

Anxiety: A Brief Overview

Quick Facts

- Anxiety is **normal** and **common**.
- Our brain sends messages to our body to prepare for action, also called **FLIGHT-FIGHT-FREEZE**.
- Anxiety becomes a problem when it stops you from enjoying normal life and prevents you from doing things you would like to or need to do.



Fight



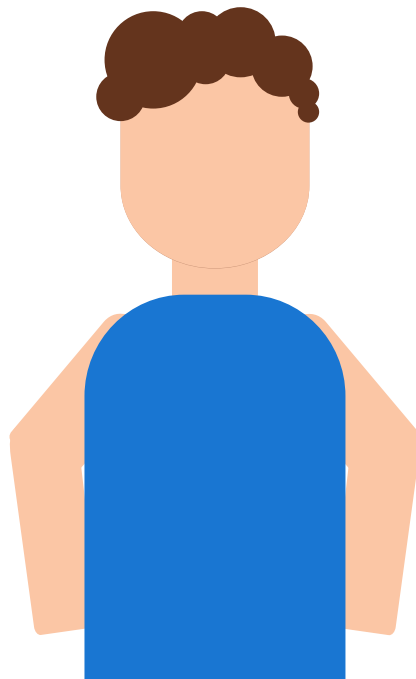
Flight



Freeze

Common Signs and Symptoms

Use this sheet to learn about the signs and symptoms of anxiety. Try to identify the parts of your body where you experience these symptoms. Then, draw lines from the symptom to the part of the body where you experience them.



- Dizziness
- Blurred vision
- Dry mouth
- Feeling like it's hard to swallow
- Shortness of breath
- Fluttering or racing heart
- Trembling/shaking
- Tightness of muscles
- Sweating
- Upset stomach
- Feeling the urge to use the bathroom