

ANXIETY SYMPTOM CHECKLIST

Everyone feels anxious from time to time. You know how it feels: butterflies in the stomach, heart racing or pounding, body tense. You know the kinds of situations that trigger this anxiety: a big test, your boss getting angry, a first date. Anxiety alerts you to danger and helps you face threatening situations. It makes you study harder for tests, work harder at your job, and stay focused so you make a good first impression. In other words, in moderation, anxiety helps you deal with life's challenges.

However, some people feel anxious most of the time. Instead of helping them cope, too much anxiety can severely impact daily life, making it hard to deal with both routine and important tasks. If you are struggling with the physical symptoms, feeling nervous and trying to hide your anxious feelings from other people, it may mean that you have an anxiety disorder. Anxiety is a common mental health concern which takes many forms including, generalized anxiety disorder, panic attacks, obsessive compulsive disorder, post traumatic stress disorder, and social phobia.

If you think that you may have a problem with anxiety problem, complete the following self-screen.

Put a check next to the feelings or behaviors that you have experienced in the last two weeks:

- You are always worried about things, even when there isn't any sign of trouble
- Frequent aches and pains, with no physical injury or illness
- Getting tired easily, but also having difficulty sleeping
- Your body is constantly tense
- Your heart suddenly starts pounding
- Difficulty breathing
- You feel like you're going to die or are about to go crazy
- Trembling, sweating, shaking
- Hot flashes or sudden chills
- Tingling in your toes and fingers
- You wash your hands over and over until they are chapped and raw
- You can't leave home until you check the locks on the doors many times
- You are afraid that someone you love will be harmed in some way
- Every day you fear that you will do something that will be embarrassing
- You've stopped going out because you are afraid to meet new people
- When people look at you, you break out into a sweat or start to shake
- You miss classes because you are afraid that the instructors will call on you
- You have nightmares frequently about a past accident or trauma
- You have flashbacks of a past accident or trauma
- You feel that you can't trust anyone
- You avoid places that remind you of a past accident or trauma

If you answered "yes" to 3 or more of these statements, you may have an anxiety disorder. A physical examination is important to rule out many physical conditions which can mimic anxiety. Once an accurate diagnosis is made, there is hope. There are very effective treatments for anxiety, so there is no need to continue to suffer. Specific treatments, such as cognitive behavioral therapy, exposure therapy, as well as medication, can be very helpful.

NOTE: THIS CHECKLIST CANNOT TAKE THE PLACE OF AN EVALUATION BY A MENTAL HEALTH OR MEDICAL PROFESSIONAL. IF YOU HAVE ANY QUESTIONS ABOUT THE SYMPTOMS YOU ARE EXPERIENCING, PLEASE SCHEDULE AN APPOINTMENT WITH THE COUNSELING CENTER, DROP IN TO TALK WITH A COUNSELOR, OR SEE YOUR DOCTOR.

Faculty and staff are invited to consult with the Counseling Center regarding referrals to mental health care providers in the community.

Counseling is free and confidential for Manor students and available during the academic year.

