

What is Anxiety?

Anxiety is a natural emotional response to perceived danger, stress, or uncertainty.



[Free Tools for Anxiety Relief](#)

How to Recognize Anxiety in Yourself & Others



Physical Symptoms:

- Increased heart rate
- Muscle tension or aches
- Shortness of breath
- Sweating or chills
- Dizziness
- Stomach issues
- Fatigue
- Shaking or trembling
- Dry mouth



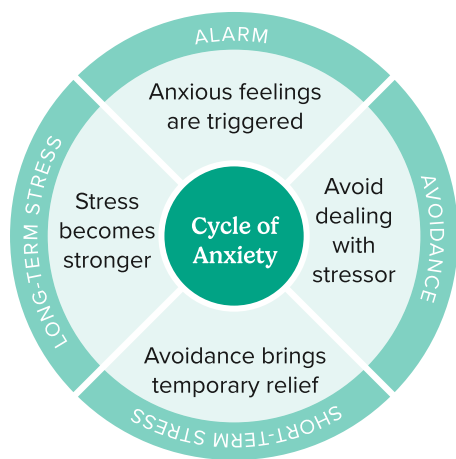
Cognitive Symptoms:

- Excessive worry or fear
- Feelings of dread or panic
- Difficulty concentrating
- Racing thoughts
- Irritability
- Feeling overwhelmed
- Decision fatigue
- Negative thoughts
- Catastrophizing
- Restlessness



Behavioral Symptoms:

- Procrastination
- Reassurance seeking
- Trouble sleeping
- Physical restlessness
- Social withdrawal
- Compulsive behaviors
- Over-controlling situations
- Lack of confidence
- Turning to unhealthy coping



Most Common Types of Anxiety:

- **Generalized Anxiety Disorder (GAD)** - Persistent and excessive worry about everyday issues like health, work, or relationships.
- **Social Anxiety Disorder** - Intense fear of being judged, embarrassed, or rejected in social or performance situations.
- **Panic Disorder** - Recurrent, unexpected panic attacks—sudden episodes of intense fear with physical symptoms.
- **Specific Phobias** - Strong, irrational fear of a particular object or situation, often leading to avoidance.

Ways of Coping With Anxiety



Mindfulness & Meditation

- Breathwork
- Meditation
- Journaling
- Yoga



Lifestyle Changes

- Time in nature
- Increase in physical activity
- Consistent sleep routine
- Balanced diet



External Support

- Nurturing social connections
- Work with a therapist
- Support groups