How my body reacts to worry

Racing heart or palpitations

Shortness of breath

Tingling or numbness in the lips

Sweating more than usual

Difficulty swallowing

Shaking, trembling, or muscle twitches

Feeling cold

Headaches

Dry mouth

Goosebumps

Feeling weak / faint

Feeling unusually tired

Not feeling hungry

Feeling sick



Ringing in the ears

Problems sleeping

Tightness in the chest

Feeling overwhelmed

Hot flushes or a red face

Feeling dizzy or lightheaded

Feel like crying

Butterflies in the stomach or stomach ache

Needing to use the toilet more than usual

Muscle aches and pains

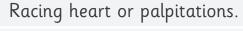
Difficulty concentrating

Teeth grinding or jaw clenching

How my body reacts to worry

Have you ever experienced any of these feelings when you're worried?





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