

# Symptoms of Generalized Anxiety Disorder

How many of these symptoms do you experience?

- Difficulty controlling worry
- Restlessness or feeling keyed up or on edge
- Easily fatigued
- Difficulty concentrating or mind going blank
- Irritability
- Muscle tension
- Sleep disturbance
- Exaggerated startle response
- Headaches, stomachaches, dizziness, pins and needles
- Shortness of breath, rapid heartbeat, excessive sweating, chest pain
- The anxiety, worry, or physical symptoms interfere with relationships or your job, or other areas of functioning

The more items you checked off, the more likely you are struggling with anxiety.