



IS IT ANXIETY?

A SELF-CHECK TO HELP YOU
UNDERSTAND WHAT'S REALLY
GOING ON



MINDFUL PATH COUNSELLING

Is It Anxiety?

A Self-Check to Help You Understand What's Really Going On



Anxiety doesn't always look the way people expect it to.

Sometimes it's racing thoughts or a pounding heart. Other times it's snapping at someone you love, feeling frozen by a decision, or just feeling "off" without knowing why.

This self-check is here to help you tune in. Not to label or diagnose, but to help you explore how anxiety might be showing up in your daily life. It's a gentle way to build awareness, so you can start feeling more in control.

Take your time with it. There are no right answers here. Just curiosity, honesty, and a space for reflection.



Common Signs of Anxiety

Put a tick next to anything that's felt familiar lately.

Physical:

- Tense or aching muscles
- Racing heart or tight chest
- Upset stomach or nausea
- Dizziness or light-headedness
- Trouble sleeping or staying asleep
- Feeling restless or keyed up

Mental/Emotional:

- Overthinking or spiralling thoughts
- Difficulty concentrating
- A constant sense that something bad might happen
- Feeling easily overwhelmed
- Irritability or snapping at others
- Self-doubt or second-guessing yourself

Behavioural:

- Avoiding certain people or situations
- Cancelling plans often
- Procrastinating or feeling paralysed by decisions
- Seeking constant reassurance
- Trying to control everything
- Struggling to relax, even when you "should" be able to



Journal prompts for reflection

Use these prompts to gently explore what you've noticed.

- When do you tend to feel most anxious? Are there any patterns or triggers?
- How do you usually cope when anxiety shows up? Does it help or make things harder?
- Is there something you've been avoiding lately that's causing more stress in the background?
- How does anxiety affect your relationships, work, or day-to-day life?
- What would it feel like to get some support with this?



Next Steps

Anxiety is a normal part of being human. You're not broken - your brain is just trying to protect you.

This self-check isn't about diagnosing yourself or figuring it all out in one sitting. It's a space to get honest with yourself, and maybe even feel a bit less alone in the process.

As you work through the prompts, try not to judge what comes up. This is about noticing patterns, getting curious, and understanding yourself a little better. Sometimes, that quiet moment of reflection is the starting point for real change. Keep this somewhere you can come back to - you might be surprised by what you notice over time.

If this resource has struck a chord, and you've found yourself thinking, "I really need to start doing something about this," I'd love to offer you a space to talk things through.

I offer a free 20-minute call where we can chat about what support might look like for you. You don't need to have it all figured out - sometimes just saying things out loud can bring a bit of clarity.

If you're feeling stuck or unsure where to start, this could be a gentle first step.



Tessa,

Mindful Path Counselling



Get in touch

www.mindfulpathcounselling.co.uk

