

# My Anxiety Warning Signs

Colour in the warning signs that you notice in your body whenever you start to feel anxious or worried.

Difficulty sleeping

Headache

Fidgeting

Zoning out

Nervousness

Restlessness

Shutting down

Refusal to do things

Agitated

Jumpy

Dry mouth

Wiggly

Fear

Overplanning

Shortness of breath

Difficulty making eye contact

Increased heart rate

Sweating

Hypersensitivity

Avoiding things/situations

Short tempered

Speech difficulties

Chewing fingernails

Tightness in throat

Difficulty concentrating or focusing

Irritable

Shaking or trembling

Stomach pain

Crying

Sweaty/clammy hands

Difficulty managing emotions

Frequent urination

Negative thoughts

Pacing

Impatient

Dizziness

Anger

Tightness in chest

Muscle tension