

# IDIOMS ABOUT

# ANXIETY



## **BITE THE BULLET**

Deal with something hard.

## **SWEATING BULLETS**

Very scared or anxious.

## **FRETTING OVER**

Worrying too much.

## **HEART IN MY MOUTH**

Feeling shocked or scared.

## **TENSION MOUNTING**

Stress is building up.

## **NERVOUS WRECK**

Very worried and stressed.

# ANXIETY IDIOMS IN ENGLISH

Bite the  
Bullet

Nervous  
Wreck

Fretting  
Over

Heart in  
My  
Mouth

Feel the  
Heat

In a Cold  
Sweat

Tension  
Mounting

Panic  
Button

Lose  
Sleep  
Over

In Over  
My Head

Treading  
Water

Under  
Pressure

Second  
Guessing

On Pins  
and  
Needles

Nervous  
ticks