

Agitation (Restless / On Edge)

A state of physical or emotional restlessness where a person feels tense, uneasy, or unable to relax.

1. What is Agitation?

- Agitation is a feeling of restlessness, irritation, or inner tension.
- The body feels “on alert,” even without a clear reason.
- Common during stress, anxiety, mood changes, or physical health issues.

2. Types of Agitation

1. Emotional Agitation

- Feeling tense or irritated
- Constant worrying
- Feeling overwhelmed or “on edge”

2. Physical Agitation

- Pacing
- Fidgeting
- Shaking legs
- Clenching fists or jaw
- Trouble sitting still

3. Common Symptoms

- Restlessness and inability to relax
- Irritability or short temper
- Feeling overstimulated
- Heart racing or shallow breathing
- Difficulty concentrating
- Constant fidgeting or movement

- Feeling like you need to escape

4. Causes (Most Common)

Biological

- High stress hormones
- Anxiety disorders
- Mood disorders
- Hormonal changes

Psychological

- Overthinking
- Emotional stress
- Trauma
- Burnout or exhaustion

Lifestyle Factors

- Caffeine or energy drinks
- Poor sleep
- Overwork
- Substance withdrawal
- Long periods of pressure

5. How it Feels (Simple Words)

- "I can't sit still."
- "My body feels wired."
- "I'm irritated by everything."
- "My thoughts won't stop."
- "Something feels wrong but I don't know what."

6. Is Agitation Dangerous?

- Not dangerous by itself, but may signal:
 - * High anxiety
 - * Panic build-up
 - * Burnout
 - * Stress overload
 - * Mood swings
- Ignoring it can lead to panic attacks or exhaustion.

7. How to Cope (Simple Steps)

Self-Help

- Deep breathing
- Short walk
- Reduce caffeine
- Grounding exercises
- Stretching or light movement
- Reduce screen time
- Maintain proper sleep

Professional Support

- Therapy for anxiety/stress
- Medication if severe
- Stress management counseling

8. When to Seek Help

- Lasts more than 1–2 weeks
- Interferes with sleep, work, or relationships
- Constant feeling of being on edge

- Comes with panic or severe mood changes

9. Quick Summary

- Agitation = Restlessness + Tension + Irritability
- Caused by stress, anxiety, burnout, lifestyle factors
- Affects body movement, emotions, and focus
- Manageable with breathing, movement, routine changes, therapy