

## **The Terrifying Art of Stress and Anxiety**

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Stress and anxiety is something everyone has come eye to eye with. Whether that be because of life at home, financial issues, and a major one the struggles of being in college. The amount of anxiety college students experience is significantly more than people realize. When it comes to anxiety there are things people don't consider. The anxiety of college students needs to be taken a lot more seriously than it has been recently.

Anxiety can lead to many things such as depression. Depression is something that is becoming more common in today's society. People do not usually consider that anxiety can build up and become a depression dark hole. Anxiety is very common in college students, sometimes they don't know how to manage it. It can guide young adults into a deep dark world that they may never get out of. Anxiety goes hand in hand with depression, and people need to consider the possible outcomes.

Anxiety is not something that comes and goes, it is there and it is there to stay. It can become a snowball effect where things keep pile up and never come down. College students are always under a lot of anxiety. It is part of getting an education. However, getting it under control before it spirals out is extremely important. Anxiety can be scary and unsettling, "Anxiety is a state of fear or dread marked by excessive worry. Anxiety can be thought of as a response to stress and often occurs without an immediate, obvious, or identifiable external trigger," (Gale, 2023). The words "fear" and "excessive worry" displays that college students are not only under so much pressure but they are scared of what the future holds. It is getting out of control.

There is so much about anxiety that is not talked about enough. The pressure that is on student's shoulders is terrifying, "For college students, life is full of stress and anxiety. Life throws students off track beyond their capabilities, " (Chao, 2012, p. 1). The phrase "beyond their capabilities" illustrates that college students have so much on their plate sometimes it gets out of control beyond their beliefs. Anxiety needs to be taken more seriously in college students before it is too late.

College students suffer from anxiety that is out of their control. Things pile up when education is at stake. The anxiety of college students needs to be taken a lot more seriously than it has been. Problems need to be solved before things get out of hand. Anxiety can be dangerous. More dangerous than people think, espelly in college students.

Work Cited

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