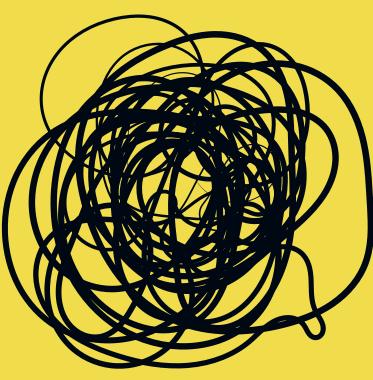
ANXIETY SIGNS AND SYMPTOMS





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

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- Rapid heart beat
- Shortness of breath
- Headaches, dizziness, tingling and numbness

PHYSICAL

- Gastrointestinal problems
- Musculoskeletal aches and pains

BEHAVIOURAL

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

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