

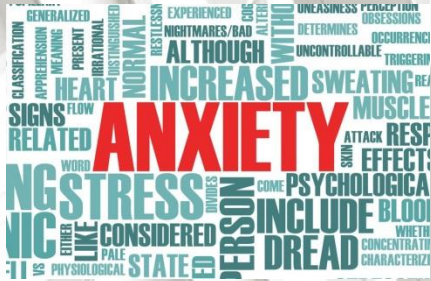
Mental Health Awareness Series

Brought to you by SUTD Wellbeing Services

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

Neither comprehension nor learning can take place in an atmosphere of anxiety. *Rose Kennedy*



Fear. Worry. Doubt. Just about anything in life – past, present or future – can generate anxious thoughts and feelings in us. While there is nothing unusual about it, if these thoughts and feelings become persistent and intrusive, it can adversely affect the quality of our life.

Life presents many uncertainties in various fronts, be it our health, finances, relationships, future, etc. We can attempt to make the uncertain more certain but it has varying degree of success. Thus, understanding what makes us anxious and learning how to deal with it more effectively will be useful in our everyday life.

Tips on managing anxiety more effectively:

- ❖ Identify the symptoms whenever you are anxious. You may experience heart palpitation, trouble concentrating or sleeping or tensed muscles, etc. Self-soothe through relaxation exercises that work for you, or seek professional help.
- ❖ While we may have little control over the events in our life, we do have control over our response to these events. How we respond to the negative events is more important than the actual or perceived event. Thus, respond in positive and healthy ways.
- ❖ Much of our anxious thoughts stems from distorted thinking such as catastrophising (e.g. what if something bad happens to me?) or generalisation (e.g. if something bad happens to me, it will happen again). Refrain from giving credit to the assumption that these negative thoughts carry, and avoid ruminating or dwelling on a single, unpleasant detail to a point that you lose your objectivity.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

