

Understanding Anxiety

Every person experiences anxiety. However, for some the anxiety is so overwhelming, chronic, and intense that it significantly impacts the quality of their life and prevents them from working up to their capability.

Anxiety is an emotional reaction to a perceived threat or danger. It often involves feeling tense, having negative thoughts, and experiencing physical symptoms.

People with unhelpful levels of anxiety usually have recurring, intrusive thoughts or worries. They frequently experience a variety of physical symptoms. They also may avoid certain situations because of concerns about negative outcomes or embarrassing themselves. Review the symptoms below and see if any sound familiar to your experience of anxiety.

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|---------------------------------|-------|-----------------------------------|-------|
| Shortness of breath | _____ | Fear that you will go "crazy" | _____ |
| Difficulty breathing | _____ | Feeling that you are about to die | _____ |
| Tightness in chest/chest pains | _____ | | |
| Racing heart | _____ | I've worried all of my life | _____ |
| Nausea | _____ | Worry overwhelms me | _____ |
| Dry mouth | _____ | Always worrying about something | _____ |
| Lightheadedness/dizziness | _____ | I cannot stop worrying | _____ |
| Headaches | _____ | I worry until projects are done | _____ |
| Cold or clammy hands | _____ | I cannot relax due to worrying | _____ |
| Feeling flushed | _____ | Worry about future events | _____ |
| Loss of energy/fatigue | _____ | I expect the worst | _____ |
| Diarrhea/frequent urination | _____ | | |
| Tight/sore muscles or tremors | _____ | Difficulty making eye contact | _____ |
| Startle easily | _____ | Relief when plans are cancelled | _____ |
| Fearful of having panic attacks | _____ | Have difficulty saying "no" | _____ |
| | | Frequently turn down invitations | _____ |
| Feeling "on edge" | _____ | Trouble asking for what you want | _____ |
| Feeling irritable | _____ | Get nervous around others | _____ |
| Feeling disoriented | _____ | Worry what others think of you | _____ |
| Difficulty concentrating | _____ | Trouble eating around others | _____ |
| Sleep disturbances | _____ | Muscle tension & fatigue | _____ |