

# Are you anxious?

To find out if you or someone you know may have anxiety, complete the checklist below.

For more than TWO WEEKS have you:

1. Felt anxious, tense or nervous most of the time?      Yes                  No
2. Felt fearful or worried all of the time?                  Yes                  No

If you answered "YES" to either of these questions, complete the symptom checklist below.

<p style="text-align: center;"><b>BEHAVIOURS</b></p> <p>Avoid the supermarket or cinema            Constantly check your pulse            Do different thing to cope, like having someone with you, or carrying the phone around            Avoid eye contact            Use alcohol and sedatives to calm down</p>	<p style="text-align: center;"><b>THOUGHTS</b></p> <p>"I'm going to have a heart attack and die"            "I won't have anything interesting to say"            "I can't control my worry"            "I have a serious illness that the doctors can't detect"            "What if germs are on my hands and I get sick"</p>
<p style="text-align: center;"><b>FEELINGS</b></p> <p>Confused                  Panicky            Anxious                  Terrified            Tense all the time      On edge                                             Scared            Constantly nervous</p>	<p style="text-align: center;"><b>PHYSICAL</b></p> <p>Blushing                  Sweating            Trembling                Shaking            Heart racing              Pounding heart            Numbness, tingling      Short of breath            Nausea                    Dizzy</p>

If you answered "YES" to question 1 and/or 2 and ticked 3 or more of the above symptoms, you probably have an anxiety disorder.

For further assessment, please make an appointment to see your doctor, you may want to take a friend for support.

*With Compliments from the Burdekin Mental Health Foundation & Mental Health First Aid*