

“IS THIS NORMAL?”

10 SUBTLE SIGNS OF ANXIETY  
THAT YOU MAY BE MISSING





You are not alone.

If there is one thing I want you to know as you use this resource, it would be this: *You're not alone.*

Anxiety is part of my story, too. As I've pursued healing, and eventually training, in the areas of mental and emotional health, I've learned that anxiety...is actually wise.

When we feel anxiety, our brains are often telling us that something deeper is going on inside.

## WE WEREN'T CREATED TO IGNORE OR STUFF OUR ANXIETY

Anxiety looks and feels differently for everyone. The following 10 signs are common, yet subtle, indicators that you are someone who love is struggling with anxiety.

Journeying together,

Taylor Joy



## 01. Sign One | *Body. braced. for. impact.*

One indicator of anxiety is feeling constantly tense and on edge. By nature, anxiety drives people to make things safe. This might look like leaving an event early, ignoring the phone, or avoiding certain people. Or it could look more like aggression/anger. However, the underlying drive is almost always towards safety.

## 02. Sign Two | *Exhausted but can't sleep.*

Anxiety often surfaces when when there's nothing else to compete with for thinking time. The early hours of the morning are prime time. Difficulty falling or staying asleep is a common sign that you're feeling anxious.

## 03. Sign Three | *Lots of tears...unexpected ones.*

When people feel anxious, they might burst into tears. Not because they are sad, but of their anxiety. When our bodies are pulsating with anxiety, this means that our emotions are high and intense, too.

## 04. Sign Four | *\*appears\* disengaged or indifferent.*

Anxious people may look disengaged. But this is not the case. What looks like indifference is actually their internal process of standing back and taking things in until they feel comfortable and safe enough to engage.

## 05. Sign Five | *Am I okay? really? trully? actually? are you sure?*

Another anxiety indicator is a constant need for reassurance. This can be about anything – how you feel, how other people feel, whether the plans make sense, etc. An anxious brain is geared towards noticing a threat before it happens. Reassurance helps to soothe their anxiety back to small enough

## 06. Sign Six | *Never quite perfect.*

An intense fear of being criticized or judged if they mess up or fail might be behind an anxious person's need to have everything just right. To protect from failure, people with anxiety might place unrealistic standards on themselves.

## 07. Sign Seven | *Rocketing to worst-case scenerios.*

An anxious mind tends to always be on guard for possible danger. This can drive a tendency to instantly jump to worst case scenario. When this happens, people can come across as negative... but they are actually trying to prepared and cautious.

## 08. Sign Eight | *Where are my glasses?! Oh, they're on my face.*

If someone seems forgetful, scattered, or inattentive, they might actually be anxious. Anxiety has a way of dominating head space with racing thoughts. This can rob someone's focus and take them away from the present moment.

## 09. Sign Nine | *Gastrointestinal issues.*

Where there's anxiety, there is often gut issues – constipation, diarrhea, or irritable bowel syndrome. All of these are indicators that your body might be absorbing stress and reacting accordingly.

## 10. Sign Ten | *All the details please!*

For someone with anxiety, having as many details as soon as possible can be their greatest defense against anxiety consuming them when it's not welcome. And it's never welcome.. The details may help to cut down their 'what-ifs.' This isn't about needing to control, but about trying to stop anxiety from controlling them.