

a sense of doom

Anxiety can cause frequent feelings of impending doom. You may also have difficulty concentrating.

panic attacks

Panic attacks from anxiety can lead to a number of physical symptoms, including heart palpitations, chest pain, and lightheadedness. You may even feel warmer than normal.

depression

Chronic anxiety can increase your risk for depression. Symptoms include social withdrawal, loss of interest in activities you once loved, and feelings of guilt or hopelessness.

headaches

Headaches from constant worry and stress are common.

irritability

Constant worry can increase your overall feelings of irritability.

pounding heart

Heart palpitations occur with panic attacks, but they can also happen with anxiety more generally. You may feel like your heartbeat quickens in pace and intensity.

breathing problems

Anxiety can cause rapid, shallow breathing. These symptoms are more intense when you're having a panic attack.

loss of libido

Anxiety can decrease your sexual desire.

upset stomach

Stomach pains may be accompanied by nausea and diarrhea.

extreme fatigue

Anxiety can leave you feeling wiped out at various points throughout the day. You may also have problems sleeping at night.

increase in blood pressure

You may feel your blood pressure rise whenever your anxiety flares up.

muscle aches and other pains

Anxiety isn't just felt mentally. Unexplained aches and pains can also occur.

