

HOW IT FEELS TO HAVE Anxiety and Stress

INFOGRAPHIC



Racing thoughts

Have you ever felt like your brain has hit the fast forward button. With anxiety, those thoughts just keep zooming by, making it hard to concentrate, relax, or getting anything constructive done.



Excessive Worry

Feeling anxious often involves persistent and excessive worrying about various aspects of life, sometimes even over imagined outcomes and of future events.



You Feel Sad

Anxiety as a state where someone feels overwhelmed, experiences racing thoughts, and excessive worrying, can also contribute to feeling low and down. Energy (emotions in motion) can also drop to a deep low.



You Get Mad Easily

Anxiety can make a person more irritable and even agitated. Small things that wouldn't usually bother them might suddenly become overwhelming.



Overthinking

People with anxiety often find themselves trapped in a cycle of overthinking and imagining worst case scenarios.



Need Help?

Click the link for free practical tips to help you manage this challenging reality or book a session if you still feel concerned after applying these tips.



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