

In order to check out whether you may be suffering from anxiety, place a tick next to those symptoms you experience regularly

How you feel

- Anxious, nervous, worried, frightened
- Feeling something dreadful is going to happen
- Tense, stressed, uptight, on edge, unsettled
- Unreal, strange, woozy, detached, panicky

How you think

- Constant worrying
- Can't concentrate
- Thoughts racing
- Mind jumping from one thing to another
- Imagining the worst and dwelling on it

Common Thoughts

- "I'm losing control"
- "I'm cracking up"
- "I'm going to faint"
- "My legs are going to collapse"
- "I'm going to have a heart attack"
- "I'm going to make a fool of myself"
- "I can't cope"
- "I've got to get out"

What happens to your body

- Heart pounds, races. Skips a beat
- Chest feels tight or painful
- Tingling or numbness in toes or fingers
- Stomach churning or “butterflies”
- Having to go to the toilet
- Feeling jumpy or restless
- Tense muscles
- Body aching
- Sweating
- Breathing changes
- Dizzy, lightheaded

What you do

- Pace up and down
- Start jobs and not finish
- Can't sit and relax
- On the go all of the time
- Talk quickly and more than usual
- Snappy or irritable behaviour
- Eat more (or less)
- Avoid feared situations

If you are regularly experiencing some or all these symptoms, then it is likely that you are suffering from anxiety. This document is for reference and not a diagnostic tool.