

# SIGNS OF ANXIETY



## EMOTIONAL

- Feelings of fear
- Worrying excessively, unable to stop worrying
- Trouble concentrating
- Easily annoyed or irritated

## PHYSICAL

- Tense and tight muscles
- Fatigue and disturbed sleep
- Jumpiness, trembling, keyed up or on edge
- Dizziness, light-headed

To help identify anxiety in yourself or someone you care for, ask the following questions:

- Can you say what triggers your feeling anxious?
- Have you been concerned about or afraid over a number of things?
- Is there anything going on in your life that is causing you concern?
- Do you find that you have a hard time putting things out of your mind?

If you or someone you know, is experiencing emotional distress or having suicidal thoughts, please contact a mental health professional immediately. If you are interested in learning how VANTAGE Behavioral Health Solutions can help, please call us at 330-253-4597.

