

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

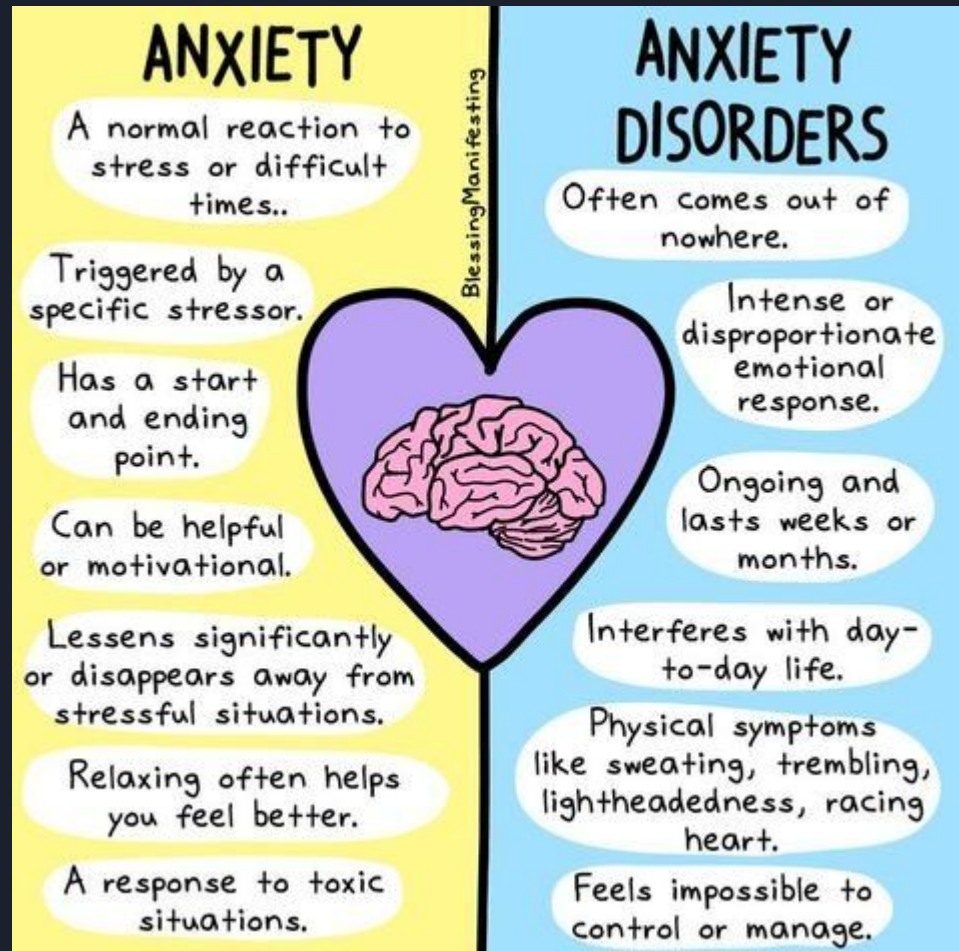


Physical Symptoms

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.





Resources

SUICIDE HOTLINE- 800 273 8255

CRISIS TEXT LINE - 741 741 (text HELLO)

Vanderbilt Child and Adolescent Psychiatry- 615 936 3555