

Anxiety Symptoms - Physical

Physical symptoms include:

- Racing or irregular heart beat
- Feeling dizzy or light headed
- Shallow, rapid breathing
- Pain in chest
- Butterflies in the stomach
- Feeling sick
- Legs feeling like jelly
- Hands shaking
- Hands tingling
- Dry mouth
- Feeling hot and sweaty
- Frequent urination
- Diarrhoea
- Tense muscles
- Headache

These physical symptoms of anxiety are produced by the body in an attempt to prepare you for fight or flight.

For example, your heart speeds up to take the extra oxygen from your rapid breathing to your large muscles in your legs. The contents of your bladder and bowels are dumped so the body is lighter and so that it doesn't have to cope with other processes while it's concentrating on the immediate problem.

Pupils dilate to allow in extra light so that you can see the source of danger more easily. Likewise you may experience a heightened awareness of other senses such as smell or hearing. Indeed, many people find that their phobic response is triggered by something they see, hear or smell.

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