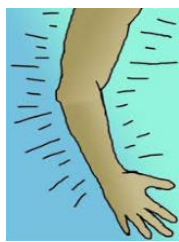




20

**Putting  
Things Off**



4

**Numbness  
or Tingling**



8

**Can't Focus**



1

**Unwanted  
Thoughts**



14

**Insomnia**



21

**Shortness of  
Breath**



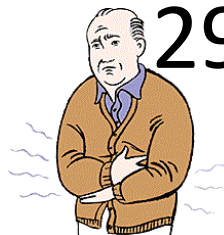
17

**Trembling/  
Shaking**



28

**Worry about  
Health**



29

**Nausea or  
Stomachaches**



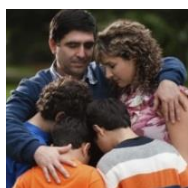
26

**Stress about  
Money**



3

**Cold and/or  
Sweaty Hands**



2

**Fret about  
Friends/  
Family**

**FREE  
SPACE**



11

**Overwhelmed**



10

**Avoiding  
People/Places**



5

**Chest  
Tightness**



19

**Headaches**



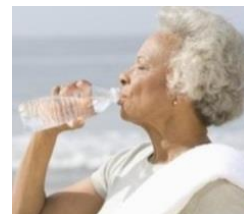
27

**Weight Loss**



7

**Concerned  
about Aging**



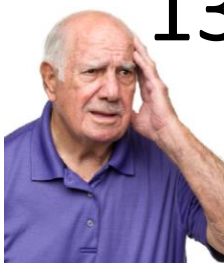
25

**Dry Mouth**



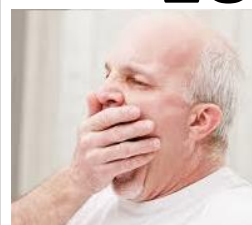
9

**Rapid Pulse**



13

**Insecurity**



18

**Fatigue**



12

**Blurred  
Vision**



16

**Muscle Aches  
/Tightness**




24



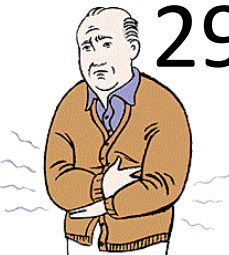
Irritability

22



Butterflies  
in Stomach

29



Nausea or  
Stomachaches

4



Numbness  
or Tingling

6



On-Edge

21




Shortness of  
Breath

14



Insomnia

1




Unwanted  
Thoughts

7




Concerned  
about Aging

26



Stress about  
Money

16



Muscle Aches  
/Tightness

23



Unexplained  
Sweating

FREE  
SPACE

18




Fatigue

5




Chest  
Tightness

19




Headaches

15




Dizzy/Light-  
headed

10



Avoiding  
People/Places

28




Worry about  
Health

20



Putting  
Things Off

13



Insecurity

25



Dry Mouth

9



Rapid Pulse

2



Fret about  
Friends/  
Family

3



Cold and/or  
Sweaty Hands

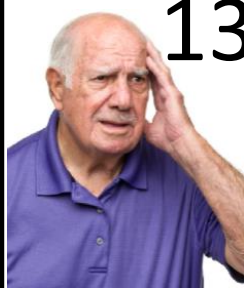






2

**Fret about  
Friends/  
Family**



13

**Insecurity**



21

**Shortness of  
Breath**



18

**Fatigue**



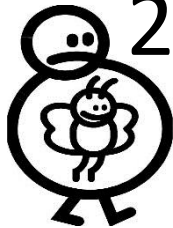
28

**Worry about  
Health**



24

**Irritability**



22

**Butterflies  
in Stomach**



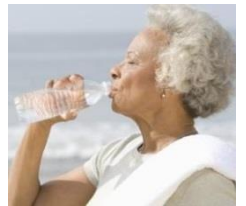
10

**Avoiding  
People/Places**



1

**Unwanted  
Thoughts**



25

**Dry Mouth**



27

**Weight Loss**



11

**Overwhelmed**

**FREE  
SPACE**



7

**Concerned  
about Aging**



17

**Trembling/  
Shaking**



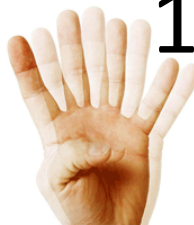
19

**Headaches**



15

**Dizzy/Light-  
headed**



12

**Blurred  
Vision**



26

**Stress about  
Money**



14

**Insomnia**



3

**Cold and/or  
Sweaty Hands**



9

**Rapid Pulse**



16

**Muscle Aches  
/Tightness**



5

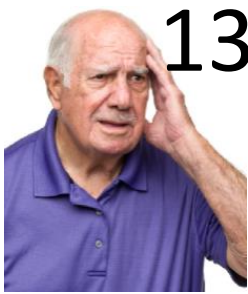
**Chest  
Tightness**



6

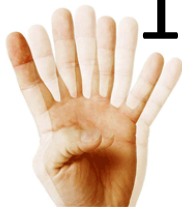
**On-Edge**





13

**Insecurity**



12

**Blurred  
Vision**



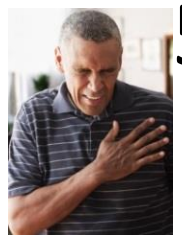
27

**Weight Loss**



2

**Fret about  
Friends/  
Family**



5

**Chest  
Tightness**



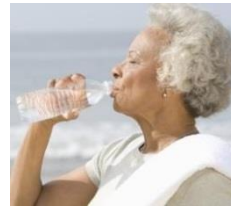
3

**Cold and/or  
Sweaty Hands**



15

**Dizzy/Light-  
headed**



25

**Dry Mouth**



17

**Trembling/  
Shaking**



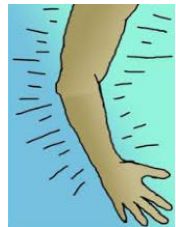
28

**Worry about  
Health**



14

**Insomnia**



4

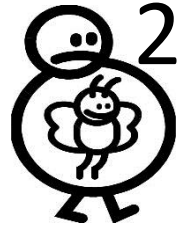
**Numbness  
or Tingling**

**FREE  
SPACE**



10

**Avoiding  
People/Places**



22

**Butterflies  
in Stomach**



20

**Putting  
Things Off**



18

**Fatigue**



23

**Unexplained  
Sweating**



8

**Can't Focus**



11

**Overwhelmed**



26

**Stress about  
Money**



19

**Headaches**



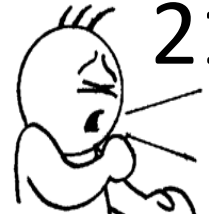
24

**Irritability**



7

**Concerned  
about Aging**



21

**Shortness of  
Breath**





27



Weight Loss

7

Concerned  
about Aging

1

Unwanted  
Thoughts

23

Unexplained  
Sweating

17

Trembling/  
Shaking

6



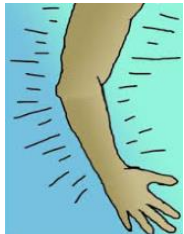
On-Edge

14



Insomnia

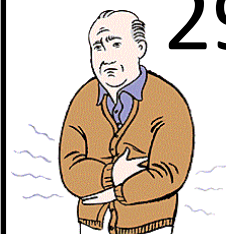
4

Numbness  
or Tingling

2

Fret about  
Friends/  
Family

29

Nausea or  
Stomachaches

11



Overwhelmed

20

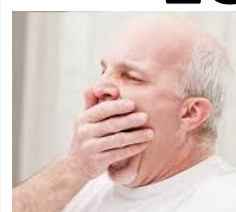
Putting  
Things OffFREE  
SPACE

13



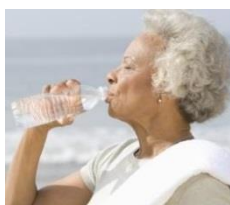
Insecurity

18



Fatigue

25



Dry Mouth

28

Worry about  
Health

15

Dizzy/Light-  
headed

3

Cold and/or  
Sweaty Hands

5

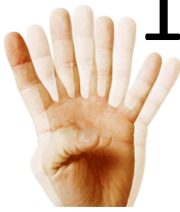
Chest  
Tightness

8



Can't Focus

12

Blurred  
Vision

16

Muscle Aches  
/Tightness

9



Rapid Pulse

26

Stress about  
Money




12




**Blurred Vision**

15




**Dizzy/Light-headed**

19




**Headaches**

28



**Worry about Health**

18



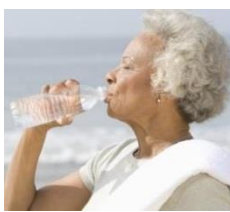
**Fatigue**

22



**Butterflies in Stomach**

25




**Dry Mouth**

2




**Fret about Friends/Family**

24




**Irritability**

20



**Putting Things Off**

1



**Unwanted Thoughts**

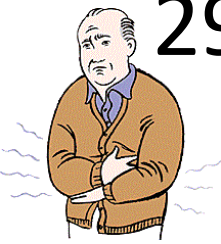
7



**Concerned about Aging**

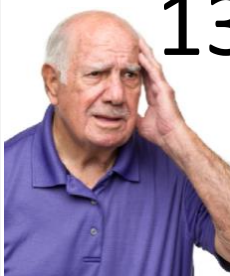
**FREE SPACE**

29



**Nausea or Stomachaches**

13




**Insecurity**

8



**Can't Focus**

11



**Overwhelmed**

5



**Chest Tightness**

14




**Insomnia**

6



**On-Edge**

3




**Cold and/or Sweaty Hands**

9




**Rapid Pulse**

26



**Stress about Money**

4



**Numbness or Tingling**

17



**Trembling/Shaking**





20



Putting Things Off

21



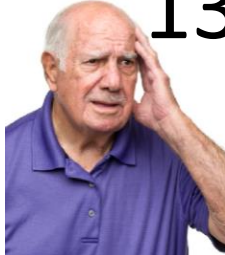
Shortness of Breath

25



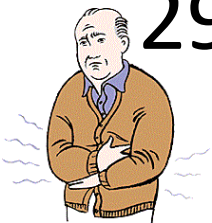
Dry Mouth

13



Insecurity

29



Nausea or Stomachaches

23




Unexplained Sweating

3




Cold and/or Sweaty Hands

15



Dizzy/Light-headed

24



Irritability

7



Concerned about Aging

16



Muscle Aches /Tightness

8



Can't Focus

FREE SPACE

14



Insomnia

2



Fret about Friends/ Family

26



Stress about Money

5




Chest Tightness

18



Fatigue

19



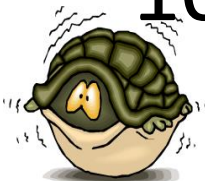
Headaches

27



Weight Loss

10



Avoiding People/Places

12



Blurred Vision

28



Worry about Health

9



Rapid Pulse

22



Butterflies in Stomach





18



Fatigue

23

Unexplained  
Sweating

14

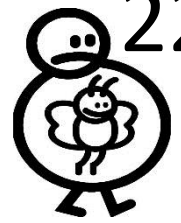


Insomnia

1

Unwanted  
Thoughts

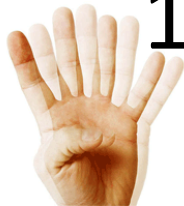
22

Butterflies  
in Stomach

10

Avoiding  
People/Places

12

Blurred  
Vision

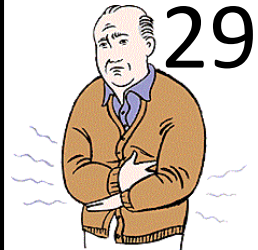
16

Muscle Aches  
/Tightness

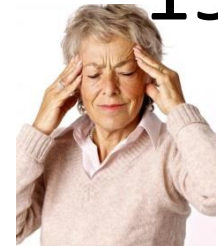
26

Stress about  
Money

29

Nausea or  
Stomachaches

19



Headaches

17

Trembling/  
ShakingFREE  
SPACE

2

Fret about  
Friends/  
Family

9



Rapid Pulse

7

Concerned  
about Aging

11



Overwhelmed

24



Irritability

27



Weight Loss

21

Shortness of  
Breath

4

Numbness  
or Tingling

15

Dizzy/Light-  
headed

6

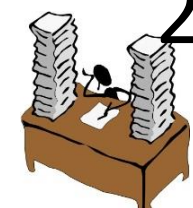


On-Edge

28

Worry about  
Health

20

Putting  
Things Off



22




**Butterflies  
in Stomach**

5



**Chest  
Tightness**

3




**Cold and/or  
Sweaty Hands**

18



**Fatigue**

4




**Numbness  
or Tingling**

2




**Fret about  
Friends/  
Family**

19




**Headaches**

20




**Putting  
Things Off**

9



**Rapid Pulse**

26



**Stress about  
Money**

28



**Worry about  
Health**


17



**Trembling/  
Shaking**


**FREE  
SPACE**

16



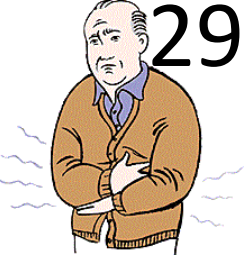
**Muscle Aches  
/Tightness**

21



**Shortness of  
Breath**

29




**Nausea or  
Stomachaches**

7



**Concerned  
about Aging**

1



**Unwanted  
Thoughts**

12



**Blurred  
Vision**

14



**Insomnia**

27




**Weight Loss**

25




**Dry Mouth**

10




**Avoiding  
People/Places**

24



**Irritability**

13




**Insecurity**





17



**Trembling/  
Shaking**

18



**Fatigue**

28




**Worry about  
Health**

7



**Concerned  
about Aging**

10



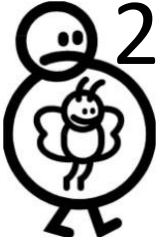
**Avoiding  
People/ Places**

20



**Putting  
Things Off**

22




**Butterflies  
in Stomach**

2



**Fret about  
Friends/  
Family**

9



**Rapid Pulse**

6




**On-Edge**

12



**Blurred  
Vision**


21



**Shortness  
of Breath**

**FREE  
SPACE**

3




**Cold and/or  
Sweaty Hands**

27



**Weight Loss**

26



**Stress about  
Money**

25




**Dry Mouth**

23




**Unexplained  
Sweating**

11



**Overwhelmed**

24




**Irritability**

14




**Insomnia**

1



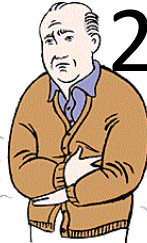
**Unwanted  
Thoughts**

15



**Dizzy/Light-  
headed**

29



**Nausea or  
Stomachaches**

5



**Chest  
Tightness**



16



**Muscle Aches  
/Tightness**

12



**Blurred  
Vision**

4



**Numbness  
or Tingling**

8



**Can't Focus**

20



**Putting  
Things Off**

5



**Chest  
Tightness**

6




**On-Edge**

7



**Concerned  
about Aging**

26



**Stress about  
Money**

25



**Dry Mouth**

2



**Fret about  
Friends/  
Family**

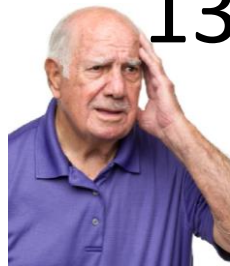
23



**Unexplained  
Sweating**

**FREE  
SPACE**

13




**Insecurity**

27



**Weight Loss**

24




**Irritability**

28



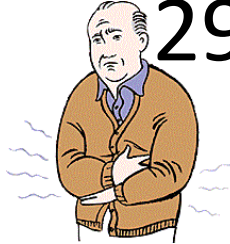
**Worry about  
Health**

10



**Avoiding  
People/Places**

29




**Nausea or  
Stomachaches**

22



**Butterflies  
in Stomach**

11




**Overwhelmed**

9




**Rapid Pulse**

3




**Cold and/or  
Sweaty Hands**

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Breath**

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**Dizzy/Light-  
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/Tightness**



