

When is Worry Too Much?

An Anxiety Symptom Checklist for Older Adults

1

If you think you might have anxiety, use this checklist to help talk about how you are feeling.

Check off symptoms if they have:



- 1) been getting in the way of your daily life, and/or
- 2) you have been experiencing them more days than not.

- | | |
|--|---|
| <input type="checkbox"/> I feel tired. | <input type="checkbox"/> I worry a lot or expect the worst. |
| <input type="checkbox"/> I can't concentrate. | <input type="checkbox"/> I have stomach upset/feel butterflies. |
| <input type="checkbox"/> I feel irritable. | <input type="checkbox"/> I avoid uncomfortable situations. |
| <input type="checkbox"/> I have headaches. | <input type="checkbox"/> I feel restless. |
| <input type="checkbox"/> I feel tense/can't relax. | <input type="checkbox"/> I feel like my heart is pounding/racing. |
| <input type="checkbox"/> I don't sleep well. | <input type="checkbox"/> I feel scared or panicky. |
| <input type="checkbox"/> I feel shaky inside. | <input type="checkbox"/> I have chest pain. |
| <input type="checkbox"/> I am afraid of falling. | <input type="checkbox"/> I am sweating more than usual. |

2

Show this list to a health care provider. It could be a doctor, nurse, pharmacist, social worker or therapist. They can help you find strategies to feel better. For more information, [read the CCSMH brochure about anxiety in older adults.](#)

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Know that there is hope. Anxiety is not your fault. Anxiety is an illness like any other. There are many treatments available, and you deserve to be well.

Financial contribution:



Public Health
Agency of Canada

Agence de la santé
publique du Canada



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Seniors' Mental Health

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For more information visit the
CCSMH & Anxiety Canada
websites.



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