



# 5 PHYSICAL SYMPTOMS OF ANXIETY

## ANXIETY: PHYSICAL SYMPTOMS

- 1. Cardiovascular:** pounding heart, chest pain, rapid heartbeat, flushing.
- 2. Respiratory:** hyperventilation, shortness of breath.
- 3. Neurological:** dizziness, headache, sweating, tingling, numbness.
- 4. Gastrointestinal:** choking, dry mouth, stomach pains, nausea, vomiting, diarrhea.
- 5. Musculoskeletal:** muscle aches and pains (especially neck, shoulders and back), restlessness, tremors and shaking, inability to relax.

Anxiety can show in a variety of ways: physical, psychological and behavioral. An anxiety disorder differs from normal anxiety in that it is more intense, it is long lasting and/or it interferes with the person's work, activities or relationships.