

Anxiety/Worry

Physical Signs

- Rapid heartbeat
- Increased muscle tension
- Nausea or stomach distress
- Dry mouth, sweating, dizziness
- Shaking, hot flashes or chills
- Shortness of breath, tight chest
- Difficulty sleeping, or fatigue



Behavioral Signs

- Difficulty speaking or interacting with others
- Decrease in social or enjoyable activities
- Complete avoidance of people, places or situations

Psychological Signs

- Feeling uneasy or detached from your self
- Feeling fearful of dying or going crazy
- Feeling worried, anxious, or irritable

Effective Treatments

Self Regulation Strategies

Learning strategies such as diaphragmatic breathing and cued relaxation to common reminders in your daily environment. Also learning guided imagery skills may be useful. These skills help people learn to control the physical responses in their bodies and helps them to become better observers of physical signs of anxiety so they can stop them more quickly.

Thinking Strategies

What you say to yourself can have a major effect on your state of anxiety. Self-talk like “what if” thinking (imagining the worse case scenario), or statements that start with “I should”, “I must”, “I have to” promote anxiety.

Learning to recognize and challenge alarming self-talk so that it is more realistic, accurate, or based on facts can be a key step in decreasing the intensity of anxiety or worry. This allows people to develop new patterns of thinking in response to different situations.