

ANXIETY SIGNS AND SYMPTOMS

TAKE CHARGE OF YOUR
MENTAL HEALTH BY
KNOWING WHAT TO LOOK
FOR...

The stats

According to the National Institute of Mental Health, over 19% of US Adults had a form of an anxiety disorder in 2020.



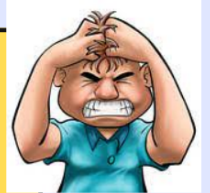
Uncontrollable worry

Restlessness or
feeling on edge



Difficulty
concentrating or mind
going blank

Feeling irritable



Tense or sore muscles
(not from physical
activity)

Difficulty falling
or staying asleep



Getting tired easily

Help is available!

Psychological Services Center

757-352-4488