

Anxiety/Depression



LOYOLA
UNIVERSITY MARYLAND

Anxiety and depression are common emotional experiences that can lead to uncomfortable feelings, distressing thoughts, or changes in mood, energy, and motivation. It is normal to feel anxious, overwhelmed, or down at times—especially during periods of stress, transition, or academic pressure. These acute, self-limited episodes are often manageable with healthy self-care practices and may not require a visit to a medical provider or mental health professional.

However, if symptoms become persistent, recurrent, or begin to interfere with daily functioning, this may indicate a chronic or more serious concern. In those situations, students are strongly encouraged to speak with a healthcare provider or mental health professional for proper evaluation and support.

SYMPTOMS:

- Feelings of fear and uneasiness
- Muscle tension
- Restlessness
- Fatigue
- Problems concentrating
- Chest pain or tightness
- Feeling that you are having difficulty breathing
- Abdominal pain
- Dizziness
- Headache

SELF-CARE MEASURES:

- Talk with supportive friends/family
- Do something fun!
- Create a routine
- Journal
- Schedule time to nourish your spirit with reading, prayer, meditation or music
- Get 7-8 hours of sleep each night
- Exercise
- Try a calming app
- Use a guided meditation app
- Avoid excessive caffeine
- Avoid self-medicating with alcohol or drugs

WHEN TO SEEK PROFESSIONAL HELP:

- You have thoughts of hurting yourself or others
- You are experiencing ongoing irrational fear and dread (irrational feelings that are generalized and not linked to a specific event/events)
- You have frequent severe anxiety that lasts at least six months
- You have physical symptoms including but not limited to chest pain, shortness of breath, dizziness, fainting spells
- Symptoms are interfering with your normal daily activities

IF YOU FEEL YOU ARE HAVING A MENTAL HEALTH EMERGENCY:

- During business hours - Call the Loyola Counseling Center at 410-617-2273 or walk-in to the Counseling Center located in Humanities, Room 150
- After hours or on the weekend - Call the After-Hours Crisis Line at 410-617-5530, public safety at 410-617-5911 or go to a local emergency department.

- Call 988 - the Suicide and Crisis Lifeline

For more resources and self-help information visit the Counseling Center Website at www.loyola.edu/departments/counseling-center

Loyola self-care guidelines are based on the most recent recommendations of national medical authorities.