14

**Insomnia**



1

**Unwanted  
Thoughts**



2

**Fret about  
Friends/  
Family**



17

**Trembling/  
Shaking**



18

**Fatigue**



19

**Headaches**



26

**Stress about  
Money**



23

**Unexplained  
Sweating**



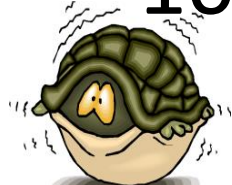
7

**Concerned  
about Aging**



21

**Shortness of  
Breath**



10

**Avoiding  
People/Places**

**FREE  
SPACE**



27

**Weight Loss**



15

**Dizzy/Light-  
headed**



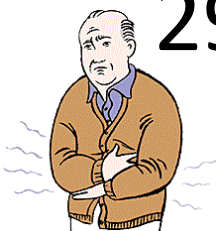
8

**Can't Focus**



24

**Irritability**



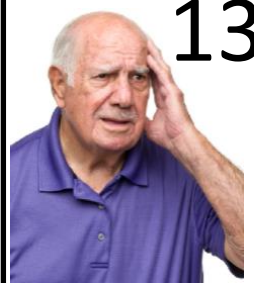
29

**Nausea or  
Stomachaches**



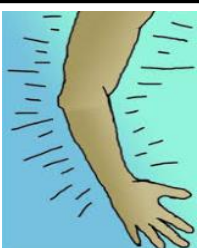
11

**Overwhelmed**



13

**Insecurity**



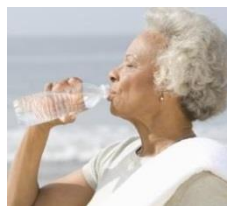
4

**Numbness  
or Tingling**



28

**Worry about  
Health**



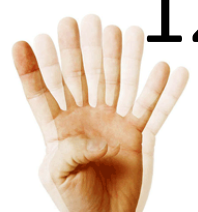
25

**Dry Mouth**



6

**On-Edge**



12

**Blurred  
Vision**





3



Cold and/or  
Sweaty Hands

7



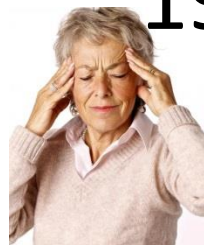
Concerned  
about Aging

18




Fatigue

19



Headaches

20



Putting  
Things Off

27



Weight Loss

28




Worry about  
Health

23




Unexplained  
Sweating

6



On-Edge

9



Rapid Pulse

4



Numbness  
or Tingling


16



Muscle Aches  
/Tightness

FREE  
SPACE

10



Avoiding  
People/Places

2



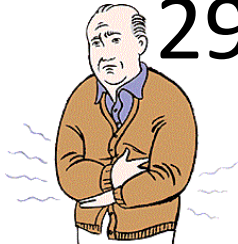
Fret about  
Friends/  
Family

14



Insomnia

29




Nausea or  
Stomachaches

25




Dry Mouth

11



Overwhelmed

17



Trembling/  
Shaking

8




Can't Focus

26




Stress about  
Money

1




Unwanted  
Thoughts

24



Irritability

5

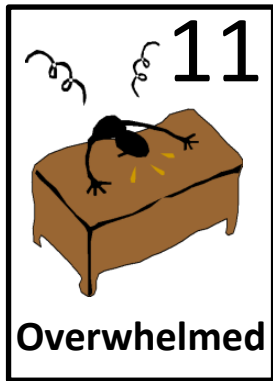


Chest  
Tightness

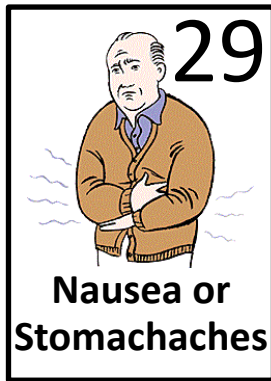




**On-Edge**



**Overwhelmed**



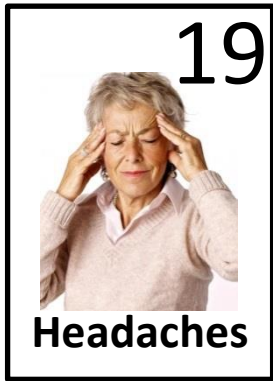
**Nausea or  
Stomachaches**



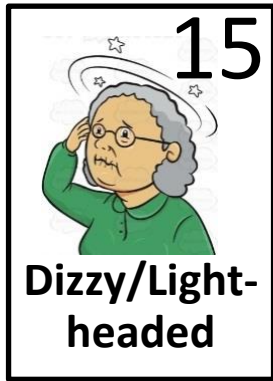
**Worry about  
Health**



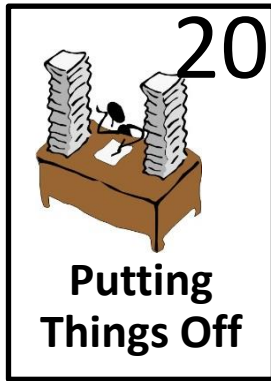
**Unexplained  
Sweating**



**Headaches**



**Dizzy/Light-  
headed**



**Putting  
Things Off**



**Fatigue**



**Chest  
Tightness**



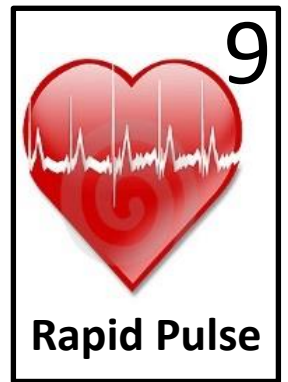
**Insomnia**



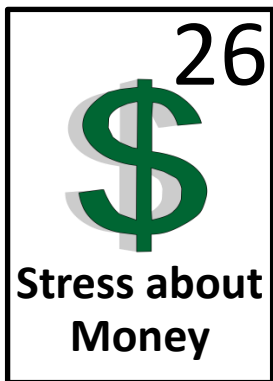
**Can't Focus**



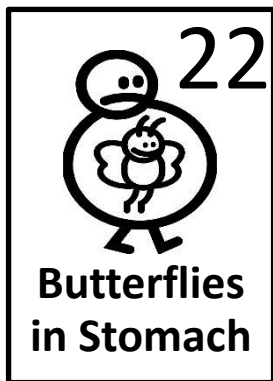
**Fret about  
Friends/  
Family**



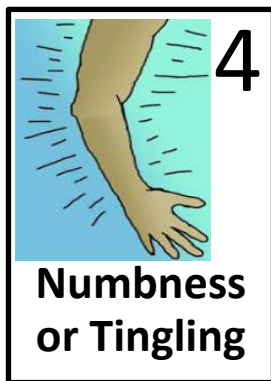
**Rapid Pulse**



**Stress about  
Money**



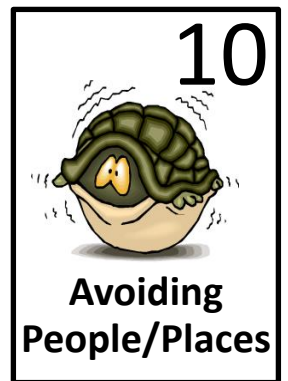
**Butterflies  
in Stomach**



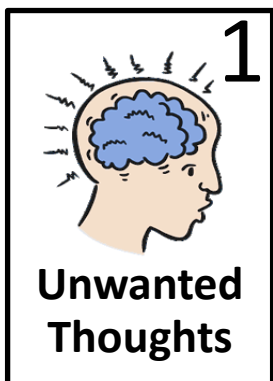
**Numbness  
or Tingling**



**Concerned  
about Aging**



**Avoiding  
People/Places**



**Unwanted  
Thoughts**



**Weight Loss**



**Irritability**



**Dry Mouth**

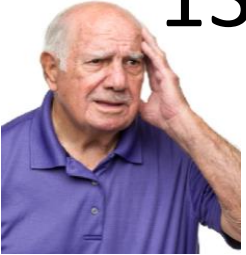


**Muscle Aches  
/Tightness**






13




**Insecurity**

15




**Dizzy/Light-headed**

21



**Shortness of Breath**

3




**Cold and/or Sweaty Hands**

12



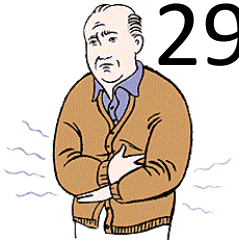
**Blurred Vision**

1




**Unwanted Thoughts**

29



**Nausea or Stomachaches**

26




**Stress about Money**

28




**Worry about Health**

17




**Trembling/Shaking**

11



