



## LASSI Worksheet: Anxiety (ANX)

Name:

### Anxiety: The Root Problem

- Anxiety stems from environmental and external factors.
- The academic environment alone can add a variety of anxiety-inducing experiences on top of the stress of students' personal lives. From managing our time, preparing for an upcoming quiz, to questioning our own abilities and intelligence, there can be many sources of anxiety.
- While anxiety can be a motivating force to study hard, it can be disabling as well, affecting our performance in school.

**Identify:** Make a list of things that cause anxiety for you.

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### Things to remember:

- You are NOT the only person feeling this way. Anxiety has a way of making us feel alone.
- Set yourself up for success!
  - Get plenty of rest and water; schedule "self-care" days to help you rejuvenate after stressful weeks.
  - Exercise at least 3x a week as both a healthy lifestyle and as an outlet for stress.
  - Eat well-balanced meals.
  - Limit alcohol, caffeine or other substances, which can aggravate anxiety and trigger panic attacks.
  - Take deep breaths. When it feels too stressful focus on the short horizons.
- Sometimes talking to someone else will help. Sac State offers counseling services that are included in your tuition! Take advantage of this!
- Make taking care of yourself a priority and the rest will follow. (See last page for detail)

**Exercise:** *Challenge your anxious thoughts.* Anxiety can be a *healthy emotion*, forcing us to focus on our problems, and work hard to solve them. But sometimes, anxiety grows out of control, and disables us instead. When this happens, irrational thoughts often play a role.

In this exercise, we will practice catching our irrational thoughts, and replacing them with rational alternatives. With enough practice, this will become a natural process that can help you manage anxiety.

**Describe a common situation that triggers your anxiety in school. (i.e. taking exams, being in lab, perfectionism, feelings of incompetence, meeting new people, etc.)**

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Anxiety is distracting, causing us to overestimate the likelihood of something going wrong, and imagine the potential consequences as worse than they really are. Sometimes, just taking a moment to think about these facts can help us recognize our irrational thoughts.

**Imagine you are faced with the anxiety-producing situation you described. Describe the:**

Worst outcome:
Best outcome:
Likely outcome:

**Imagine the worst outcome comes true. Would it still matter:**

1 week from now?
1 month from now?
1 year from now?

Usually, anxious thoughts focus on the worst possible outcomes, even when they aren't likely. For example, a person who is nervous about a test might think: "I am going to forget everything and fail this class. I'll never live it down". As an outside observer, we know that an alternate, more rational thought might be: "I studied a lot so I'll do my best, and even if I don't do well on this test, I will use this experience as a stepping stone to learn and improve for future exams. There are still many opportunities and resources for me to receive enough points to do well in this class."

**Using your own "worst outcome" and "likely outcome" from above, describe your:**

Irrational thought:
Rational thought:

**Practice:** For the next two weeks, whenever you find yourself in an anxiety-inducing situation, try to ask yourself the above questions. Remember, anxiety distorts our thinking, making us fear the possibility of the worst. Realize that you can turn irrational thoughts into rational, positive ones by looking at them critically from an outside perspective.

**Reflection:** After two weeks, think about how this exercise was or wasn't effective, and how it could be improved in the future. Write down your revised action plan.

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## **On-Campus Resources**

### **Financial Aid & Scholarships Services**

(916) 278-1000 | [www.csus.edu/faid](http://www.csus.edu/faid)

Financial Aid and Scholarships Services guides students and their families through the financial aid application and awarding process. The first step for everyone is to complete the FAFSA or the DREAM Act application each year. Scholarships are also available through various campus departments, community organizations and the Institutional Scholarship program. (finaid@csus.edu)

### **Peer Academic Resource Center (PARC)**

(916) 278-6010 | [www.csus.edu/parc](http://www.csus.edu/parc)

Tutoring in the Peer and Academic Resource Center is provided on-line via zoom during the COVID-19 Pandemic for the rest of the semester. Students can make an appointment on PARC's website or by emailing PARC to [parc-01@csus.edu](mailto:parc-01@csus.edu). PARC provides academic support services including one unit supplemental instruction courses for challenging General Education classes (such as Biology, Chemistry, Economics, History, Criminal Justice, Psychology, Computer Science and Government). In addition, Peer Mentors provide academic review and test preparation sessions, advising and tutoring sessions.

### **Services to Students with Disabilities (SSWD)**

(916) 278-6955 | <https://www.csus.edu/sswd/>

Services to Students with Disabilities provides accommodations for students to ensure there is an equal opportunity to succeed. Students can complete an application and then submit documentation to see if they qualify for extra exam time or other services. SSWD now offers virtual drop-in hours on Tuesdays, Wednesdays, and Thursdays.

**Professor Office Hours**

Refer to your syllabi.

Going to a professor's virtual office hours allows you to ask questions for clarification and added detail about class content. You also will have the opportunity to learn about your professor's career and research and develop a relationship with them through the duration of the course.

**Student Health Services & Counseling Services (SHCS)**

(916) 278-6461 | <https://www.csus.edu/student-life/health-counseling/>

SHCS is your campus resource for health and wellness services. SHCS provides quality care including urgent care, primary care, pharmacy, preventative services, wellness education, violence support services and mental health services to the Sacramento State campus

community. SHCS is open and still offering **most services**, both virtually and in-person. It is strongly recommend that students call first before coming in, so SHCS can determine whether they can be seen virtually or need to be seen in person.

**The WELL**

(916) 278-9355 | [thewellatsacstate.com](http://thewellatsacstate.com)

The WELL is offering virtual programs and services that will take center stage as the focus of recreation and fitness opportunities Fall 2020 semester. There is a variety of fitness class options, recreational therapy programs, climbing workshops, activities, contests and more. All virtual program opportunities are offered at no charge to currently enrolled Sac State students. The Sacramento State Campus Recreation program



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### Other Helpful Resources:

**How to deal with test anxiety, take notes and be a successful college student:**

<https://tinyurl.com/yy3e26k2>

**Eat healthy with these 40 easy recipes for college students:**

<https://tinyurl.com/40-healthy>

**Video: How to deal with stressful situations through guided meditation:**

<https://tinyurl.com/G-meditation>

**Video: Test Anxiety - How to Take On Your Exams Without Stress:**

[Tinyurl.com/ydx47zi2](https://tinyurl.com/ydx47zi2)

**Explore and Reflect:** Pick at least 2 of the resources and links above and on the previous page, and check them out. Write about your reaction and experience with these resources and/or links. Which ones did you find most helpful? Why or why not?

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**Plan:** Now go back to the list you made on the first page and for each item be sure to include a “rational thought” for each time that you could use to combat the anxiety inducing irrational thought.

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