

Everyone experiences anxiety in their lives. However, when it happens everyday or gets in the way of daily life, it can be an issue. This resource is designed to help individuals recognize symptoms of anxiety.

### Thoughts/Emotions



Feelings of dread, trouble concentrating, excessive fears, feeling irritable, looking for signs of danger, and feeling like your mind has gone blank.

### Brain



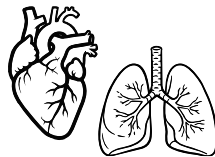
Dizziness, fatigue, and difficulty falling asleep.

### Muscles



Muscle tension and twitching.

### Heart/Lungs



Rapid heartbeat, rapid/shallow breathing, trouble breathing.

### Stomach



Upset stomach and nausea.

### Hands



Sweating, shaking, and wringing hands.