

# ANXIETY

WHAT DOES IT FEEL  
AND LOOK LIKE?

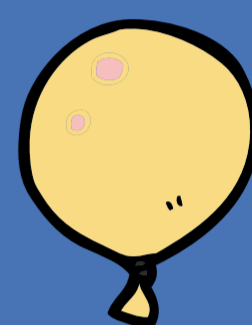


ignoring the positives

catastrophising



tensed muscles



restlessness

mind reading

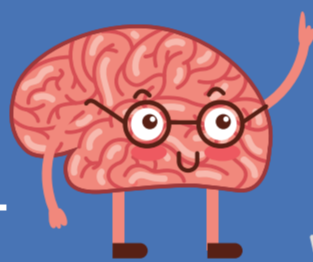


difficulties sleeping



panic attacks

over-thinking



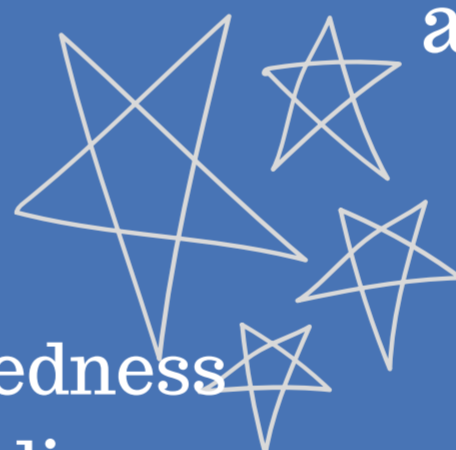
seeking reassurance

nausea



tight chest or hyperventilation

lightheadedness or feeling dizzy

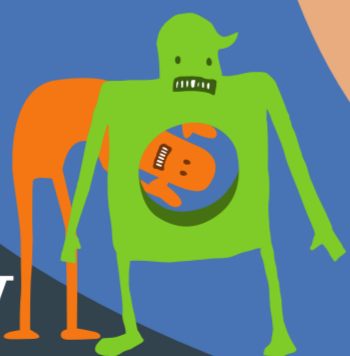


headaches



excessive worrying

tummy ache



feeling disconnected from the world



loss of appetite



crying or tearful



sweating



increased heart rate



dwelling on past events



trembling

