

Signs of Anxiety

Sensations

These are the body's natural physiological reactions to fear, although they might be magnified. They are physiological markers related to the operation of the body and its organs. These responses are associated with the body's natural fight, flight or freeze response. They often tend to be misinterpreted when people are anxious.

- Tension
- Flushing
- Rapid heart rate
- Shortness of breath
- Sweating

Actions

Certain actions serve as markers of anxiety. They relate to the behaviours an individual might engage in as a result of anxiety. They are easily observed and are within one's awareness.

- Avoidance of social situations
- Engaging in risky behaviour
- Clinging or otherwise engaging or eliciting care taking or "safe activities"
- Compulsive behaviours or habits (picking, tapping, checking etc.)
- Substance abuse

Thoughts

Certain thoughts are associated with anxiety. They can become habitual and outside of one's present awareness. They can also be changed with training to become more positive.

- Sense of doubt
- Thoughts of catastrophic events
- Sense of dread
- Exaggerated negative outcomes
- Belief that one will die (eg. Have a heart attack)