



What is Anxiety?

Anxiety is an emotion that causes feelings of tension, worry, or dread usually in response to a perceived threat or in anticipation of a future event.

Almost everyone experiences some form of anxiety from time to time. Anxiety is a normal and natural part of life.^[1]



Anxiety can cause many symptoms.

Mental Symptoms



Procrastination



**Persistent
Worry**



**Intrusive
Thoughts**



**Excessive
Planning**



**Lack of
Patience**



**Difficulty Making
Decisions**



**Difficulty
Concentrating**



**Unable
to Relax**



**Need for
Reassurance**



**Overwhelmed by
Uncertainty**



**Avoidance of
Specific People/
Situations**

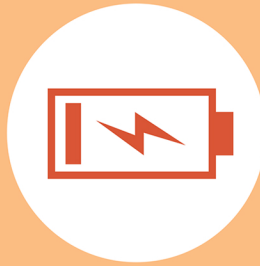


**Memory
Problems**

Physical Symptoms



Dizziness



**Weakness/
Fatigue**



**Sweating/
Chills**



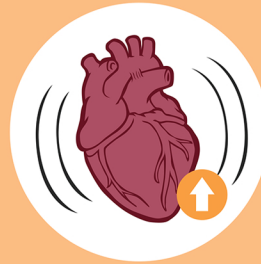
Dry Mouth



**Numbness in Hands,
Arms, Legs, and Feet**



**Shaking/
Trembling**



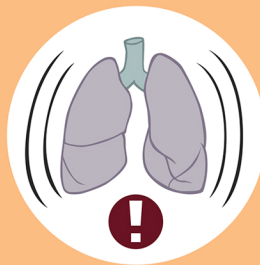
**Heart Pounding/
Fast Heartbeat**



Headaches



**Tense Muscles
and Body Aches**



**Trouble Breathing/
Fast and Shallow
Breathing**



**Upset
Stomach**



**Insomnia/Trouble
Falling and Staying
Asleep**



**Frequent
Urination**



Restlessness

The Limbic System

The **limbic system** influences both when and how anxiety is felt. It also influences the intensity of the physical and mental symptoms and how long they occur.^[2]



Under normal circumstances the body uses anxiety to learn what type of stimuli are dangerous and which are **benign**.

However, when anxiety occurs when no physical danger is present or for long periods of time, it can become harmful.



1. Adapted from: American Psychological Association. (2021). Anxiety. Retrieved October 26, 2021, from <https://www.apa.org/topics/anxiety>

2. Adapted from: Neural Mechanisms of Social Anxiety Disorder. (2019, May 24). Retrieved October 26, 2021, from <https://www.news-medical.net/health/Neural-Mechanisms-of-Social-Anxiety-Disorder.aspx>