



- difficulty concentrating
- thinking constantly than something bad will happen
- depression
- becoming obsessed with one subject, e.g. plane crashes.
- Worrying a lot
- Feeling restless or 'on edge'

Physical signs of anxiety can include:

- stomach upsets
- frequent urinating
- palpitations (feeling your heart pounding in your chest)
- sweating
- chest pains
- hyperventilating or feeling breathless
- dizziness
- shaking
- legs feeling 'wobbly'
- fainting
- feeling sick
- difficulty sleeping
- loss of appetite
- wanting to consume alcohol or drugs more than usual
- going red ('flushing' of the skin)

You might experience physical signs, psychological signs, or some of both. If you experience physical signs and are worried, it is important that you see a doctor to make sure everything is okay.

Although anxiety can feel horrible and be very scary, it is not dangerous and cannot harm you. Anxiety can be managed and reduced using different techniques which will be explored over this course.

**Remember:**

There is nothing wrong with experiencing anxiety. It does not mean that you are weak or that there is anything wrong with you. Many people experience anxiety and there is no need to feel embarrassed or ashamed or angry with yourself. There are different techniques that can be used to manage anxiety and we will explore some of these.

