

## Anxiety: *System-Wide Explosion*

Anxiety has a big impact on people: their bodies, how they think, how they feel, and how they function.

The following is a list of symptoms that people with anxiety may experience.

To understand the extent of anxiety's impact, circle the symptoms that apply to you.

Body	Emotions	Mind	Behaviour
Tense muscles	Anxious	Easily distracted	Avoiding
Numbness, tingling	Nervous	Poor memory	Agitated, restless
Feeling hot or chilled	Fearful	Can't think clearly	Multi-tasking
Flushed face	Worried	Can't make decisions	Can't start things
Lump in throat	Frightened	Confusion	Can't finish things
Trembling, shaking	Terrified	Racing thoughts	Snap at people
Weakness, unsteady	Pressured	"Spaced out"	Frantically busy
Dizzy, lightheaded	Overwhelmed	Obsessive thinking	Social withdrawal
Sweating	Frantic	Worrying	Cry at least thing
Heart pounding	Panicked	Self-critical	Hypervigilance
Chest pain	Guilty	Negative thinking	Oversleeping
Insomnia	Shy	Suicidal thoughts	Unable to be alone
Weight loss	Uncertain	Frightening images	Seeking reassurance
Nausea	Self conscious	Nightmares	Compulsive behaviours
Diarrhea	Embarrassed		Self medicating
Shortness of breath	Irritable		Addictions
Dry mouth	Angry		