



What is an anxiety attack? An anxiety attack affects your body, your mind, and your behavior. During an attack, you become worried and anxious about something you believe will be dangerous in the future. Then your body and mind become focused on this fear. You may have physical sensations such as tension, shakiness, stomach distress, or sweating. Focusing on these concerns, you may prepare yourself either by avoiding certain places and activities, by constantly checking to make sure you are safe, or by procrastinating because your excess worry is blocking concentration.

Here is a checklist of anxiety symptoms:

### PHYSIOLOGICAL RESPONSES

- |  |   |
|--|---|
| <input type="checkbox"/> Feelings of warmth        | <input type="checkbox"/> Tightness of Chest     |
| <input type="checkbox"/> Heart Palpitations        | <input type="checkbox"/> Butterflies in Stomach |
| <input type="checkbox"/> Rapid, Pounding Heartbeat | <input type="checkbox"/> Hyperventilation       |
| <input type="checkbox"/> Weakness All Over         | <input type="checkbox"/> Tremors                |
| <input type="checkbox"/> Dizziness                 | <input type="checkbox"/> Dry Mouth              |
| <input type="checkbox"/> Sweaty All Over           | <input type="checkbox"/> Confusion              |
| <input type="checkbox"/> Speeded Up Thoughts       | <input type="checkbox"/> Muscle Tension/Aches   |
| <input type="checkbox"/> Fatigue                   |   |

### COGNITIVE RESPONSES

- |   |  |
|---|--|
| <input type="checkbox"/> I can't do it                              | <input type="checkbox"/> People are looking at you |
| <input type="checkbox"/> What if I make a fool of myself            | <input type="checkbox"/> I could faint             |
| <input type="checkbox"/> It's a heart attack                        | <input type="checkbox"/> Get me out of here        |
| <input type="checkbox"/> No one will help                           | <input type="checkbox"/> I can't go alone          |
| <input type="checkbox"/> I can't breathe                            | <input type="checkbox"/> I'm going to die          |
| <input type="checkbox"/> I'm going crazy                            | <input type="checkbox"/> I'm trapped               |
| <input type="checkbox"/> What if someone is hurt, sick, fired, etc. | <input type="checkbox"/> I'm not going out         |

### EMOTIONAL RESPONSES

- |  |   |
|--|---|
| <input type="checkbox"/> Fear                | <input type="checkbox"/> Keyed up/on edge       |
| <input type="checkbox"/> Panic               | <input type="checkbox"/> Excessive worry        |
| <input type="checkbox"/> Uneasy              | <input type="checkbox"/> Feelings of doom/gloom |
| <input type="checkbox"/> Trapped, no way out | <input type="checkbox"/> Isolated or lonely     |
| <input type="checkbox"/> Loss of control     | <input type="checkbox"/> Embarrassed            |
| <input type="checkbox"/> Criticized          | <input type="checkbox"/> Rejected               |
| <input type="checkbox"/> Angry               | <input type="checkbox"/> Depressed              |

If you checked three or more from each response list, ask yourself:

1. Is the fear of an anxiety attack limiting my involvement in life?
2. Am I avoiding everyday situations?
3. Do I worry and feel tense most of the time?

For more information on stress, or to speak with a mental health professional, please call:

#### Indiana

If you are in crisis call toll-free:  
800.344.8802  
888-983-8000 (East Indiana)

To make a routine appointment or for more information on programs, call:  
Toll Free 800.344.8802 or  
888-983-8000 (East Indiana)

#### Tennessee

If you are in crisis, call toll-free:  
800.681.7444

To make a routine appointment or for more information on programs, call:  
Toll-free 888.291.HELP (4357)  
Nashville 615.460.HELP (4357)