

Managing Anxious Feelings as a Student

Published 11 hours ago by [Matthew Harris](#)

Student life can be exciting, but it can also feel overwhelming at times. Balancing assignments, deadlines, classes, exams, work, and personal responsibilities can sometimes lead to anxious feelings. If you have been feeling this way, you are not alone.

One helpful strategy is to pause and focus on your breathing. When anxiety starts to build, take a few slow breaths and give yourself a moment to rest. Even a short pause can help you feel more grounded and calm. It can also help to break larger tasks into smaller, more manageable steps. Instead of focusing on everything at once, start with one small task at a time.

Progress does not have to be perfect to be meaningful.

Another useful way to manage anxious feelings is through sensory grounding activities. These kinds of activities help bring your attention back to the present moment and can give your mind a break from racing thoughts. Hands-on activities can be especially calming when stress feels difficult to manage. It is also important to be kind to yourself. Taking breaks, resting, and reaching out for support are all healthy ways to care for your well-being.

[Seneca's Counselling Services](#) are here to help you thrive. If you're navigating a tough moment, seeking personal growth, or looking to build new skills, connect with them for support.

Join us at the next Peer-to-Peer Lounge for Chocolate Chats for an opportunity to relax, connect, and take part in a calming activity with your peers.

D2014, Building D, Newnham Campus

- **Date:** Tuesday, March 24
- **Time:** 1:30 to 3 p.m.
- **Theme:** Chocolate Chats
- **Activity:** Sensory Activity- Glitter Globe

MH1540, Magna Hall, King Campus

- **Date:** Thursday, March 26
- **Time:** 2:30 to 4 p.m.
- **Theme:** Chocolate Chats
- **Activity:** Sensory Activity- Glitter Globe

Come unwind, connect and leave feeling a little lighter!

Written by: Rosa Faraj Mohammadi, Student Services Ambassador

tags : student-life, wellness-article, wellness-blogs