

# SIGNS AND SYMPTOMS OF ANXIETY:

## You might be feeling:

- Very worried or afraid most of the time
  - Nervous or scared
  - Irritable, agitated
- Detached from your body
  - Nauseous.

## You may be thinking:

- 'Everything's going to go wrong'
- 'I can't focus on anything but my worries'
  - 'I don't want to go out today'
  - 'I can't calm myself down'.

## You may also be experiencing:

- Sleep problems (can't get to sleep, wake often)
  - Heart racing, sweating
- Light-headedness, dizziness
- Twitches, trembling, jitters
- Difficulty concentrating.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit [www.staychatty.com.au/get-help](http://www.staychatty.com.au/get-help) for a list of services.

Source - The Black Dog Institute (14)