Actions for Physical Symptoms of Anxiety

Use these steps from the article to ease physical symptoms of anxiety and to spot the signs that need urgent care.

- [ ] Breathe in slowly, then breathe out through pursed lips, as though blowing out a candle.
- [ ] Remind yourself that a panic attack is temporary and will pass.
- [ ] Relax the muscles one group at a time.
- [ ] Take a brisk walk once the peak has passed to ease muscle tension.
- [ ] Exercise regularly, get enough sleep and cut back on caffeine.
- [ ] Ask a clinician about CBT and leave any medication decision to the clinician.
- [ ] See a doctor about new, frequent or unexplained physical symptoms before assuming anxiety.
- [ ] Ask about blood tests for thyroid disease and anemia when symptoms have no clear cause.
- [ ] Call 911 for chest pain, trouble breathing or loss of consciousness.
- [ ] Call or text 988 in the US when struggling or having thoughts of suicide.

Notes

For general education only. Not a substitute for professional medical advice.