



Centennial
Counseling
Center

ANXIETY

Do you have a **hard time** sleeping? Have you experience the **tight chest, shortness of breath and sweating** of a panic attack? Does a **feeling of nervousness** prevent you from attending events or activities? Are you suffering from **anxiety**?

Take the test.

The following will help you determine if you are experiencing symptoms of depression. Check the boxes that best describe your feelings and/or behaviors, more often than not, over the last few months.

- I feel tense most of the time.
- I have a lot of physical problems that can't be explained.
- I worry most of the time.
- I have compulsions to frequently wash my hands, check door locks, repeat any other behavior or ritual that interferes with my daily activity.
- I have nightmares and/or "flashbacks" that I can't get out of my head.
- I have experienced sensations of shortness of breath, heart palpitations or shakiness while resting.
- I avoid social situations because I am fearful.
- There are some things that I am really afraid of.
- I am afraid to leave my house.
- I think about dying or killing myself.*
- I constantly have thoughts in my mind, that interfere with my ability to concentrate and function effectively.

Score your results

*** If you checked this statement**, please seek help immediately, no matter what your other answers are.

If you checked 5 or more of these statements, and have felt this way more often than not for several weeks, you should share the results with your physician or with a mental health professional.

If you checked fewer than 5 statements, but still feel concerned that your ability to function in everyday life is being impaired, you may also want to share the results with a health care provider.

There are several kinds of anxiety, and a number of different causes. Your physician can do an assessment to determine if various medical conditions are contributing to your symptoms, and can prescribe medication if necessary. A mental health professional can help you address the emotional, relational and/or environmental components that may be contributing factors.

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