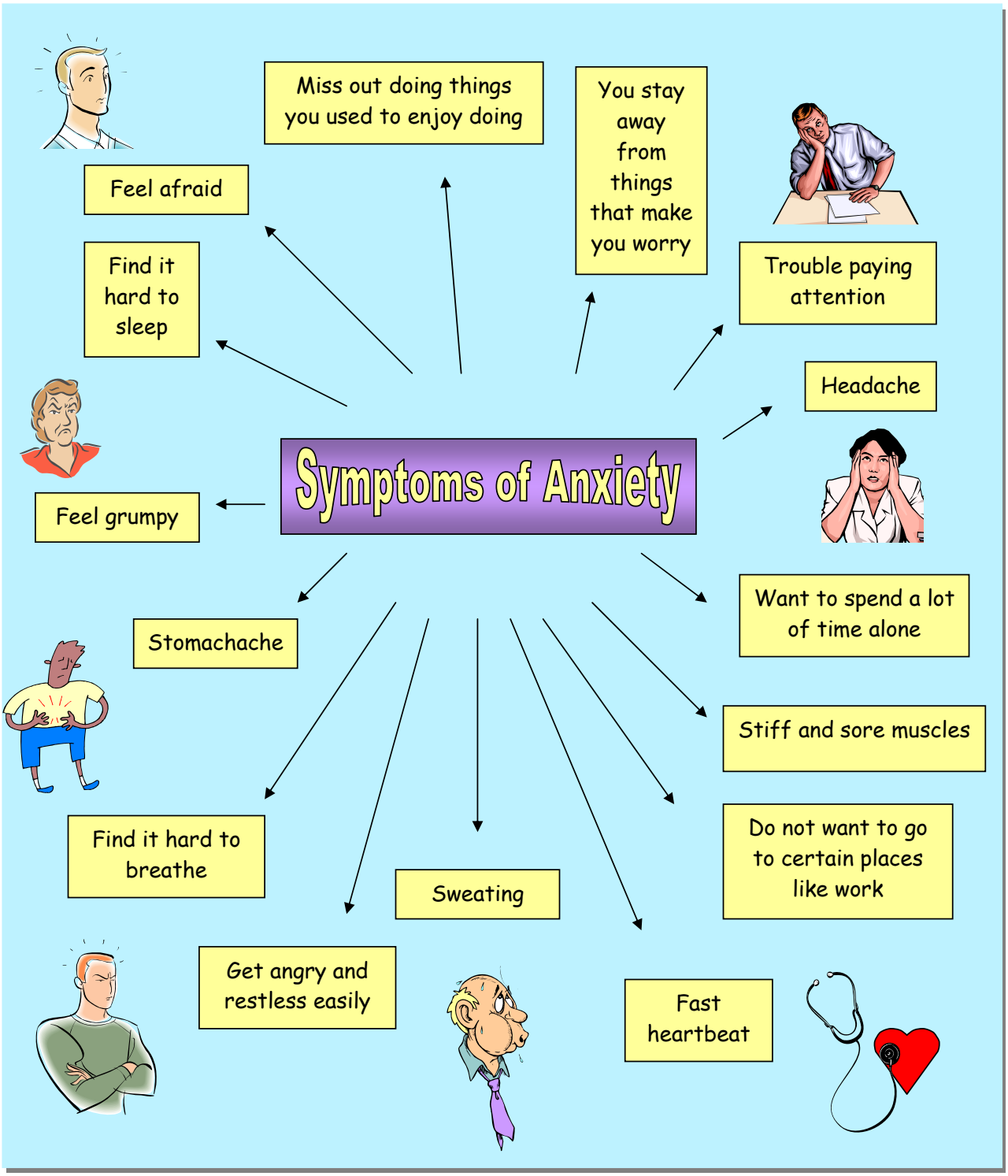
Symptoms of Anxiety
Feel afraid
Miss out doing things you used to enjoy doing
You stay away from things that make you worry
Trouble paying attention
Headache
Want to spend a lot of time alone
Stiff and sore muscles
Do not want to go to certain places like work
Fast heartbeat
Sweating
Get angry and restless easily
Find it hard to breathe
Stomachache
Feel grumpy
Find it hard to sleep