**Overwhelmed**


24



**Irritability**

**FREE SPACE**

23



**Unexplained Sweating**

6



**On-Edge**

7



**Concerned about Aging**

9



**Rapid Pulse**

18



**Fatigue**

8




**Can't Focus**

2



**Fret about Friends/Family**

20



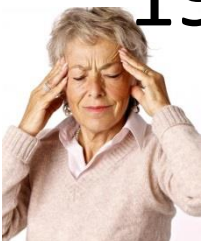
**Putting Things Off**

5



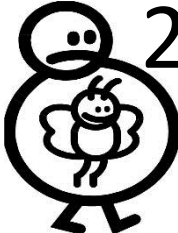
**Chest Tightness**

19



**Headaches**

22



**Butterflies in Stomach**

27



**Weight Loss**



9



**Rapid Pulse**

27



**Weight Loss**

14




**Insomnia**

12



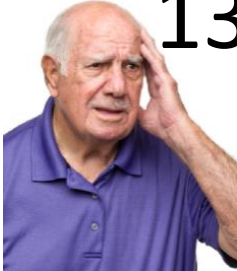
**Blurred Vision**

26



**Stress about Money**

13




**Insecurity**

2




**Fret about Friends/  
Family**

3




**Cold and/or  
Sweaty Hands**

24




**Irritability**

21



**Shortness of  
Breath**

15



**Dizzy/Light-headed**


5



**Chest  
Tightness**


**FREE  
SPACE**

28




**Worry about  
Health**

4




**Numbness  
or Tingling**

10




**Avoiding  
People/Places**

25



**Dry Mouth**

19




**Headaches**

6



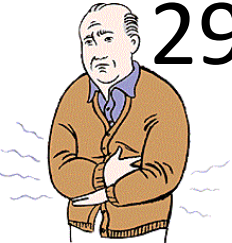
**On-Edge**

18




**Fatigue**

29



**Nausea or  
Stomachaches**

16



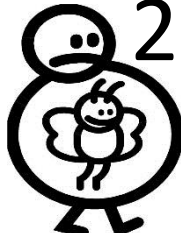
**Muscle Aches  
/Tightness**

11



**Overwhelmed**

22



**Butterflies  
in Stomach**

7



**Concerned  
about Aging**



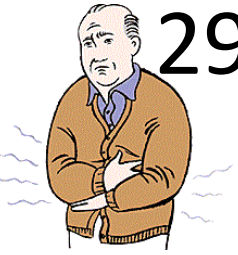


8




**Can't Focus**

29



**Nausea or  
Stomachaches**

20



**Putting  
Things Off**

12




**Blurred  
Vision**

6



**On-Edge**

19




**Headaches**

28



**Worry about  
Health**

5



**Chest  
Tightness**

27



**Weight Loss**

14



**Insomnia**

16



**Muscle Aches  
/Tightness**

18



**Fatigue**


**FREE  
SPACE**

4




**Numbness  
or Tingling**

15



**Dizzy/Light-  
headed**

1



**Unwanted  
Thoughts**

2




**Fret about  
Friends/  
Family**

11




**Overwhelmed**

10




**Avoiding  
People/Places**

23



**Unexplained  
Sweating**

13



**Insecurity**

9




**Rapid Pulse**

7




**Concerned  
about Aging**

3



**Cold and/or  
Sweaty Hands**

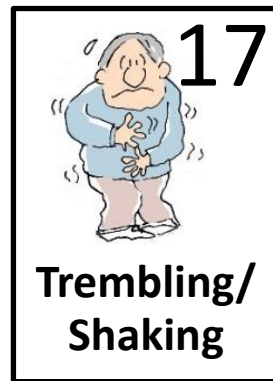
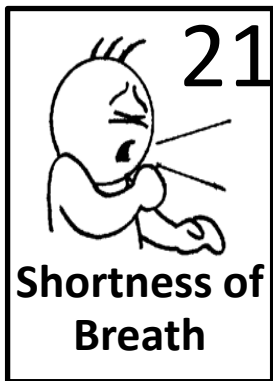
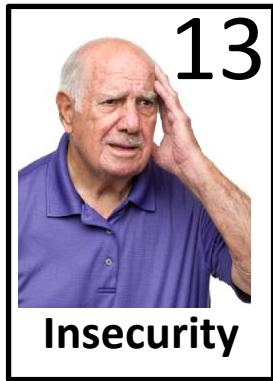
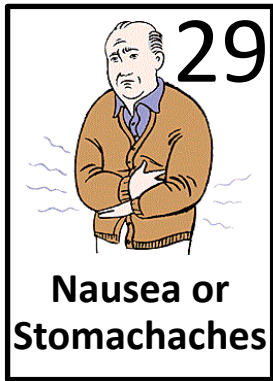
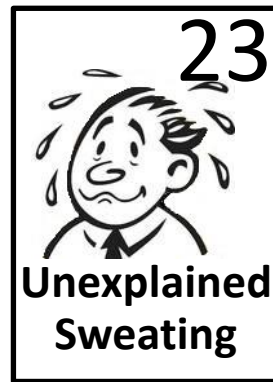
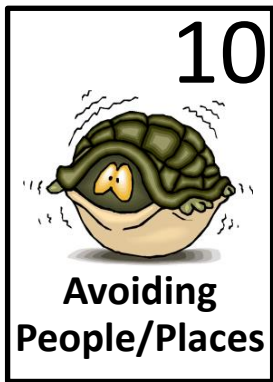
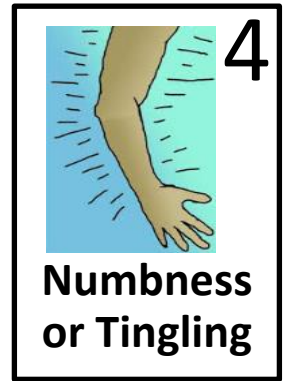
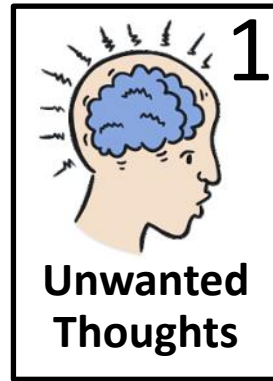
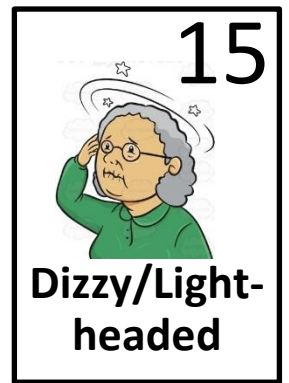
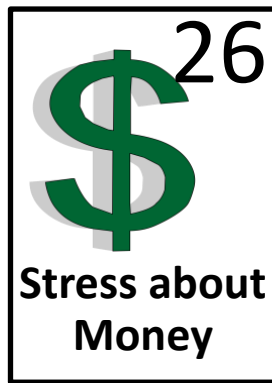
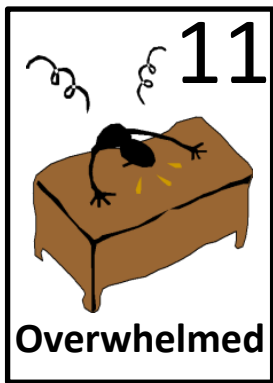
26



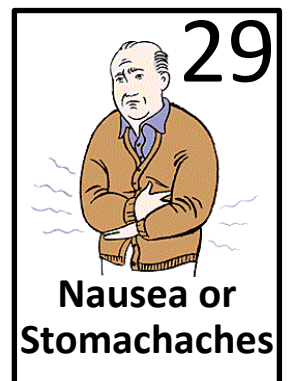
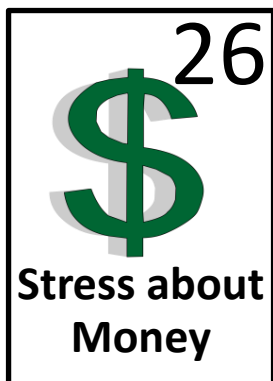
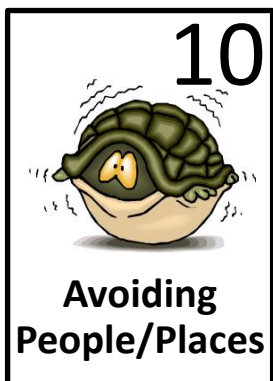
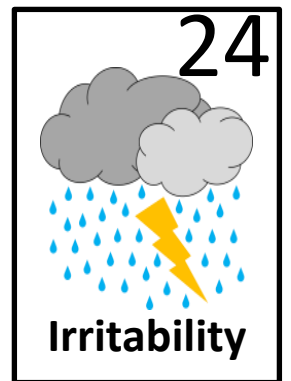
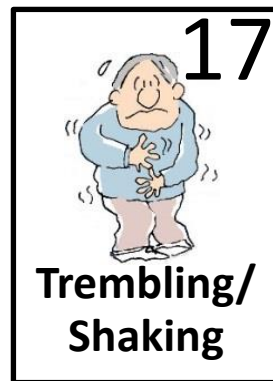
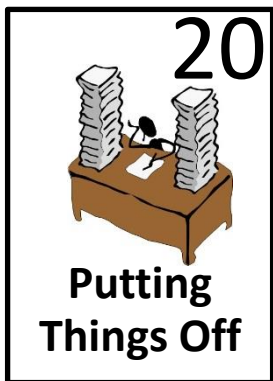
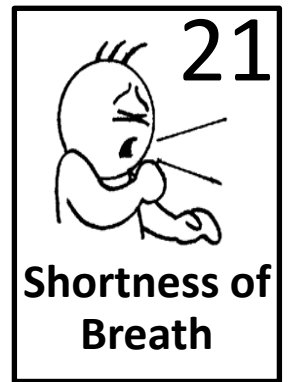
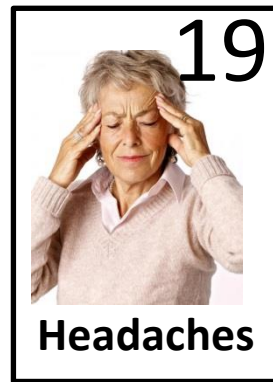
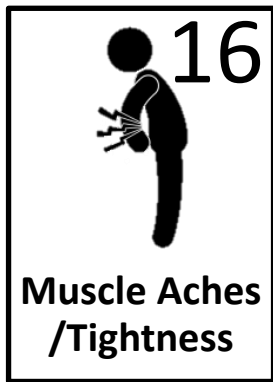
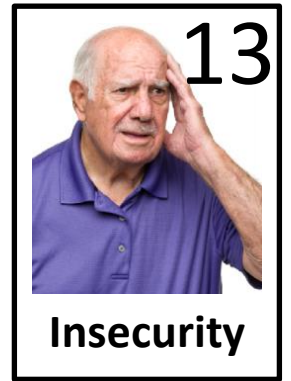
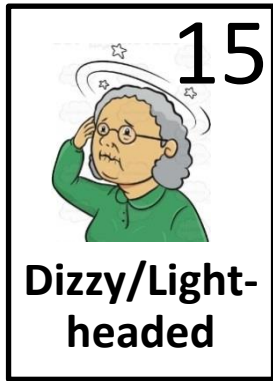
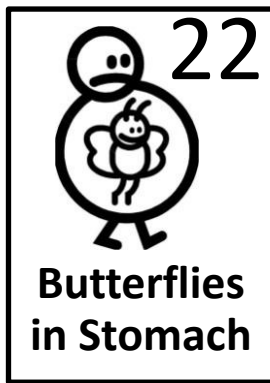
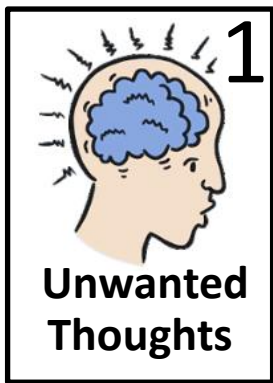
**Stress about  
Money**











