

Lessons in a Bag- Anxiety

What is Anxiety?

Link: [What is Anxiety? - Bing video](#)

The 5 most common anxiety disorders:

1. Generalized anxiety disorder
2. Obsessive Compulsive disorder (OCD)
3. Panic disorder
4. Post-traumatic stress disorder (PTSD)
5. Social Phobia (AKA Social Anxiety)

How do I know that I have an anxiety disorder?

Link: [🔗 How Do You Know If You Have Anxiety? - Simple Test - by Dr Sam Robbins - Bing video](#)

- Professionals who can diagnose will diagnose if the patient/client experiences symptoms for six months on a daily (or close to daily) basis, and the symptoms interfere with the client's day-to-day life.

Discussion Questions with class:

1. Do you believe that you experience any types of anxiety that are featured in the video? Why or why not?
2. What's the most frequent cause of your anxiety? What do you experience when feeling anxious about this cause?
3. Would you say that your anxiety is MORE emotional or physical? How do you know?
4. Is there anyone that you feel comfortable opening up to about your anxiety? If not, why do you think that this is?

How do I Cope with My Anxiety?

Coping with anxiety is completely unique to the individual, and there are countless ways to incorporate your unique coping skills into your daily life. For this lesson, we are going to explore what coping skills work for you and explore what you currently do to help yourself and your mental health.

Link: [Self-Care in College - Bing video](#)

DISCUSSION: What do you currently do for self-care and how frequently do you incorporate them into your day?

Student Counseling Resource:

Student Counseling Services provides free, short-term in-person counseling for our currently enrolled YSU students. Consultations, referral services, and outreach programs are also provided for the YSU community.

For appointments, please call 330 941 3737. If you have a mental health emergency or crisis during non-business hours call 330-941-3737 and after the brief message press 1 to speak with a mental health professional.

On the rare occasion that you are receiving telehealth services. Please note: Telehealth services MAY NOT be provided to anyone across the Ohio border or in international jurisdictions due to licensing laws. You must be physically located in Ohio, have access to a device for video conferencing, and privacy to talk.