



# What are Symptoms of Anxiety and Anxiety Attacks?

Anxiety can show up as thoughts and feelings or as physical reactions. Usually a combination of these experiences:



Thoughts/Feelings	Physical Sensations
"What ifs" and worry that you can't shake	Insomnia
Tense and jumpy	Headaches
Distracted	Sweat
Irritable or agitated	Dizzy
Scanning for worst case scenario	Frequent urination or diarrhea
"Blanking out"	Shaking
Apprehension or dread	Shortness of breath/tightness in chest

Because of all of the physical symptoms, anxiety is sometimes mistaken for a medical crisis. Anxiety (or "panic") attacks usually involve a very intense cluster of these symptoms, occurring suddenly without warning. Sometimes there is a trigger, but they often happen out of the blue and usually last 10 minutes or less. When people start having anxiety about having anxiety attacks that is what is known as a "panic disorder."



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