

# WHAT ANXIETY LOOKS LIKE

(External Signs)

# WHAT ANXIETY FEELS LIKE

(Internal Experience)



Restlessness

Avoiding situations

Tension in the body

Irritability

Perfectionism

Sleep problems

Seeking reassurance

Feeling on edge

Tight chest

Short breath

Racing heart

Dizziness or lightheadedness

Racing thoughts

Racing thoughts

Brain fog

Muscle aches

Feeling overwhelmed

Sense of dread

Anxiety is a human experience, not a flaw.

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