

# I HAVE ANXIETY NOW WHAT?

Useful information for those who experience anxiety

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## ANXIETY

Anxiety is an unpleasant future-oriented emotional state. It usually arises as a response to new, strange, or dangerous situations that translates into a feeling of insecurity or fear.

Considered a protective and adaptive response present in all human beings, anxiety is felt by all of us at certain times in life without necessarily being pathological.

## TYPICAL SIGNS OF ANXIETY

Symptoms of anxiety may include the following:

fear  
restlessness  
dryness of mouth  
increased heart rate  
sweating  
tightness in the chest  
dizziness  
feeling of imminent danger, failure, sudden death, the loss of self-control, mental destabilization  
The greater the number of symptoms, the greater the intensity of anxiety.



***"When the blood begins to boil, it is foolish to turn off the heart."***

Nelson Mandela

## IDENTIFY THE SERIOUSNESS OF ANXIETY

There can be different degrees of intensity:

### 1. Mild

A slight sensation of fear and unease

Light tremor in the voice

### 2. Moderate

Difficulty speaking

Excessive sweating on body and palms of hands

Difficulty remaining still

### 3. Severe

A sense of imminent danger or death

Difficulty staying focused

Numbing of the senses

Panic attack

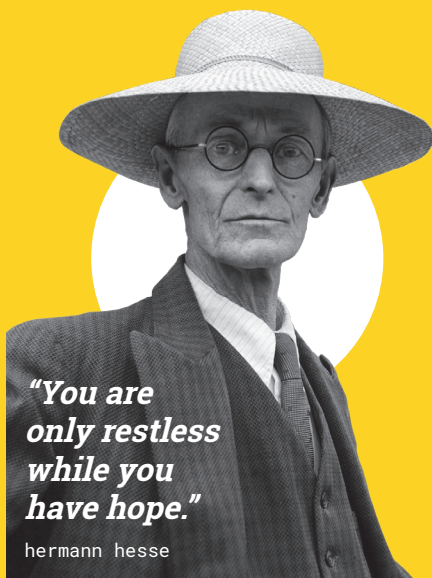
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### Useful contacts:

Police | www.psp.pt  
Health services | 24h Health Help line (808 24 24 24) | www.saude24.pt  
Polytechnic of Leiria | www.ipleiria.pt

**www.sape.ipleiria.pt**



***"You are  
only restless  
while you  
have hope."***

hermann hesse

## ANXIETY'S USEFULNESS

Emotions are important to our survival, and one of these emotions is anxiety.

Anxiety alerts us to dangers and compels us to be alert.

When we are afraid of an exam, we study.

When we are afraid of a car accident, we slow down.

When we are afraid of losing someone, we treat that person well.

## DID YOU KNOW...

It's normal to feel anxiety—it's quite useful, because it makes us do something. Essentially, it's part of us.

We should accept anxiety and think about what we must do to cope with a problem.

Sometimes anxiety becomes extreme, such as when we stop doing things because of it (or when we do too much); when we get prescribed medication to lower anxiety; when we avoid people, places, or objects, etc.

## 9 TIPS FOR COPING WITH ANXIETY:

1. Talk to someone. The secret may be to tell someone we trust what is going on.

2. In a notebook, write the ideas that fill your mind.

3. Count to 20 quietly.

4. Know how to listen. Sometimes we get

advice for dealing with anxiety that we do not accept or try to avoid, but which may be correct.

5. Do something different; try alternative solutions.

6. Make an appointment with a psychologist.

7. Try a relaxation technique.

8. Deal with the problem: the faster you deal with fear, the faster your anxiety decreases.

9. If your experience with anxiety is very intense, seek help at a hospital or an emergency service.

## BRIEF RELAXATION EXERCISE

1. Sit in a comfortable place.

2. Count to 10 and breathe calmly.

3. Close your eyes.

4. Think of a nice and quiet place (at the beach, at home, in the countryside, etc.)

5. Try to remember smells and sounds of this place.

6. Think of a pleasant event that happened there.

7. Relax your muscles progressively: first relax the legs and imagine the sensation of a wave that runs through the body, starting at the feet and rising all over the leg.

8. This wave of well-being continues to rise over the upper body and through your arms and hands slowly.

9. Finally, it reaches the neck and the head.

10. Don't fall asleep! It is important to maintain an active mind but with a peaceful attitude.

11. Open your eyes and identify what you feel in the body.

12. Count to 10 again.

13. Get up and do something important to deal with the problem.

SSS can help you with:

psychological support

pedagogical support

vocational guidance

training in time management, study methods, presentation of work/projects, etc.

student support and integration into school and the community

sharing of information and activities or your interests

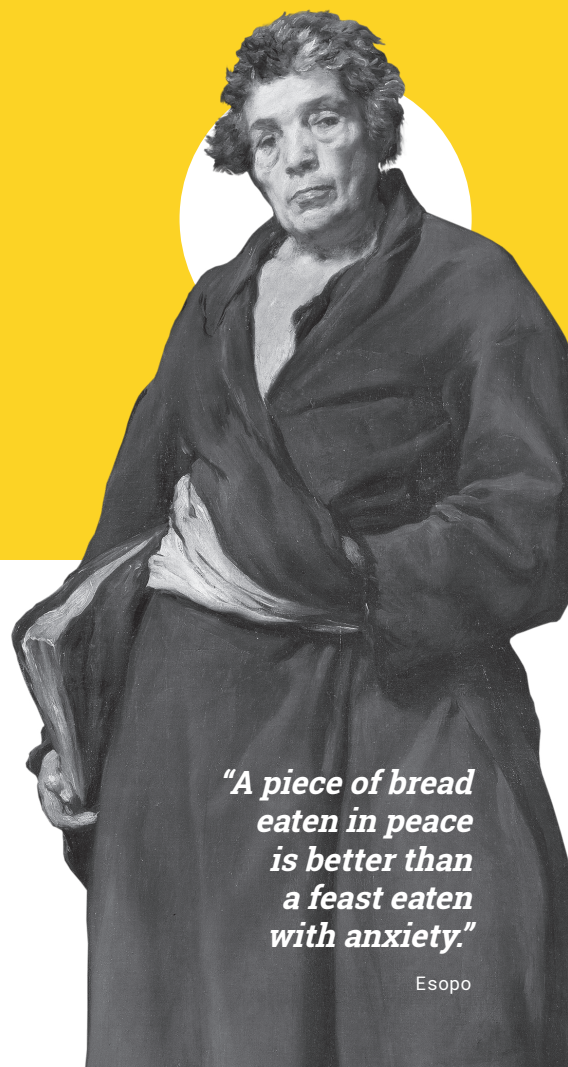
SSS has consultation offices in each of the IPEleiria campuses and a team of 3 specialized psychologists

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***"A piece of bread  
eaten in peace  
is better than  
a feast eaten  
with anxiety."***