

Type	Signs and Symptoms	Interventions
Physical	Restless, agitated, fatigued, headache, gastric distress, body aches, heart racing, sweating, trembling, trouble sleeping	Remain supportive. Encourage safe physical activity: walking, stretching, yoga, deep breathing, meditation, reading, music. Teach to reduce triggers like alcohol, tobacco, and caffeine.
	Shortness of breath, chest pain	Nursing assessment: vital signs, rule out need for emergency care.
Psychological	Difficulty concentrating, irritability, excessive worry, feeling of being out of control or in danger	Remain supportive. Ensure safety. Assess cognition for education on coping, healthy lifestyle, and medications.

Table 24.4 Nursing Interventions for Signs and Symptoms of Anxiety