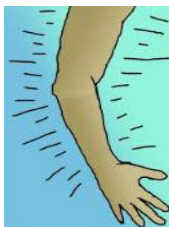






7

**Concerned  
about Aging**



4

**Numbness  
or Tingling**



16

**Muscle Aches  
/Tightness**



11

**Overwhelmed**



25

**Dry Mouth**



6

**On-Edge**



10

**Avoiding  
People/Places**



27

**Weight Loss**



2

**Fret about  
Friends/  
Family**



1

**Unwanted  
Thoughts**



26

**Stress about  
Money**



15

**Dizzy/Light-  
headed**

**FREE  
SPACE**



21

**Shortness of  
Breath**



13

**Insecurity**



12

**Blurred  
Vision**



8

**Can't Focus**



20

**Putting  
Things Off**



22

**Butterflies  
in Stomach**



24

**Irritability**



17

**Trembling/  
Shaking**



28

**Worry about  
Health**



5

**Chest  
Tightness**



3

**Cold and/or  
Sweaty Hands**



9

**Rapid Pulse**



23



Unexplained  
Sweating

27




Weight Loss

9



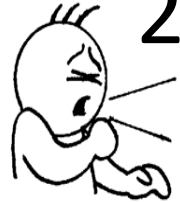
Rapid Pulse

5



Chest  
Tightness

21



Shortness of  
Breath

2



Fret about  
Friends/  
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14




Insomnia

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Worry about  
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Irritability

