Signs and symptoms of anxiety disorders

Anxiety Disorders

- Generalized Anxiety Disorder (GAD)
- Social Anxiety Disorder
- Post Traumatic Stress Disorder (PTSD)
- Obsessive Compulsive Disorder (OCD)
- Phobias

Common Signs and Symptoms

- Excessive worrying
- Irritability
- Insomnia
- Fear
- An inability to stay still
- Panic

Physical Symptoms

Anxiety disorders can also have physical symptoms present themselves, including:

- Increased heart rate
- Excessive sweating
- Trouble breathing
- Lightheadedness
- Nausea

There are some key differences between the FEELING of anxiety and an anxiety disorder. Anxiety disorders are caused by a chemical imbalance in the brain. while a feeling of anxiety can occur even without this chemical imbalance.

ANXIETY

A normal reaction to stress or difficult times..

Triggered by a specific stressor.

Has a start and ending point.

Can be helpful or motivational.

Lessens significantly or disappears away from stressful situations.

Relaxing often helps you feel better.

A response to toxic situations.

ANXIETY DISORDERS

Often comes out of nowhere.

Intense or disproportionate emotional response.

Ongoing and lasts weeks or months.

Interferes with dayto-day life.

Physical symptoms like sweating, trembling, lightheadedness, racing heart.

Feels impossible to control or manage.

Resources

SUICIDE HOTLINE- 800 273 8255

CRISIS TEXT LINE - 741 741 (text HELLO)

Vanderbilt Child and Adolescent Psychiatry- 615 936 3555