Understanding Anxiety

A simple guide to how anxiety can feel in your mind and body.

What is anxiety?

Anxiety is a natural response to stress or uncertainty. It can feel like worry, fear, or nervousness about what might happen. Sometimes it appears even when there is no clear danger.

How anxiety can show up

In the body

- Racing heartbeat or fast breathing
- Tight muscles or upset stomach
- Restlessness or feeling shaky
- Trouble sleeping

In the mind

- Worrying or overthinking
- Trouble concentrating
- Feeling on edge or overwhelmed
- Expecting something bad to happen

Why does anxiety happen?

Your brain has a built-in alarm system to help keep you safe. When you feel anxious, that alarm may become extra sensitive, even in everyday situations.

A gentle reminder

Anxiety is common. If it starts affecting daily life, support can help you understand and manage it.