

Anxiety Bingo

So you think you have trouble in meetings. So only you have tension or perhaps struggle to find your words? Think again!

Take the focus off your stuff and play anxiety bingo as you observe the behaviours of others! Perhaps you are not as alone as you thought. Of course behaviours may be caused by many things and it may not be anxiety you are observing, but it is likely if you can identify over half of the behaviours below much of it is!

Put an "x" across each behaviour you see

Can you see someone....

Apologising for poor technology skills	Shaking a foot	Biting pens/chewed pen ends	Saying "err" more than once
Stammering	Fiddling with their phone/ other technology	Fiddling with a handbag	Constantly doodling
With arms crossed	Hands shaking	Tapping their fingers	Laughing excessively loud
Unable to sit still, getting up and down	Apologising excessively	Avoiding eye contact	Licking their lips/drinking a lot
Frequently stroking or playing with their hair	Perspiring	Flushing red on the face or neck	Who says little but constantly agrees with others
Twiddling thumbs	With a rumbling stomach	Excessively note taking	Excessively head nodding