

Anxiety isn't just in your mind. Your body feels it, too.

Physical symptoms can include:

A racing heart

Tiredness

Restlessness

Sweating

Upset stomach, or digestive issues

Teeth grinding

Dizziness

Weakness or muscle tension

Butterflies or stomach discomfort

Trembling

Headaches

Feeling nauseous

Shortness of breath



Recognizing these signs is the first step toward managing them. You are not alone.

Cristina Ana

Physical symptoms of anxiety

Try to remember 3 times when you felt anxiety and write below what you felt and thought in those moments.

FEELING	THOUGHT

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Physical symptoms of anxiety

Can you identify what your responses are?

COMMON SYMPTOM	NEVER	AT TIMES	OFTEN
A racing heart			
Trembling			
Headaches			
Tiredness			
Sweating			
Dizziness			
Teeth grinding			
Restlessness			
Feeling nauseous			
Shortness of breath			
Upset stomach, or digestive issues			
Weakness or muscle tension			
Butterflies or stomach discomfort			

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