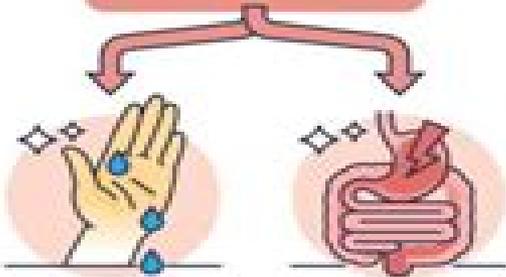


# ANXIETY OVERVIEW

## PHYSIOLOGICAL SYMPTOMS



EXCESSIVE SWEATING

NAUSEA



MUSCLE TENSION



SHORTNESS OF BREATH



HEADACHES



INCREASED HEART RATE



TIGHTNESS IN THE CHEST



DIZZINESS

## COGNITIVE ASPECTS



PREDICTING NEGATIVE OUTCOMES



PERSISTENT 'WHAT IF' QUESTIONS



FEARS OF FAILING, EMBARRASSMENT, DISASTER

## BEHAVIORAL COMPONENTS



AVOIDANCE OF FEARED SITUATIONS



REDUCED PERFORMANCE DUE TO DISTRACTION



SHORT-TERM RELIEF BUT LONG-TERM REINFORCEMENT

## EMOTIONAL RESPONSES



DISAPPOINTMENT

DREAD



PANIC



SADNESS



FRUSTRATION



ANGER



FEAR



DEPRESSION

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**M Mark**



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