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Fatigue

7




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26



Stress about  
Money

25



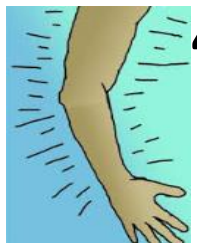
Dry Mouth

11




Overwhelmed

4



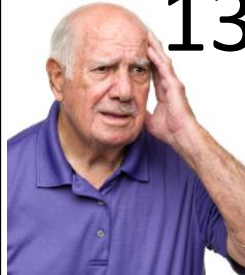
Numbness  
or Tingling

22




Butterflies  
in Stomach

13



Insecurity

6



On-Edge

20




Putting  
Things Off






19



**Headaches**

3




**Cold and/or  
Sweaty Hands**

6



**On-Edge**

24



**Irritability**

12




**Blurred  
Vision**

5



**Chest  
Tightness**

11



**Overwhelmed**

25




**Dry Mouth**

28




**Worry about  
Health**

9



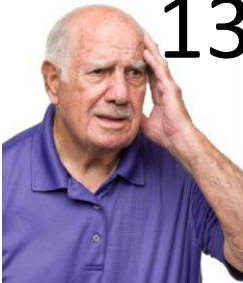
**Rapid Pulse**

20



**Putting  
Things Off**

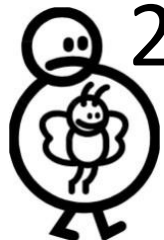
13



**Insecurity**


**FREE  
SPACE**

22



**Butterflies  
in Stomach**

17




**Trembling/  
Shaking**

1



**Unwanted  
Thoughts**

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Money**

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**Can't Focus**

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**Unexplained  
Sweating**

27



**Weight Loss**

18



**Fatigue**





14



Insomnia

17

Trembling/  
Shaking

21

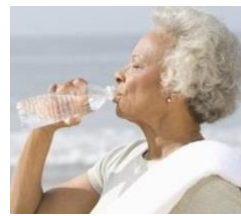
Shortness of  
Breath

18



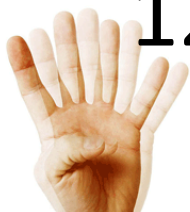
Fatigue

25



Dry Mouth

12

Blurred  
Vision

11



Overwhelmed

3

Cold and/or  
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16

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Rapid Pulse

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Irritability

FREE  
SPACE

6



On-Edge

10

Avoiding  
People/Places

20

Putting  
Things Off

28

Worry about  
Health

8



Can't Focus

2

Fret about  
Friends/  
Family

1

Unwanted  
Thoughts

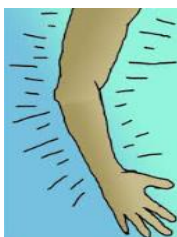
15

Dizzy/Light-  
headed

7

Concerned  
about Aging

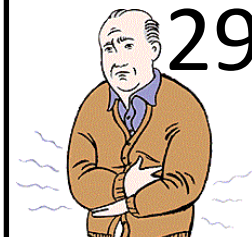
4

Numbness  
or Tingling

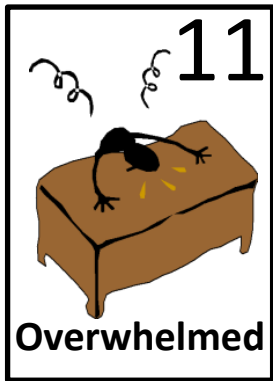
26

Stress about  
Money

29

Nausea or  
Stomachaches

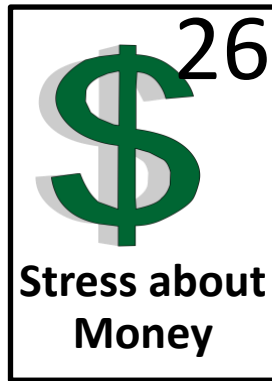




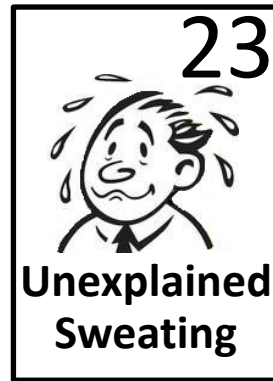
Overwhelmed



Blurred  
Vision



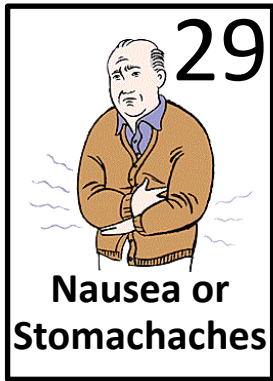
Stress about  
Money



Unexplained  
Sweating



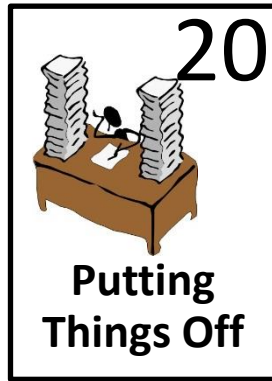
Muscle Aches  
/Tightness



Nausea or  
Stomachaches



Chest  
Tightness



Putting  
Things Off



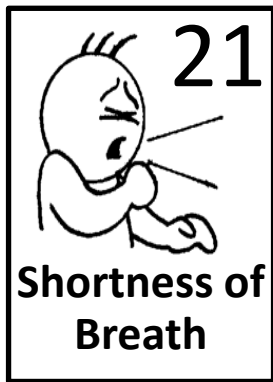
Fatigue



Worry about  
Health



Fret about  
Friends/  
Family



Shortness of  
Breath



FREE  
SPACE



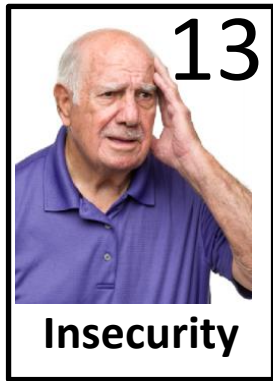
Rapid Pulse



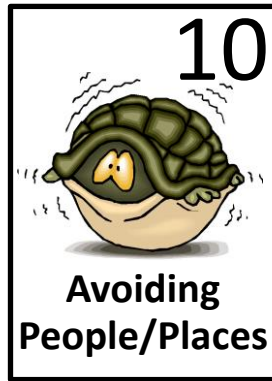
Concerned  
about Aging



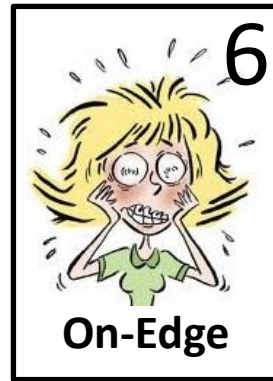
Irritability



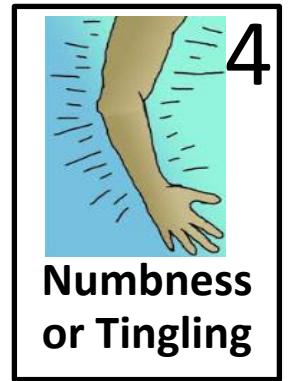
Insecurity



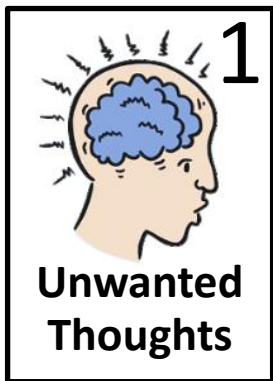
Avoiding  
People/Places



On-Edge



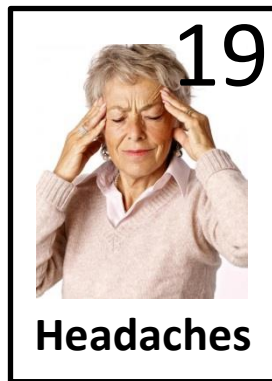
Numbness  
or Tingling



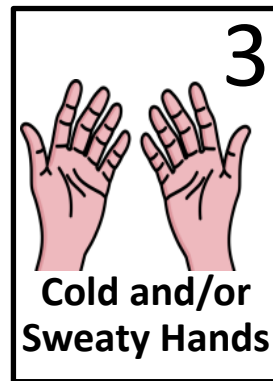
Unwanted  
Thoughts



Weight Loss



Headaches



Cold and/or  
Sweaty Hands



Butterflies  
in Stomach






28




**Worry about Health**

22




**Butterflies in Stomach**

26




**Stress about Money**

19



**Headaches**

20



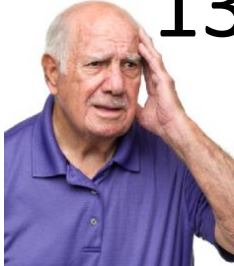
**Putting Things Off**

7



**Concerned about Aging**

13



**Insecurity**

2



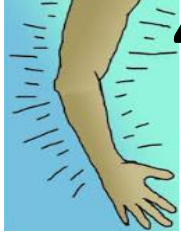
**Fret about Friends/ Family**

17



**Trembling/ Shaking**

4



**Numbness or Tingling**

3



**Cold and/or Sweaty Hands**


11



**Overwhelmed**

**FREE SPACE**

15



**Dizzy/Light-headed**

14



**Insomnia**

1




**Unwanted Thoughts**

25



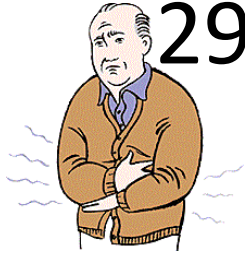
**Dry Mouth**

5



**Chest Tightness**

29



**Nausea or Stomachaches**

21



**Shortness of Breath**

24



**Irritability**

27



**Weight Loss**

8




**Can't Focus**

6



**On-Edge**


10



**Avoiding People/Places**



15



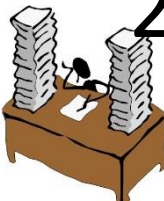
**Dizzy/Light-headed**

26




**Stress about Money**

20



**Putting Things Off**

24



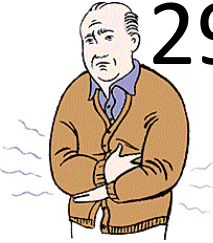
**Irritability**

3



**Cold and/or Sweaty Hands**

29



**Nausea or Stomachaches**

7




**Concerned about Aging**

12



**Blurred Vision**

1



**Unwanted Thoughts**

17



**Trembling/Shaking**

25



**Dry Mouth**

23



**Unexplained Sweating**

**FREE SPACE**

8



**Can't Focus**

6



**On-Edge**

28




**Worry about Health**

9




**Rapid Pulse**

19




**Headaches**

16



**Muscle Aches /Tightness**

10



**Avoiding People/Places**

5



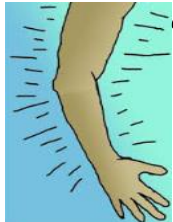
**Chest Tightness**

14




**Insomnia**

4



**Numbness or Tingling**

21



**Shortness of Breath**

2

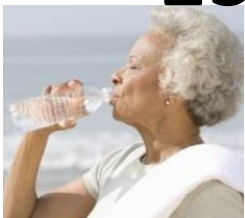


**Fret about Friends/Family**





25



Dry Mouth

14



Insomnia

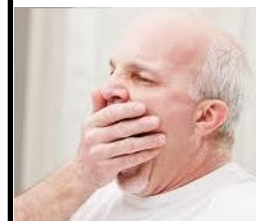
17

Trembling/  
Shaking

15

Dizzy/Light-  
headed

18



Fatigue

11



Overwhelmed

28

Worry about  
Health

9



Rapid Pulse

20

Putting  
Things Off

27



Weight Loss

26

Stress about  
Money

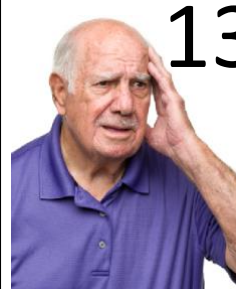
1

Unwanted  
ThoughtsFREE  
SPACE

5

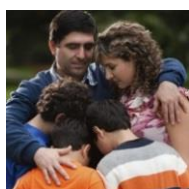
Chest  
Tightness

13



Insecurity

2

Fret about  
Friends/  
Family

22

Butterflies  
in Stomach

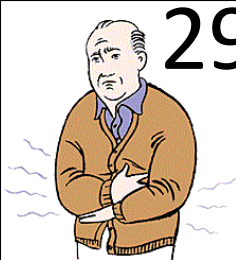
7

Concerned  
about Aging

4

Numbness  
or Tingling

29

Nausea or  
Stomachaches

21

Shortness of  
Breath

23

Unexplained  
Sweating

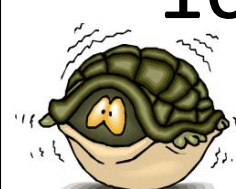
3

Cold and/or  
Sweaty Hands

16

Muscle Aches  
/Tightness

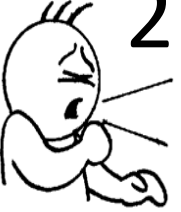
10

Avoiding  
People/Places






21




Shortness of  
Breath

15



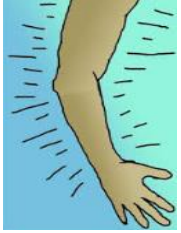
Dizzy/Light-  
headed

3



Cold and/or  
Sweaty Hands

4



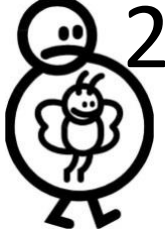
Numbness  
or Tingling

16



Muscle Aches  
/Tightness

22



Butterflies  
in Stomach

12



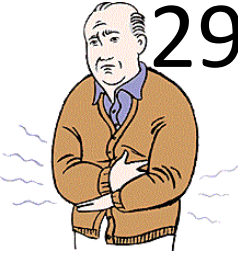
Blurred  
Vision

28



Worry about  
Health

29



Nausea or  
Stomachaches

8



Can't Focus

27



Weight Loss


14



Insomnia


FREE  
SPACE

19



Headaches

9




Rapid Pulse

25




Dry Mouth

1




Unwanted  
Thoughts

13




Insecurity

26



Stress about  
Money

18



Fatigue

2




Fret about  
Friends/  
Family

23




Unexplained  
Sweating

17



Trembling/  
Shaking

24



Irritability

7



Concerned  
about Aging

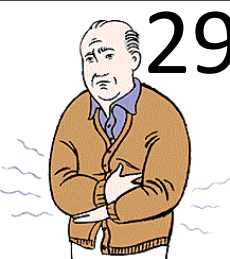


22




**Butterflies  
in Stomach**

29



**Nausea or  
Stomachaches**

15



**Dizzy/Light-  
headed**

6



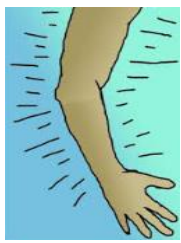
**On-Edge**

27




**Weight Loss**

4



**Numbness  
or Tingling**

26



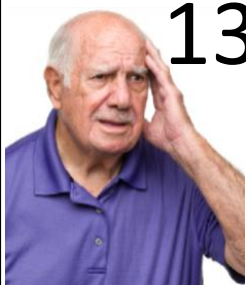
**Stress about  
Money**

8




**Can't Focus**

13




**Insecurity**

24



**Irritability**

17



**Trembling/  
Shaking**

7



**Concerned  
about Aging**

**FREE  
SPACE**

14



**Insomnia**

28




**Worry about  
Health**

9



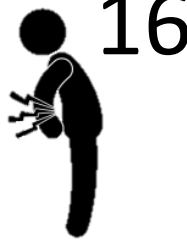
**Rapid Pulse**

11



**Overwhelmed**

16




**Muscle Aches  
/Tightness**

2



**Fret about  
Friends/  
Family**

25



**Dry Mouth**

18




**Fatigue**

12




**Blurred  
Vision**

19




**Headaches**

20



**Putting  
Things Off**

21



**Shortness of  
Breath**






14



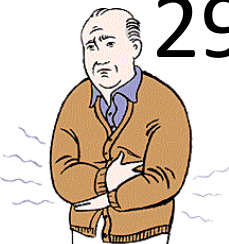
**Insomnia**

10



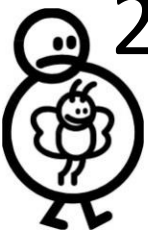
**Avoiding  
People/Places**

29



**Nausea or  
Stomachaches**

22



**Butterflies  
in Stomach**

9




**Rapid Pulse**

12



**Blurred  
Vision**

11



**Overwhelmed**

23



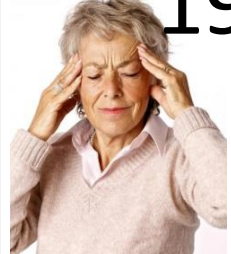
