

The following checklist can help you determine if you need help for anxiety

Do you experience sudden episodes of intense and overwhelming fear that seem to come on for no apparent reason?

Do you experience racing heart, chest pain, difficulty breathing, choking sensation, lightheadedness, tingling or numbness?

Is it difficult to control the worry?

On occasion, do you know that these thoughts or images are unreasonable or excessive?

Do you have recurring thoughts or images (other than the worries of everyday life) that feel intrusive and make you anxious?

Do you find yourself often feeling irritable?

Do you engage in any repetitive behaviors (like hand washing, ordering, or checking) or mental acts (like praying, counting, or repeating words silently) in order to end intrusive thoughts or images?

Do you suffer with muscle tension?

Do you have difficulty falling or staying asleep, or restless unsatisfying sleep?

Have you experienced or witnessed a frightening, traumatic event, either recently or in the past?

Do you often feel restless or on edge?

Do you worry about something terrible happening to you, such as embarrassing yourself, having a heart attack or dying?

Do you continue to have distressing recollections or dreams of a traumatic event?

Do you become easily fatigued?

Do you have feelings of "on guard" or easily startled?

Do you become anxious when you face anything that reminds you of a traumatic event?

Have you been having difficulty concentrating?

Do you worry about a number of events or activities (such as work or school performance)?