

Type	Sign or Symptom	Description
Physical	Palpitations	A feeling that the heart is pounding or racing
	Tremors or shaking	Especially noticeable in the hands
	Sweating	Excessive sweating even in cool environments
	Shortness of breath	Feeling unable to take a deep breath
	Gastrointestinal Issues	Nausea, stomach cramps, or diarrhea
	Fatigue	Feeling unusually tired or drained
	Sleep disturbances	Difficulty falling or staying asleep or nightmares
Cognitive	Excessive worry	Constant concern about grades, clinical performance, or other issues
	Difficulty concentrating	Struggling to focus on lectures, readings, or practical tasks
	Indecisiveness	Difficulty making decisions
	Memory issues	Forgetting learned material, misplacing items, or struggling with recall
Behavioral	Avoidance	Evading certain situations or tasks due to fear of failure or judgment
	Procrastination	Continually postponing tasks
	Restlessness	Unable to sit still, constantly fidgeting or moving
	Isolation	Pulling away from friends, family, or fellow students
Emotional	Feeling overwhelmed	A sensation that everything is too much to handle
	Mood swings	Rapid shifts in mood from high to low
	Irritability	Easily annoyed or angered
	Sense of impending doom	A constant feeling that something terrible is about to happen

Table 17.2 Signs and Symptoms of Anxiety