

High Functioning Anxiety

Looks can be deceiving! A person with high functioning anxiety looks like they are exceling but they are really experiencing persistent anxiety leading to unhappiness, worry and insecurity. High pressure and competitive environments such as higher education can breed this type of anxiety. High functioning anxiety is not a formal diagnosis but many people can resonate with this type of anxiety.

WHAT IT LOOKS LIKE

- organized
- involved
- agreeable/people pleaser
- confident
- driven
- diligent worker
- productive
- perfectionist
- busy
- helpful

WHAT IT FEELS LIKE

- overthinking
- poor sleep and appetite
- harsh inner critic
- guilt
- obsessive thoughts
- constant comparison
- fear of failure
- self doubt
- mental and physical exhaustion

High functioning anxiety can have long term impact on a person's health and quality of life. Prolonged stress from being overwhelmed, emotionally drained and fearful can stop a person from reaching their potential, achieving their goals and finding contentment.

