

Anxiety Checklist

Check all that apply:

- Feeling nervous, anxious, or on edge
- Excessive worrying about different things
- Trouble relaxing
- Feeling restless or wound-up
- Difficulty concentrating
- Irritability
- Sleep disturbances (trouble falling or staying asleep)
- Muscle tension
- Rapid heartbeat
- Sweating without physical exertion
- Shortness of breath
- Avoiding situations due to fear or worry
- Feeling a sense of impending danger or doom
- Frequent stomachaches or headaches
- Feeling easily fatigued

Disclaimer: This checklist is for informational purposes only and is not a substitute for professional diagnosis or treatment. If you are experiencing symptoms of anxiety, consult with a licensed healthcare provider.

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