**Unexplained  
Sweating**

2




**Fret about  
Friends/  
Family**

19



**Headaches**

1



**Unwanted  
Thoughts**


8



**Can't Focus**


**FREE  
SPACE**

13




**Insecurity**

4



**Numbness  
or Tingling**

17




**Trembling/  
Shaking**

28




**Worry about  
Health**

5



**Chest  
Tightness**

26




**Stress about  
Money**

7




**Concerned  
about Aging**

15



**Dizzy/Light-  
headed**

16



**Muscle Aches  
/Tightness**

25



**Dry Mouth**

21



**Shortness of  
Breath**

27



**Weight Loss**



23



Unexplained  
Sweating

5



Chest  
Tightness

8



Can't Focus

28



Worry about  
Health

26



Stress about  
Money

25



Dry Mouth

16



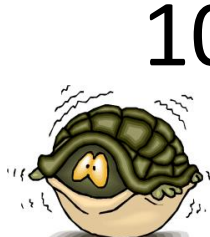
Muscle Aches  
/Tightness

6



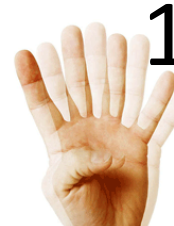
On-Edge

10



Avoiding  
People/Places

12



Blurred  
Vision

7



Concerned  
about Aging

11



Overwhelmed

FREE  
SPACE

21



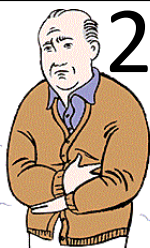
Shortness of  
Breath

15



Dizzy/Light-  
headed

29



Nausea or  
Stomachaches

27



Weight Loss

20



Putting  
Things Off

1



Unwanted  
Thoughts

2



Fret about  
Friends/  
Family

3



Cold and/or  
Sweaty Hands

18



Fatigue

24



Irritability

4



Numbness  
or Tingling

13



Insecurity



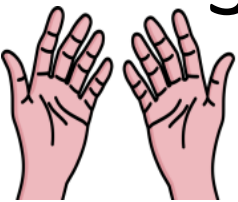


22



**Butterflies  
in Stomach**

3




**Cold and/or  
Sweaty Hands**

9




**Rapid Pulse**

16



**Muscle Aches  
/Tightness**

15



**Dizzy/Light-  
headed**

28




**Worry about  
Health**

27




**Weight Loss**

13



**Insecurity**

19




**Headaches**

23




**Unexplained  
Sweating**

1



**Unwanted  
Thoughts**


4



**Numbness  
or Tingling**


**FREE  
SPACE**

5



**Chest  
Tightness**

26




**Stress about  
Money**

2



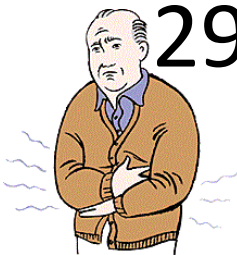
**Fret about  
Friends/  
Family**

11




**Overwhelmed**

29



**Nausea or  
Stomachaches**

17



**Trembling/  
Shaking**

8



**Can't Focus**

6



**On-Edge**

7




**Concerned  
about Aging**

25



**Dry Mouth**

21



**Shortness of  
Breath**

20



**Putting  
Things Off**





26



**Stress about Money**

12




**Blurred Vision**

25



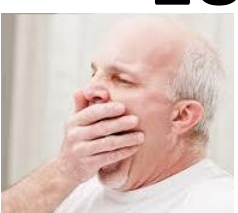
**Dry Mouth**

1



**Unwanted Thoughts**

18



**Fatigue**

8



**Can't Focus**

3




**Cold and/or Sweaty Hands**

28




**Worry about Health**

11



**Overwhelmed**

24



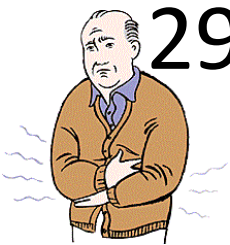
**Irritability**

23



**Unexplained Sweating**

29



**Nausea or Stomachaches**


**FREE SPACE**

14



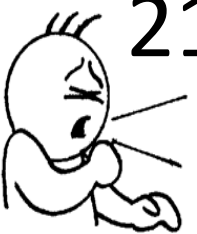
**Insomnia**

17




**Trembling/Shaking**

21




**Shortness of Breath**

10



**Avoiding People/Places**

22



**Butterflies in Stomach**

9



**Rapid Pulse**

7



**Concerned about Aging**

5



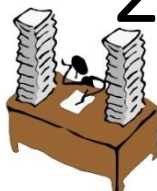
**Chest Tightness**

6



**On-Edge**

20




**Putting Things Off**

2



**Fret about Friends/Family**


19



**Headaches**




15



**Dizzy/Light-headed**

16



**Muscle Aches /Tightness**

27



**Weight Loss**

8



**Can't Focus**

11



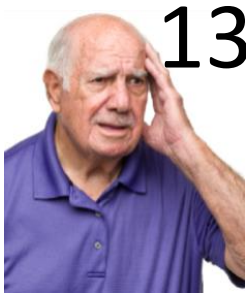
**Overwhelmed**

6



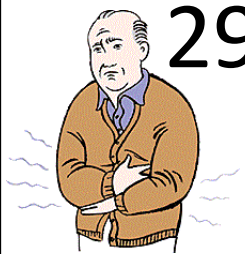
**On-Edge**

13



**Insecurity**

29




**Nausea or Stomachaches**

28



**Worry about Health**

18



**Fatigue**

7



**Concerned about Aging**


21



**Shortness of Breath**

**FREE SPACE**

22




**Butterflies in Stomach**

20



**Putting Things Off**

1




**Unwanted Thoughts**

2




**Fret about Friends/ Family**

10




**Avoiding People/Places**

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**Numbness or Tingling**

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14




**Insomnia**

9



**Rapid Pulse**

26



**Stress about Money**

5



**Chest Tightness**

12



**Blurred Vision**







5

**Chest  
Tightness**



3

**Cold and/or  
Sweaty Hands**



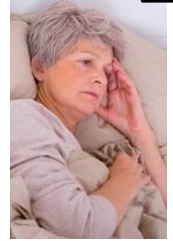
15

**Dizzy/Light-  
headed**



4

**Numbness  
or Tingling**



14

**Insomnia**



2

**Fret about  
Friends/  
Family**



20

**Putting  
Things Off**



9

**Rapid Pulse**



7

**Concerned  
about Aging**



1

**Unwanted  
Thoughts**



27

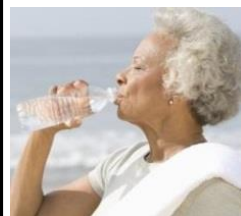
**Weight Loss**



10

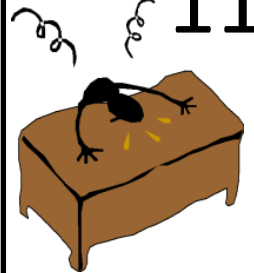
**Avoiding  
People/Places**

**FREE SPACE**



25

**Dry Mouth**



11

**Overwhelmed**



6

**On-Edge**



17

**Trembling/  
Shaking**



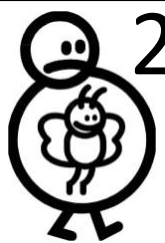
18

**Fatigue**



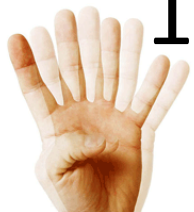
28

**Worry about  
Health**



22

**Butterflies  
in Stomach**



12

**Blurred  
Vision**



26

**Stress about  
Money**



19

**Headaches**



23

**Unexplained  
Sweating**




16

**Muscle Aches  
/Tightness**




26




**Stress about Money**

16



**Muscle Aches /Tightness**

15



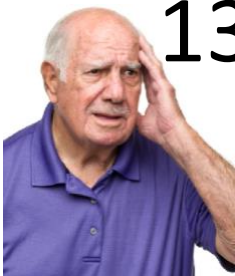
**Dizzy/Light-headed**

7



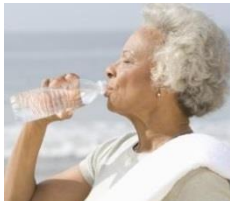
**Concerned about Aging**

13



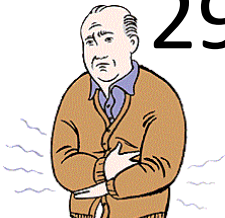
**Insecurity**

25



**Dry Mouth**

29




**Nausea or Stomachaches**

27



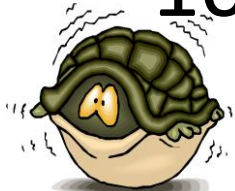
**Weight Loss**

19



**Headaches**

10



**Avoiding People/Places**

23



**Unexplained Sweating**


12



**Blurred Vision**

**FREE SPACE**

1



**Unwanted Thoughts**

20



**Putting Things Off**

6



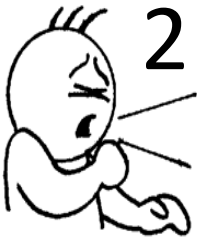
**On-Edge**

9



**Rapid Pulse**

21




**Shortness of Breath**

14




**Insomnia**

24



**Irritability**

17



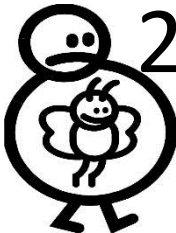
**Trembling/ Shaking**

28



**Worry about Health**

22



**Butterflies in Stomach**

2



**Fret about Friends/ Family**

8



**Can't Focus**







5

**Chest  
Tightness**



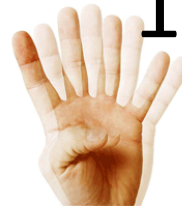
8

**Can't Focus**



26

**Stress about  
Money**



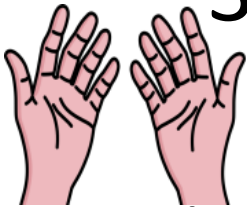
12

**Blurred  
Vision**



10

**Avoiding  
People/Places**



3

**Cold and/or  
Sweaty Hands**



1

**Unwanted  
Thoughts**



25

**Dry Mouth**



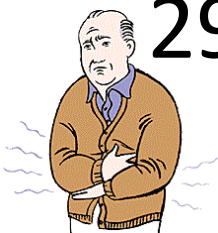
13

**Insecurity**



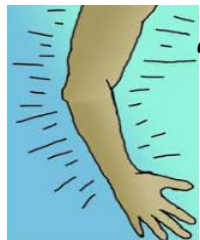
16

**Muscle Aches  
/Tightness**



29

**Nausea or  
Stomachaches**



4

**Numbness  
or Tingling**

**FREE  
SPACE**



11

**Overwhelmed**



27

**Weight Loss**



20

**Putting  
Things Off**



9

**Rapid Pulse**



17

**Trembling/  
Shaking**



6

**On-Edge**



7

**Concerned  
about Aging**



2

**Fret about  
Friends/  
Family**



28

**Worry about  
Health**



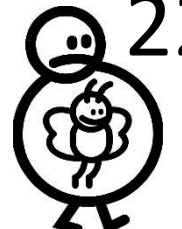
23

**Unexplained  
Sweating**



21

**Shortness of  
Breath**



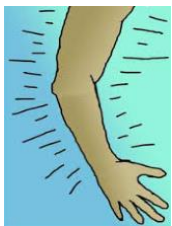
22

**Butterflies in  
Stomach**





4



**Numbness  
or Tingling**

11




**Overwhelmed**

6



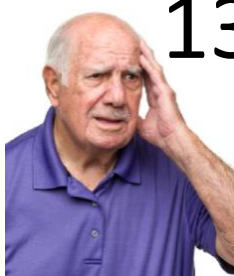
**On-Edge**

17



**Trembling/  
Shaking**

13



**Insecurity**

1



**Unwanted  
Thoughts**

2



**Fret about  
Friends/  
Family**

24



**Irritability**

14



**Insomnia**

21




**Shortness of  
Breath**

28



**Worry about  
Health**

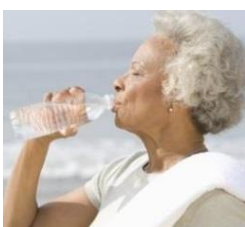
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**Stress about  
Money**

**FREE  
SPACE**

25




**Dry Mouth**

18



**Fatigue**

19



**Headaches**

5



**Chest  
Tightness**

23




**Unexplained  
Sweating**

7



**Concerned  
about Aging**

15



**Dizzy/Light-  
headed**

27



**Weight Loss**

3




**Cold and/or  
Sweaty Hands**

8



**Can't Focus**

22



**Butterflies  
in Stomach**

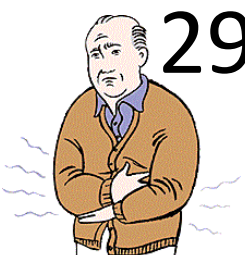
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**Blurred  
Vision**




