



Memory Issues



Overthinking



Avoidance



Insomnia



Sweating



Rapid heartbeat



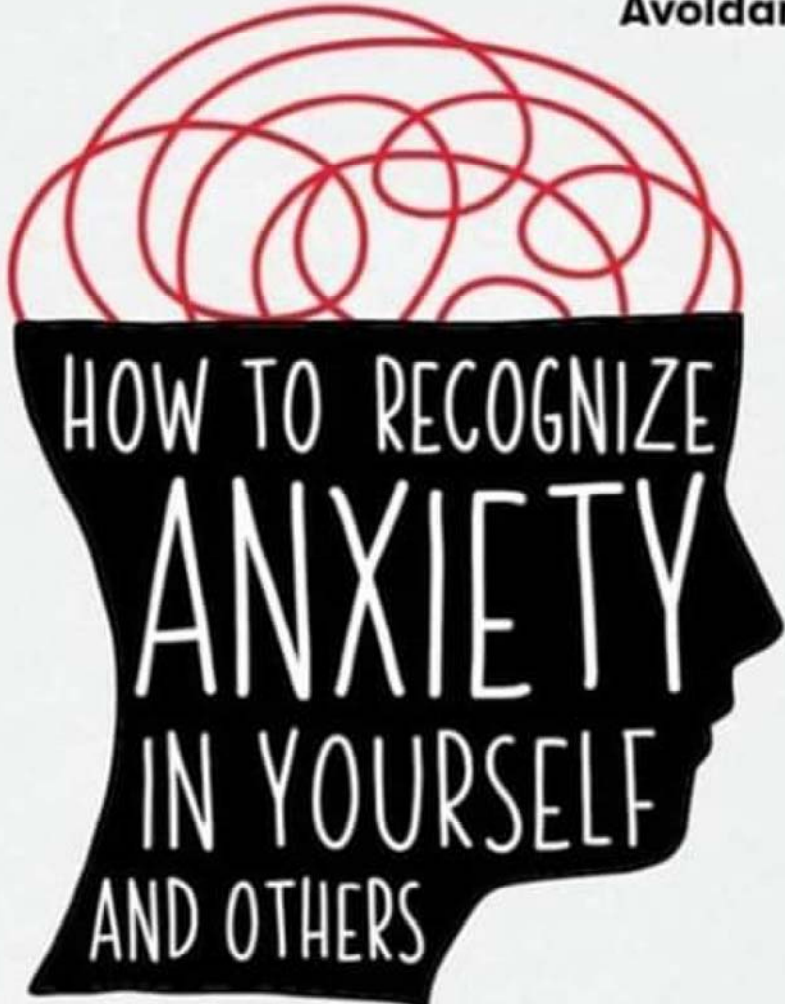
Stomach Issues



Headaches



Panic attacks



**HOW TO RECOGNIZE
ANXIETY
IN YOURSELF
AND OTHERS**



Trouble breathing



Needing reassurance



Procrastination



Constant worrying



Trouble concentrating

Lack of patience

