



College Park High School Student Health and Wellness

Understanding Anxiety Related Conditions

Anxiety disorders are the most common mental health issue in the United States. By understanding that anxiety is common and treatable, student-athletes can better manage its impact on their health and performance.

Signs and Symptoms

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Expecting the worst or believing that a decision will lead to the worst outcome (“Catastrophizing”)

Physical Signs

- Pounding or racing heart, shortness of breath
- Sweating, tremors, shaking
- Headaches, fatigue, insomnia
- Upset stomach, diarrhea, frequent urge to urinate

What student-athletes can do:

- Recognize signs and symptoms and seek help from a medical provider or licensed mental health provider* or talk with your school counselor
- Actively participate in your treatment to develop a plan that works for you
- Be aware of triggers and stressors that can impact your anxiety
- Take care of yourself; this includes getting sufficient and restful sleep, eating healthy, and participating in an appropriate amount of exercise
- Avoid drugs and alcohol, which can make your symptoms much worse.

What families, teammates, coaches, and school staff can do:

- Recognize signs and symptoms
- Seek support from the school counselor and help facilitate a connection with the student-athlete
- Be aware of local resources and providers

*A Licensed mental-health care provider is a provider with a degree/license of MD/DO, Psy.D., Ph.D., LCSW, LMFT