Common anxiety signs and symptoms include:

- Feeling nervous
- Feeling powerless
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry

Several types of anxiety disorders exist:

- **Separation anxiety disorder** is a childhood disorder characterized by anxiety that is excessive for the developmental level and related to separation from parents or others who have parental roles.
- **Selective mutism** is a consistent failure to speak in certain situations, such as school, even when you can speak in other situations, such as at home with close family members. This can interfere with school, work and social functioning.
- **Specific phobias** are characterized by major anxiety when you're exposed to a specific object or situation and a desire to avoid it. Phobias provoke panic attacks in some people.
- **Social anxiety disorder (social phobia)** involves high levels of anxiety, fear and avoidance of social situations due to feelings of embarrassment, self-consciousness and concern about being judged or viewed negatively by others.
- **Panic disorder** involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). You may have feelings of impending doom, shortness of breath, heart palpitations or chest pain.
• **Agoraphobia** is anxiety about, and often avoidance of, places or situations where you might feel trapped or helpless if you start to feel panicky or experience embarrassing symptoms, such as losing control.

• **Generalized anxiety disorder** includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues. The worry is usually out of proportion to the actual circumstance, is difficult to control and interferes with your ability to focus on current tasks. It often occurs along with other anxiety disorders or depression.

• **Substance-induced anxiety disorder** is characterized by prominent symptoms of anxiety or panic that are a direct result of abusing drugs, taking medications, being exposed to a toxic substance or withdrawal from drugs.

• **Anxiety disorder due to a medical condition** includes prominent symptoms of anxiety or panic that are directly caused by a physical health problem.

• **Specified anxiety disorder and unspecified anxiety disorder** are terms for anxiety or phobias that don’t meet the exact criteria for any other anxiety disorders but are significant enough to be distressing and disruptive.

### When to see a doctor

See your doctor if:

- You feel like you’re worrying too much and it’s interfering with your work, relationships or other parts of your life
- Your fear, worry or anxiety is upsetting to you
- You feel depressed, have trouble with alcohol or drug use, or have other mental health concerns along with anxiety
- You think your anxiety could be linked to a physical health problem
- You have suicidal thoughts or behaviors — seek emergency treatment immediately

Your worries may not go away on their own, and they may actually get worse over time if you don’t seek help. See your doctor or a mental health provider before your anxiety gets worse. It may be easier to treat if you get help early.

### Definition

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**References**

### Products and Services

- **Book:** The Mayo Clinic A to Z Health Guide
- **Newsletter:** Mayo Clinic Health Letter
- **Book:** Mayo Clinic Family Health Book, 4th Edition

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[http://www.mayoclinic.org/diseases-conditions/anxiety/basics/symptoms/con-20026282?reDate=29122015](http://www.mayoclinic.org/diseases-conditions/anxiety/basics/symptoms/con-20026282?reDate=29122015)
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