Recognising Anxiety

Avoidance
Overthinking
Trouble concentrating
Stomach issues
Memory issues
Panic attacks
Trouble breathing
Constant worrying
Needing reassurance
Insomnia
Rapid heartbeat
Lack of patience
Trouble concentrating
Procrastination
Sweating

Stress Reduction Strategies

Mindfulness
Hobbies
Counselling
Progressive muscle relaxation
Life coaching
Deep breathing
Massage
Physical exercise
Cognitive behavioural therapy
Meditation
Journal writing

ADHD Foundation
Mental Health, Education and Training Services