. By understanding that anxiety is common and by addressing it, student-athletes can better manage anxiety and its impact on their health and performance.



## Signs and symptoms:

### EMOTIONAL SYMPTOMS

- Feelings of apprehension or dread.
- Feeling tense or jumpy.
- Restlessness or irritability.
- Anticipating the worst and being watchful for signs of danger.

### PHYSICAL SIGNS

- Pounding or racing heart and shortness of breath.
- Sweating, tremors and twitches.
- Headaches, fatigue and insomnia.
- Upset stomach, frequent urination and diarrhea.



## What student-athletes can do:

- Recognize signs and symptoms and seek help from a licensed mental health provider.
- Actively participate in your treatment and develop a plan that works for you.
- Be mindful of triggers and stressors that can impact your anxiety.
- Practice daily self-care; this includes getting restful sleep, effectively managing stressful situations and addressing symptoms of anxiety.

*Content courtesy of NAMI.*



## What athletics department staff can do:

- Recognize signs and symptoms of anxiety.
- Work with campus partners to provide access to licensed mental health providers.
- Be mindful of triggers and stressors that can impact a student-athlete's anxiety.
- Know your athletic department's written mental health referral protocols.

