

# What Does Your Body Do When You Are ANXIOUS?

Circle each of the following physical symptoms you feel when you are anxious:

- Heart Pounding
- Heart Racing
- Nausea
- Lump in Throat
- Dizziness
- Smothering Sensations
- Butterflies
- Headache
- Ringing in Ears
- Pain in the Chest
- Blushing
- Blurry Vision
- Chills
- Diarrhea
- Tingling
- Feeling Faint
- Shortness of Breath
- Shakiness (hands, head, knees)
- Tightness in the Chest
- Others:

