

# Identifying Anxiety

The information provided is from the [Mayo Clinic website](#) on generalized anxiety. Please visit their site for more information and resources.



It's normal to feel anxious from time to time, especially if your life is stressful. However, if you experience excessive, ongoing anxiety and worries that are difficult to control and interfere with day-to-day activities please speak with a parent/guardian, health care provider or counselor right away.

## Symptoms may vary but can include:

- Persistent worrying or anxiety about a number of areas that are out of proportion to the impact of the events
- Overthinking plans and solutions to all possible worst-case outcomes
- Perceiving situations and events as threatening, even when they aren't
- Difficulty handling uncertainty, indecisiveness and fear of making the wrong decision
- Inability to set aside or let go of a worry
- Inability to relax, feeling restless, and feeling keyed up or on edge
- Difficulty concentrating, or the feeling that your mind "goes blank"

## Teens with anxiety may experience excessive worries about:

- Performance at school or sporting events
- Family members' safety
- Being on time (punctuality)
- Fear of catastrophic events (severe weather, war, etc.)



## Physical signs/symptoms may include:

- Fatigue
- Trouble sleeping
- Muscle tension or muscle aches
- Trembling, feeling twitchy
- Nervousness or being easily startled
- Sweating
- Nausea
- Diarrhea



## Teens with excessive worry may:

- Feel overly anxious to fit in
- Redo tasks because they aren't perfect the first time (spending excessive time doing homework)
- Lack confidence or strive for approval
- Require a lot of reassurance about performance
- Have frequent stomachaches or other physical complaints
- Avoid going to school or avoid social situations

If you have any symptoms or concerns, please speak with a parent/guardian, health care provider or counselor.