



## **SYMPTOMS OF ANXIETY**

### **What are some symptoms to look for?**

- Excessive worry about several events or activities
- Muscle tension
- Sleep changes (either being unable to sleep or sleeping more than usual)
- Restlessness
- Physical symptoms such as rapid heartbeat, sweating, palpitations, trembling, shortness of breath, chest tightness, nausea, diarrhea, flushing, dizziness, or high blood pressure
- Exhaustion
- Difficulty concentrating
- Irritability
- Physical complaints
- Feeling shaky, jittery, or nervous
- Avoiding certain places or activities because of fear
- Have you had trouble catching your breath when nervous
- Pacing
- Worrying about the next diagnostic test, or the results of it, weeks in advance along with after
- Recent fears of losing control or going crazy or dying
- Continual worry about when your pain will return and how bad it will get