

The Must-Have List Of Anxiety Symptoms

When you feel anxious, your body is going into a high-alert mode. As a consequence, your brain is entering a fight or flight mode, which activates or shuts down some of your body functions in order to protect you. These are some of the main symptoms people may feel when they have anxiety:

- Nervousness, irritation
- Feeling restless, unable to calm down
- Tension in your body
- Rapid breathing, hyperventilation
- Difficulty to focus or think clearly
- Feelings of derealization (as if everything around you is not real or foggy)
- Weakness, lethargy or sudden loss of energy
- Rapid heart rate
- Feelings of danger, panic or impending doom
- Digestive symptoms such as diarrhea, constipation, frequent need to urinate or use the bathroom
- Insomnia, sleep problems
- Strong need to run away from your trigger or escape the situation that is making you anxious
- OCD behaviors
- Trembling, muscle twitches

Some people can feel all of these symptoms, and some can feel just one or two, because everyone is different. Yet most of the anxiety symptoms go away with a little time or when the anxiety trigger is removed.

If your symptoms last for a long time or occur frequently, it's helpful and perfectly reasonable to talk to your doctor. He or she may help you to confirm that it's anxiety, rule out other possible reasons to have these symptoms (sometimes even vitamin deficiency can cause you to feel this way) and help you to feel better faster.