

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.



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.



Feeling like it's hard to swallow Shortness of breath Fluttering or racing heart Tightness of muscles

Feeling the urge to use the bathroom

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