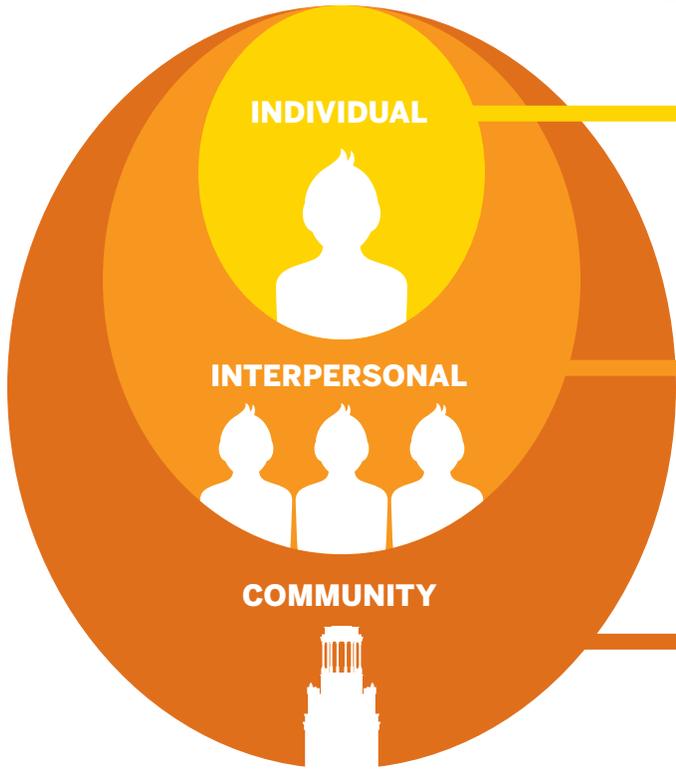


# WELLNESS NETWORK ISSUE BRIEF

## Stress & Anxiety



Stress and anxiety negatively impact students physical and emotional well-being. Students report stress and anxiety as

**2** of the 3 biggest academic distractions with **53%** of UT students having experienced above average amounts of stress in the previous year.

One of the most commonly reported reasons people give for not seeking anxiety treatment is fear of judgement from others. One study found that about

**50%** of people said they were worried about being judged by family and/or friends.

Stress is not only detrimental to personal health, but is very costly. Stress is estimated to cost the United States

**\$300** billion dollars every year partly as a result of decreased productivity and employee turnover.

### WHAT'S UT DOING TO ADDRESS THE ISSUE?

**HealthPoint Wellness Program:** A Human Resources program aimed at improving the health and well-being of faculty and staff by improving policies and the environment to make it easier to be healthy on campus. Programs include the Employee Assistance Program (EAP) which offers counseling services and the Stress Reduction & Biofeedback Center.

**Counseling Services for Stress & Anxiety:** The Counseling and Mental Health Center (CMHC) offers counseling and psychiatric services for anxiety disorders and other mental health issues related to stress.

**Mental Health Workshops:** Workshops on managing stress and how to bounce back from failure and rejection are available upon request and conducted by peer educators or counselors.

**Thrive at UT:** A free iPhone app designed to enhance UT Austin student well-being and help better manage the ups and downs of campus life.

**MindBody Labs:** The MindBody Labs are self-paced environments designed to help UT students explore various resources for improving their emotional and physical health.

**Behavioral Concerns Advice Line (BCAL):** A service that provides faculty, students, and staff an opportunity to discuss their concerns about another individual's behavior.

**UT Recreational Sports:** Provides facilities, programs, and services around campus to help campus members prioritize exercise which is associated with reduced stress and anxiety.

**GET INVOLVED WITH THE WELLNESS NETWORK**

Mental Health Promotion Committee