

Anxiety symptom checklist

A short, plain-language list of physical, cognitive, and behavioral signs commonly associated with anxiety.

Physical

- Chest tightness
- Heart palpitations
- Shortness of breath
- Dizziness or lightheadedness
- Nausea or stomach upset
- Muscle tension, especially in the jaw, neck, and shoulders
- Shaking or trembling
- Sweating
- Tingling in the hands, feet, or face
- Insomnia or restless sleep

Cognitive

- Racing thoughts
- Catastrophizing, the mind jumping to the worst case
- Rumination, looping over the same thought
- Intrusive thoughts that arrive uninvited
- Brain fog
- Difficulty concentrating

Behavioral

- Avoidance of situations, places, or people
- Reassurance seeking from others or from search engines
- Repeated checking, of locks, messages, or the body
- Restlessness, an inability to sit still
- Withdrawal from social or professional contact

This checklist is for self-observation. It does not diagnose anxiety. A licensed clinician is the appropriate next step if symptoms are interfering with sleep, work, or relationships.

Reviewed by Shariq Refai, MD, MBA. Educational only. Not medical advice.

