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dizziness, shortness of breath, irregular heartbeat, muscle pain/tension, headaches, and upset stomach. All of these symptoms can make managing your coursework very difficult.

During college years, many students also develop eating disorders. It is common among all genders, and most do not even realize they are struggling with an illness, which results in them never seeking help.

According to the National Association of Anorexia Nervosa and Associated Disorders, people struggling with an eating disorder have the highest mortality rate, compared to people struggling with other mental illnesses. Eating disorders are extreme behaviors, emotions, and attitudes that revolve around food and weight perceptions, stated by Best Colleges website.

The most common eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder. Some common symptoms for eating disorders are poor body image, excessive exercise, irregular heartbeats, dehydration, fear of eating in public, etc. Struggling with an eating disorder can definitely interfere with academic success.

There are many other mental illnesses that students struggle with and it is important to reach out for help. Century College offers personal

counseling for students and/or can recommend other outside resources. Century College can help with issues like abuse, attention deficit disorder, chemical abuse, sexual orientation, and more. One of the resources Century College has is a program called Learn to Live. Learn to Live is an online program that helps students with issues like stress, anxiety, depression, insomnia, etc. It is free for students and

100 percent confidential.

Another re-source Century College has for students is ULifeline, which is an organization helping to protect the emotional health of America's college students. It is an online confidential resource center, where students can browse for information about their mental health, like alcohol and drug use, anxiety disorders, depression, stress, and more.

Managing coursework, your job, and social life is stressful and struggling with a mental illness on top of all of that can be very difficult.

According to National Alliance on Mental Illness,

40 percent of students do not seek help. If you or someone you know are struggling with mental health, it is important to get help. Studies show that most people with mental health problems get better, and many recover completely, reported by the federal government's mental health website.



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