29



**Nausea or  
Stomachaches**

11



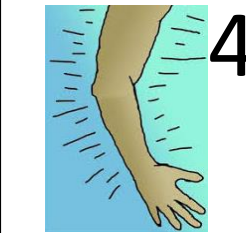
**Overwhelmed**

9



**Rapid Pulse**

4



**Numbness  
or Tingling**

12



**Blurred  
Vision**

2



**Fret about  
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Family**

5



**Chest  
Tightness**

26



**Stress about  
Money**

28




**Worry about  
Health**

6



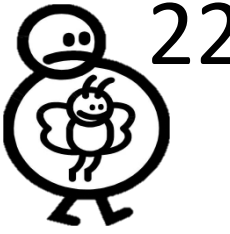
**On-Edge**

23



**Unexplained  
Sweating**

22



**Butterflies  
in Stomach**

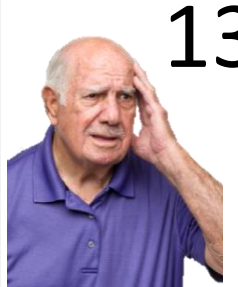
**FREE  
SPACE**

8




**Can't Focus**

13



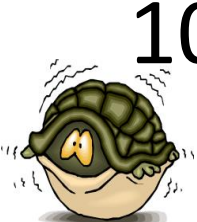
**Insecurity**

1




**Unwanted  
Thoughts**

10



**Avoiding  
People/Places**

21



**Shortness of  
Breath**

14



**Insomnia**

27



**Weight Loss**

17



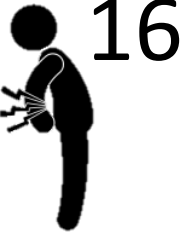
**Trembling/  
Shaking**

7




**Concerned  
about Aging**

16




**Muscle Aches  
/Tightness**

15



**Dizzy/Light-  
headed**

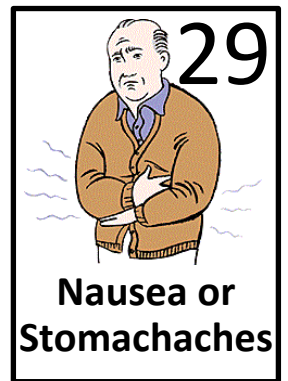
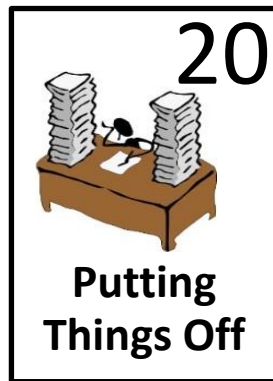
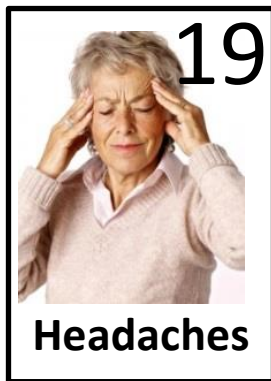
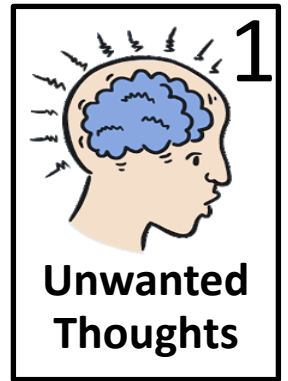
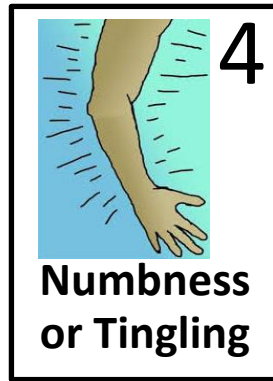
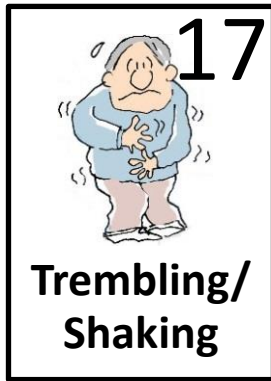
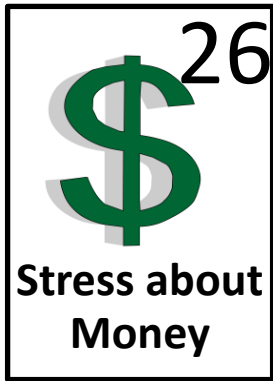
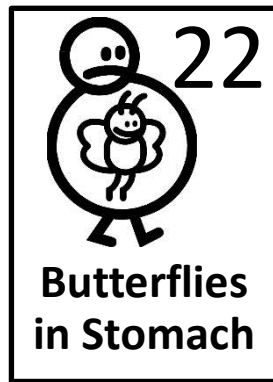
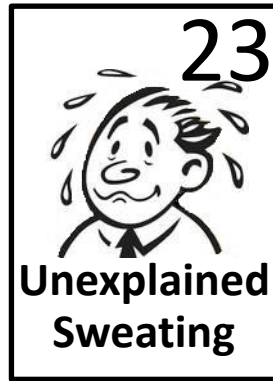
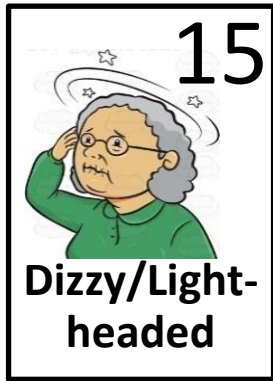
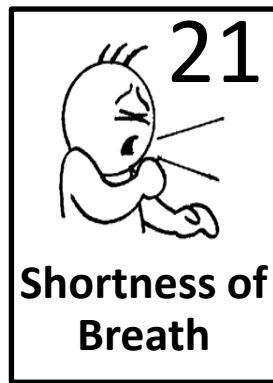
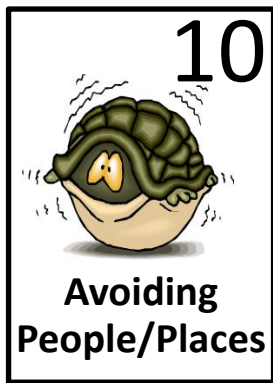
24



**Irritability**

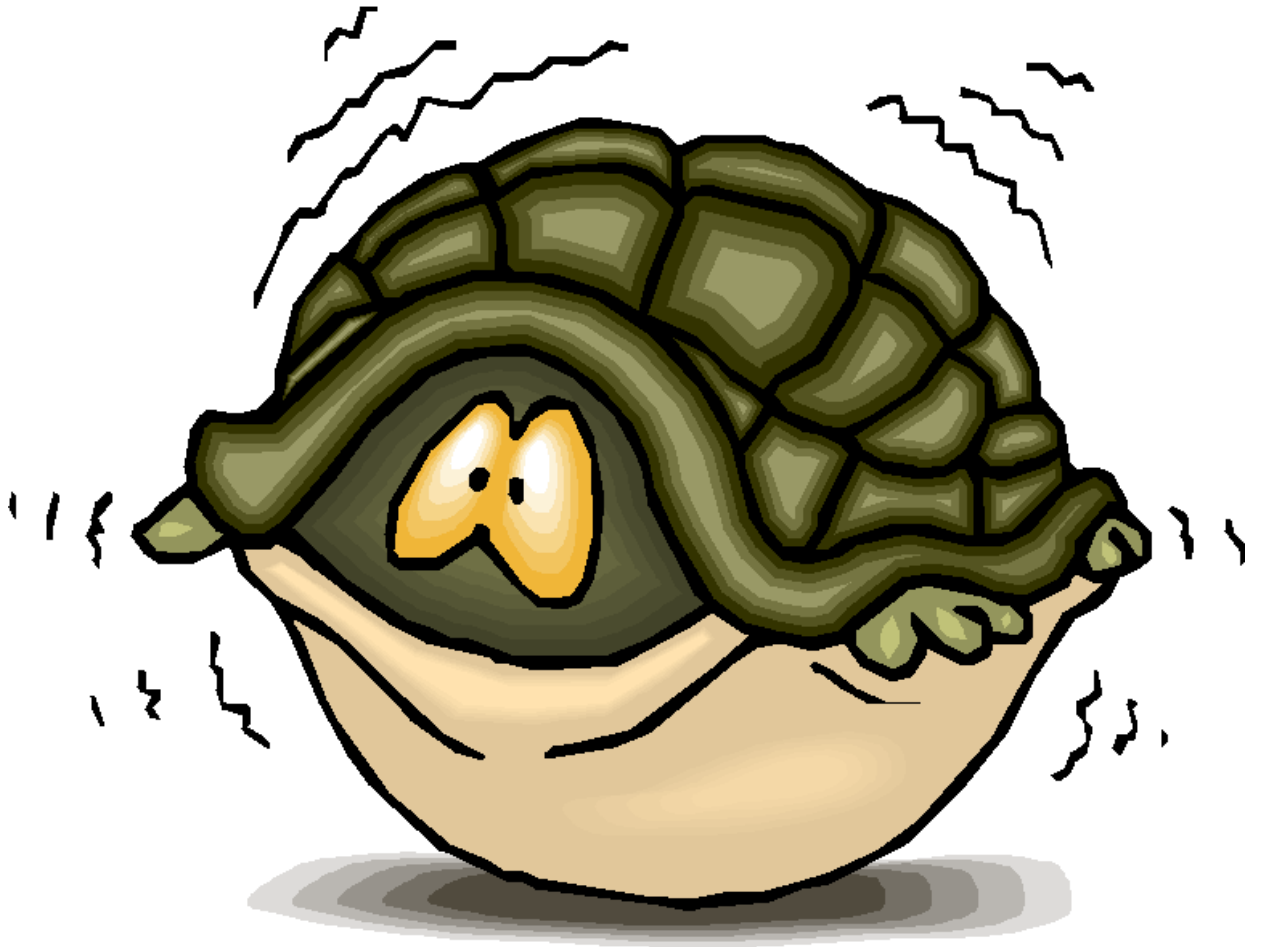








10

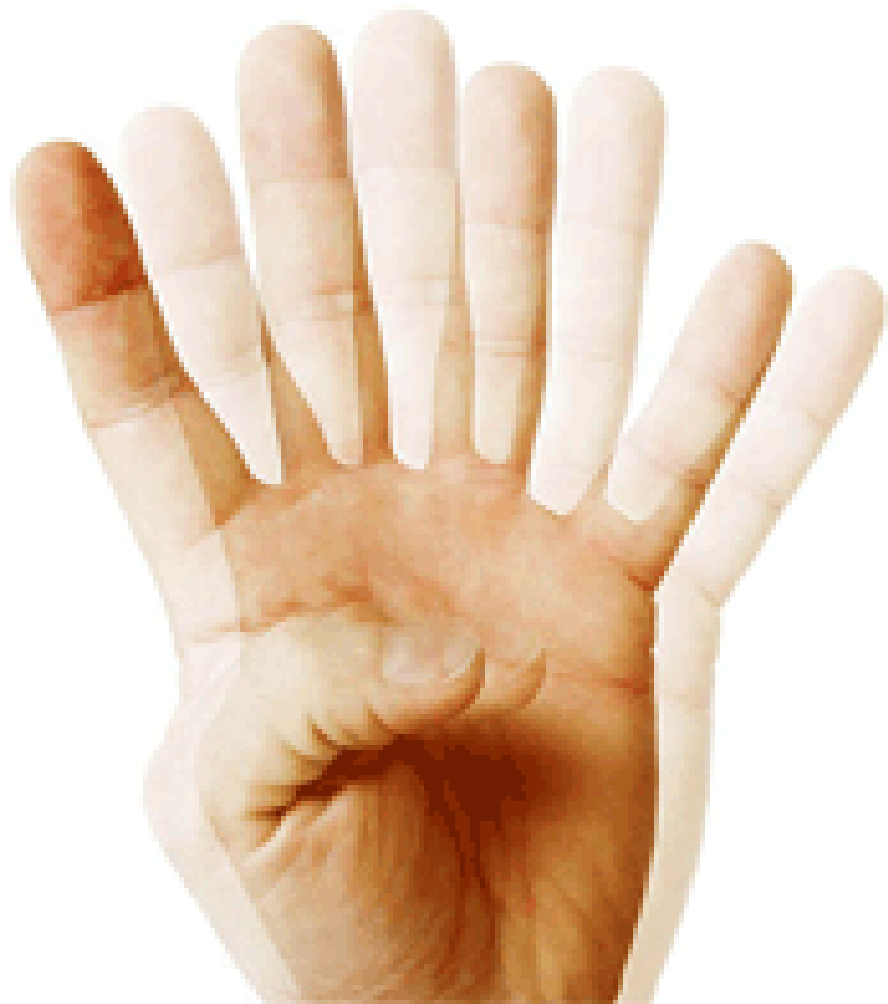


Avoiding People/Places

# Avoiding People/Places

Worry and stress can prevent people from doing the things that they might like to do. For example, a person's concerns might cause them to avoid people, places, or activities.

12



Blurred Vision



# Blurred Vision

Stress can cause some people's eyes to become blurry and unable to focus. This symptom can also come along with dizziness or being light-headed.



Butterflies in Stomach

# Butterflies in Stomach

Some describe it as a fluttery feeling in the pit of their stomach that can be caused by nervousness. This feeling can be normal every once in a while, but it shouldn't happen too often or for no reason.

8



Can't Focus

# Can't Focus

Instead of keeping your attention on the task before you, your mind can wander, especially to whatever worries are bothering you. It can be difficult to make even the simplest decisions or you could feel increasingly forgetful.



# 5



## Chest Tightness

# Chest Tightness

This often goes hand-in-hand with shortness of breath and rapid pulse. Chest pain and tightness can be caused by the body trying to take in an increased level of oxygen when it doesn't necessarily need to.

# 3



Cold and/or Sweaty  
Hands

# Cold and/or Sweaty Hands

Also known as “clamminess,” it is where despite being cold, your hands still feel sweaty. This sensation can also be felt elsewhere in your body.

# 7



## Concerned about Aging



# Concerned about Aging

It is normal to have some concerns about aging.  
However, some people have more trouble coping with  
stress related to aging.

# 15



Dizzy/Light-headed

# Dizzy/Light-headed

It can feel as though the room is spinning around you or like you're unsteady or woozy. You might feel faint or like passing out.

# 25



## Dry Mouth

# Dry Mouth

You may feel more thirsty than usual, and often, no matter how much you drink, your mouth still feels dry.



# 18



## Fatigue

# Fatigue

Constant stress can wear someone down. Tasks you once found simple and easy to do could now seem to require much more effort to complete.

