

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.

Information from:

http://www.ncaa.org/sites/default/files/2018SSI_Anxiety_Disorders_Fact%20Sheet_20180601.pdf