

# WHAT ANXIETY FEELS AND LOOKS LIKE

FEELING DISCONNECTED FROM THE WORLD  
OVERTHINKING



@BELIEVEPHQ

WORRYING ABOUT FUTURE EVENTS



TIGHT CHEST

UNCONTROLLABLE WORRIES



EXCESSIVE WORRYING



DEPERSONALISATION



HEADACHES



RESTLESSNESS



LIGHT HEADEDNESS



TENSENESS



INCREASED HEART RATE



PANIC ATTACKS



TREMBLING



HYPERVENTILATION

SECOND GUESSING

WORRYING ABOUT PAST EVENTS



MIND READING

SHORTNESS OF BREATH



DISQUALIFYING THE POSITIVE

STOMACH CRAMPS

LOSS OF APPETITE



HOT FLUSHES



NAUSEAU



FEAR



NERVOUSNESS



AGITATION



ALL OR NOTHING THINKING



AVOIDANCE

"WHY CAN'T I SLEEP?"



"WHY CAN'T I RELAX?"



"WHAT IF..."



WANTING REASSURANCE



CATASTROPHISING



SWEATING



IRRITABILITY

MUSCLE TENSION

