

10 Signs Anxiety is Getting the Better of You

How do you tell the difference between everyday worry and an anxiety disorder? The following symptoms, especially if they're chronic, mean you might want to seek help.



- 1. EXTREME WORRY**
Continual or unnecessary worry, especially when you can't seem to let go, is a sure sign of Generalized Anxiety Disorder (GAD).



- 6. STOMACH PROBLEMS**
Your mental state and the digestive system are connected. Because of this, anxiety can lead to nausea, cramping, constipation, diarrhea, and other symptoms.



- 2. TROUBLE SLEEPING**
It's bad enough when anxiety rules our days, but it can also rule our sleep. You just can't seem to slow down your runaway thoughts and toss and turn throughout the night. This can become a vicious cycle of trouble sleeping, worrying about your lack of sleep, and then more trouble sleeping.



- 7. SELF-CONSCIOUSNESS**
When you're self-conscious, you have an undue awareness of yourself—you feel like you're on display all the time—even when just chatting with friends at work. You may begin blushing, trembling, sweating profusely, or feeling nauseous.



- 3. PANIC ATTACKS**
Panic attacks are episodes of extreme fear that strike without warning and don't seem to have a clear cause. Signs may include a racing heart, rapid breathing, dizziness, or stomach pain.



- 8. SELF-DOUBT**
If you're constantly second-guessing yourself or are easily paralyzed by the fear of making a wrong decision, you may be suffering from general anxiety disorder (GAD).



- 4. IRRATIONAL FEARS**
This can include very specific phobias that suddenly become overwhelming compared to what a person experienced in the past.



- 9. FLASHBACKS**
Vividly recalling past painful experiences, especially when they seem to replay in your mind repeatedly, is another sign of anxiety and closely related to post-traumatic stress disorder (PTSD).



- 5. PHYSICAL TENSION**
If you have a persistent stiff neck, hunched shoulders, or clenched jaw, it can signal anxiety.



- 10. COMPULSIVE BEHAVIORS**
Do you rely on highly specific rituals to get through a day? Compulsive behaviors can include physical behaviors (obsessively lining up papers on your desk) or mental habits (needing to repeat a phrase in your head all day, all the time). When something disrupts them, it completely throws you off.