

# Recognizing Anxiety

Individual

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, feeling like your mind has gone blank



## BRAIN

Dizziness, fatigue, difficulty falling asleep



## MUSCLES

Muscle tension and twitching



## HEART/LUNGS

Rapid heartbeat, rapid/shallow breathing, trouble breathing



## STOMACH

Upset stomach, nausea



## HANDS

Sweating, shaking, wringing hands