

ANXIETY SIGNS AND SYMPTOMS



1.

MENTAL

- Excessive fear and worry
- Mind racing or going blank
- Decrease in concentration and memory
- Sleep disturbances
- Impatience, anger, frustration, confusion

2.

PHYSICAL

- Rapid heart beat
- Shortness of breath
- Headaches, dizziness, tingling and numbness
- Gastrointestinal problems
- Musculoskeletal aches and pains

3.

BEHAVIOURAL

- Avoidance of people, places and things
- Obsessiveness or compulsivity
- Distress in social settings
- Phobic behaviours
- Increased use of substances

