

## Exam anxiety

### Exercise 3: Early warning signs of anxiety

What are the first things you notice that prompt you to say that you are getting anxious? Here are some typical early warning thoughts, behaviours and physical symptoms that you may have experienced.

Tick the box next to each warning sign you have experienced. Add others if necessary.

Thoughts	Behaviours	Physical symptoms
<input type="checkbox"/> Imagining the worst	<input type="checkbox"/> Snapping at others	<input type="checkbox"/> Cold sores
<input type="checkbox"/> Remembering a negative time	<input type="checkbox"/> Rushing around	<input type="checkbox"/> Upset stomach
<input type="checkbox"/> Being angry at yourself	<input type="checkbox"/> Staying in bed	<input type="checkbox"/> Heart palpitations
<input type="checkbox"/> Worrying about the reactions of others	<input type="checkbox"/> Over / under eating	<input type="checkbox"/> Shallow breath
<input type="checkbox"/> .....	<input type="checkbox"/> .....	<input type="checkbox"/> .....

Is there a pattern to your early warning signs? Are they mainly in one area? If so, this is the area to begin your positive management strategies.