

Anxiety

- On edge, irritable
- Fear, worry, distress
- Apprehension
- Muscle tension
- Short of breath
- Palpitations
- Nausea, trouble eating
- Frequent urination
- Sweating
- Trouble sleeping



Anxiety

ABC Slide Show

4

ABC Anxiety Slide Show.

Anxiety can be manifested in many different ways. Some of the symptoms and signs of anxiety are listed on the slide.

Don't dwell on mistakes; don't worry about unknowns.

We often think: "What if?" Although it's reasonable to consider different scenarios, dwelling on them or being stuck is not helpful.