

Recognizing anxiety symptoms

Anxiety affects thoughts, emotions, behaviour, and bodily functions. Typical symptoms are worrying, feeling restless, or nervousness, for example. Anxiety induces bodily stress and agitation, and the bodily symptoms can make you suspect a physical illness.

Take a moment to examine what is your anxiety like. Read the list of common anxiety symptoms below:

- frequent need to urinate
- stomach issues: constipation or diarrhoea
- numbness, prickling or weakness of the hands or feet
- muscle tension
- elevated and irregular heart rate
- shaking, tremors
- sweating
- blushing
- sensations in the chest: feeling a band around the chest, tightness of the chest, difficulties breathing
- feeling a lump in the throat, a choking sensation
- dizziness
- visual blurring, visual disturbances
- sensory sensitisation, e.g intensified skin sensations: tingling or prickling of the scalp
- sensitised hearing: sounds become muddled and feel unusually loud
- cognitive loops and distortions: having thoughts stuck on the past or worrying about the future
- inability to concentrate, restlessness
- dysphoria

Which symptoms are you familiar with? Which of them could be related to your anxiety?

When did your anxiety symptoms appear, how often and what time of the day do they occur?



Digimieli



On a scale of 1 (no anxiety) to 10 (the worst possible anxiety), how intense is your anxiety usually?

What kind of situations trigger anxiety symptoms in you the most?

What kind of emotions does your anxiety entail?

What thoughts does your anxiety entail?

What helps with your anxiety?

How does your anxiety usually appear: through worrying, a familiar feeling in the body, your sense of smell, or some other sensation?



Digimieli

