



Anxiety Is...

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**A feeling of unease
worry or fear that can
range from mild to
severe**

**A normal human
experience**

Obsessions
Excessive sweating
Reassurance seeking
Avoidance
Hypervigilance
Excessive planning

Palpitations
Shortness of breath
Chest pains
Nausea
Trembling
Headaches

Worry
Brain fog
Poor concentration
Indecision
Vivid dreams

**Only a problem when
symptoms are
intense
long lasting
and everyday life is
affected**

