



Signs and symptoms of anxiety	
Feelings	<ul style="list-style-type: none"> • feeling fearful, scared, upset or “on guard” • irritability • feeling keyed up or on edge
Behaviours	<ul style="list-style-type: none"> • excessively repetitive behaviours (e.g., cleaning or washing) • avoiding people, places or activities • excessive checking or reassurance seeking or online ‘research’
Physical symptoms	<ul style="list-style-type: none"> • trembling, twitching or feeling shaky • restlessness • becoming easily tired • difficulty concentrating or mind going blank • trouble falling or staying asleep • gas, constipation or diarrhea • being easily startled • shortness of breath or smothering sensations • racing and/or pounding heart • sweating or cold clammy hands • dizziness or lightheadedness
Thoughts	<ul style="list-style-type: none"> • re-occurring thoughts or images of harm to the baby • unrealistic or excessive worry about the baby or other topics