

Life Management Associates, LLC

600 Dewey Blvd., Suite B
Butte, MT 59701

Office: 406-782-4778
Fax: 406-782-1318



LMA

COMMON SIGNS AND SYMPTOMS OF ANXIETY

COMMON SIGNS AND SYMPTOMS OF ANXIETY

Feelings of panic, fear, and uneasiness

Had trouble sleeping (e.g. difficulty falling or staying asleep or restless sleep)

Cold or sweaty hands and/or feet

Shortness of breath

Breathing rapidly (hyperventilation)

Heart palpitations

An inability to be still and calm, restlessness

Dry mouth

Numbness or tingling in the hands or feet

Nausea, stomach upset

Dizzy, lightheaded or faint

Feelings of apprehension or dread

Trouble concentrating

Feeling tense and jumpy

Anticipating the worst

Watching for signs of danger

Sweating

Frequent urination or diarrhea

Tremors and twitches, muscle tension

Headaches

Choking

Hot or cold flushes

Scared of going crazy or dying

Fatigue

Feeling nervous

Feeling powerless

Trembling

Feeling weak or tired

Tightening of the chest

Found it hard to stop worrying

Felt easily tired

Had difficulty concentrating

Had muscle pain (e.g. sore jaw or back)

Felt easily angered or irritated

Been easily startled

Derealization (feelings of unreality) or depersonalization (feeling detached from yourself or your surroundings)

Found that your anxiety made it difficult for you to do everyday activities (e.g. work, study, seeing friends and family)

Had repetitive thoughts or concerns that are not simply about real life problems (e.g. thoughts that you or people close to you will be harmed)