# 2

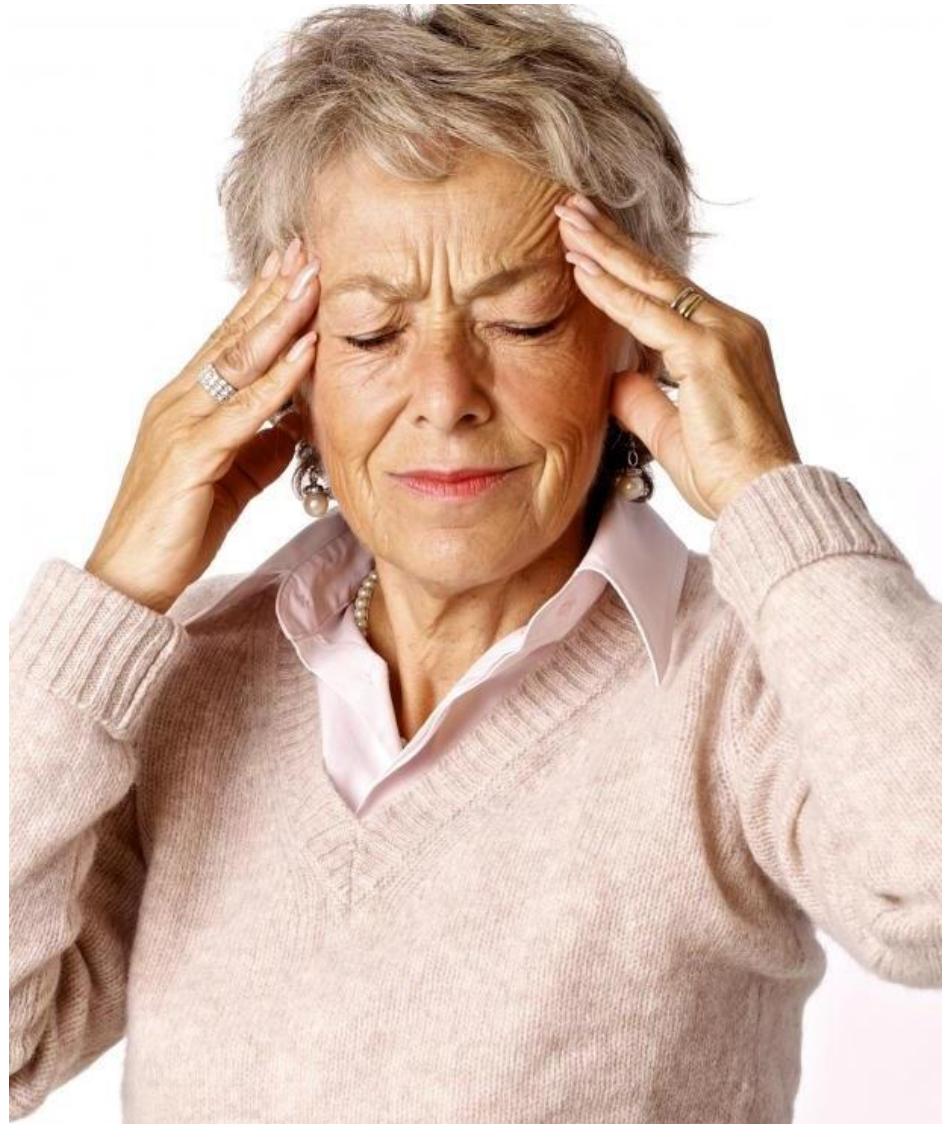


Fret about  
Friends/Family

# Fret about Friends/Family

Worrying about our loved ones is normal, but it shouldn't interfere with accomplishing your everyday activities. You may continuously check in with your family member or friend, or you might let the stress about the situation get out of control.

# 19



# Headaches

# Headaches

Worry puts a lot of strain on the body and one of the common side effects of this strain is headaches.



# 13



## Insecurity

# Insecurity

Worry can often make you feel indecisive or you could have trouble making choices. Even after a choice has been made, you might feel unsure about your choice and continue dwelling on it when you can no longer do anything about it.

# 14



## Insomnia

# Insomnia

Your thoughts and worries could be keeping you up at night. You could seem to be tossing and turning for a long time before falling asleep. You could also find yourself waking up too early and not being able to fall back asleep.

24



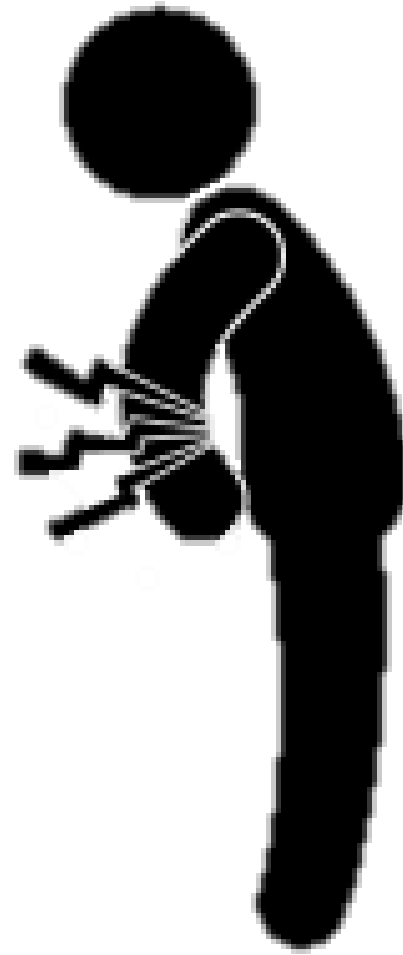
Irritability

# Irritability

You could find yourself becoming more easily annoyed or angered.



# 16

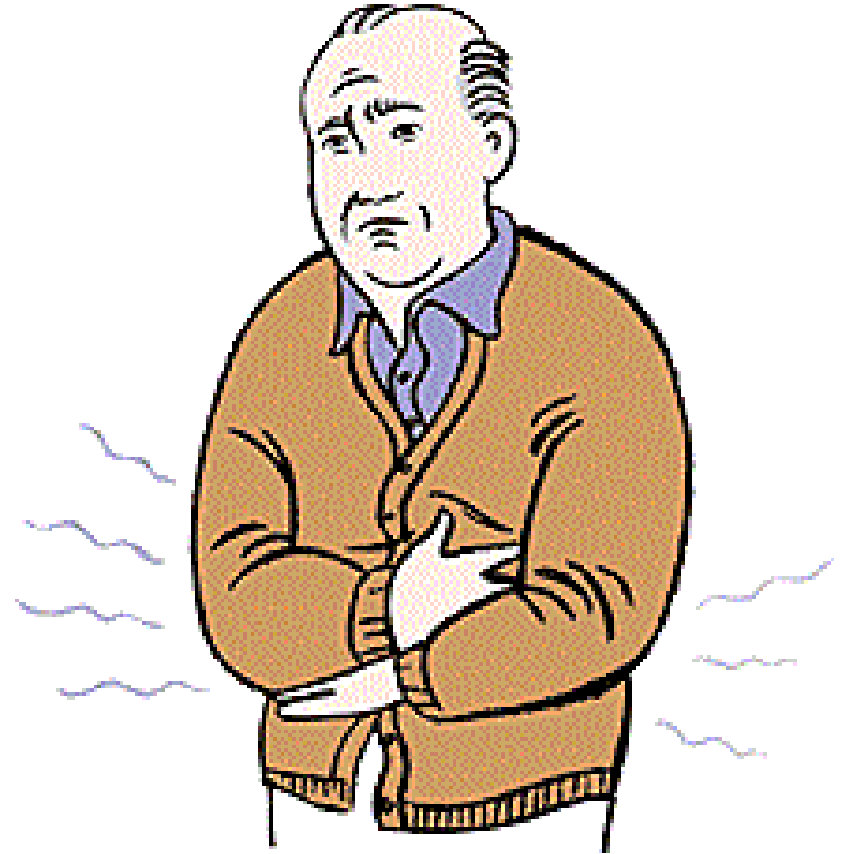


Muscle Aches/Tightness

# Muscle Aches/Tightness

Feeling frequent bothersome muscle tightness or aches, especially in your neck, shoulders, or back, is another physical symptom of anxiety.

# 29

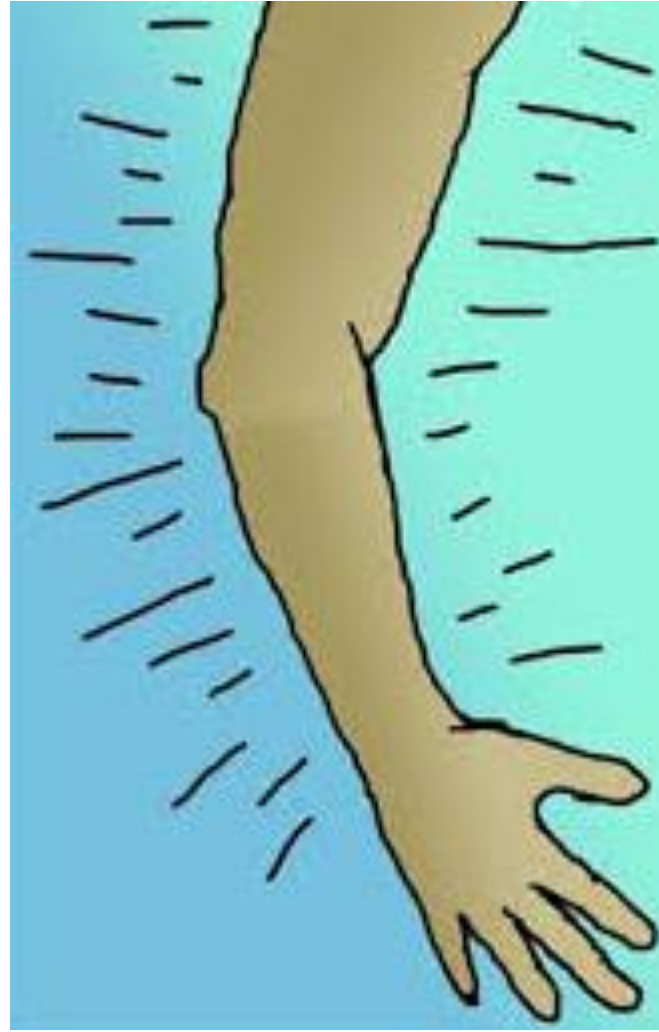


Nausea or  
Stomachaches

# Nausea or Stomachaches

Stress can affect your digestive system. Some people find when they think about what worries them or when they attempt to do a task that they feel stress about, they can feel nauseous or develop stomachaches.

# 4



Numbness or Tingling

# Numbness or Tingling

A similar feeling to when one of your body parts 'falls asleep.'



# 6



On-Edge

# On-Edge

This is the inability to relax. It may be hard to sit still or you might find yourself fidgeting to try and get comfortable.

11



Overwhelmed

# Overwhelmed

Feeling overwhelmed is sometimes normal, but not if it is constant, hard to get rid of, or interfering with daily life by preventing you from doing the things you'd like to do.

# 20



## Putting Things Off

# Putting Things Off

Sometimes when people feel so overwhelmed by their worry or stress, they put things off until the last minute. Concerns about different things can be so upsetting that we avoid dealing with them, which can actually make the problem worse later on.

9



Rapid Pulse



# Rapid Pulse

It can feel like your heart is beating very fast or irregularly.

21



Shortness of Breath

# Shortness of Breath

It feels more difficult to breathe than normal or it seems to require more energy to do so. Your chest can feel tight or you could feel like you're being suffocated.

26



Stress about Money

# Stress about Money

Worrying about finances can become a problem if the worry is too extreme. Maybe the idea of balancing your checkbook or paying bills is so stressful and worrisome that you or someone you know tends to avoid it, letting bills pile up.

# 17



Trembling/Shaking

# Trembling/Shaking

This is a physical symptom of anxiety and it can feel like your body is shivering even though you're not cold. You cannot keep your body from making these movements.



# 23



## Unexplained Sweating

# Unexplained Sweating

You could find yourself sweating more than usual even though you're not exercising or moving around a lot.

# 1



## Unwanted Thoughts

# Unwanted Thoughts

You may find yourself continually thinking about your worries or stress. These thoughts could interfere with your ability to think about other important things.

27



Weight Loss

# Weight Loss

If you are not dieting or exercising, unintentional weight loss can be a concern. Worry and stress can often cause someone to lose their appetite. Nausea and stomachaches caused by anxiety could also make you lose weight.

28



Worry about Health



# Worry about Health

Paying attention to health issues is important, but too much worry or stress related to your health can actually make problems worse. An example could be constantly worrying about different symptoms.