



Contemporary Solutions for Student Anxiety and Solitude

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The Overwhelming Environment

It's easy to struggle with an overwhelming environment or feeling out of place in the U.S.

Many students share this experience

You are not alone.

The key is actively building systems vs. just reacting to stress.

Struggles prepare us for real-world obstacles.



Personal Journey

I have experienced anxiety from heartbreak, overwhelming schedules, and feeling behind.

These struggles are completely normal!

Keep pushing; current struggles will be outweighed for what the future holds.



Contemporary Solutions

Here are three ways that helped me override feelings of anxiety:



1. Pick up a hobby

Engaging in activities like the gym or cooking healthy foods helps physical and mental health.



2. Uplifting music

Music shifts your mental state, creates companionship, and connects you to your identity.



3. Journaling

An awesome way to plot your feelings and release stored emotions.

Solution 1: Pick Up a Hobby

Engaging in hobbies like going to the gym and cooking healthy foods provides tangible structure to your day.

The gym is one of the most effective mental health tools for combating anxiety and loneliness.

It allows you to forget stress and actively calms your nervous system through physical exertion.



Solution 2: Listen to Uplifting Music

Music is a great way to shift your mental state quickly

It creates a sense of companionship.

It can help you connect to your identity or culture and find your purpose



Solution 3: Journaling

Journaling is an awesome way to plot your feelings and say what you really want to say.

It helps you let out the emotions stored inside of you.

