



How anxiety and stress can manifest

You may experience some or all of these...



Stomach pain,
nausea, 'butterflies'
in stomach

Tense muscles

Panic attacks (usually
several physical
symptoms and an intense
fear of dying or losing
control)

Headaches

Clenched jaw or
grinding teeth
perhaps when
asleep (bruxism)

Tearfulness

Insomnia or other
sleep issues

Diarrhoea or
vomiting, digestive
issues

Fatigue or
feeling
physically
weak

Thoughts racing,
ruminating or
worrying a lot

Shaking or
trembling

Feeling sweaty,
or cold and
clammy

Concentration
difficulties,
inability to think
straight

Racing pulse or
heartbeat

Choking
sensation, lump
in throat

Breathlessness

Urge to avoid
people, places or
situations

Feeling agitated
or irritable

Dry mouth

