

Anxiety Checklist for Teachers

Check any symptoms or behaviors you've noticed in yourself. This is not a diagnosis—just a tool to recognize signs of anxiety.

General Symptoms

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|--|--|
| <input type="checkbox"/> Frequent worrying | <input type="checkbox"/> Racing thoughts |
| <input type="checkbox"/> Trouble concentrating | <input type="checkbox"/> Feeling on edge |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Muscle tension |
| <input type="checkbox"/> Trouble sleeping | <input type="checkbox"/> Fatigue or low energy |
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In the Classroom

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|--|---|
| <input type="checkbox"/> Avoiding tasks or students | <input type="checkbox"/> Overplanning/perfectionism |
| <input type="checkbox"/> Withdrawing from colleagues | <input type="checkbox"/> Emotional outbursts |
| <input type="checkbox"/> Skipping breaks | <input type="checkbox"/> Feeling overwhelmed |
| <input type="checkbox"/> Difficulty completing tasks | |
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Physical Signs

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|--|--|---|
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Stomach aches | <input type="checkbox"/> Sweating |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Shaking | <input type="checkbox"/> Fast heartbeat |
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Emotional Cues

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|--|--|
| <input type="checkbox"/> Persistent unease | <input type="checkbox"/> Fear of being judged |
| <input type="checkbox"/> Low confidence | <input type="checkbox"/> Guilt about performance |
| <input type="checkbox"/> Feeling detached | <input type="checkbox"/> Sense of panic |
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Disclaimer: This checklist is not a diagnostic tool. Please consult a licensed healthcare provider for a professional assessment if needed.
