

Recognizing Anxiety in My Body

Directions: Look at Sally below to see some of the physical signs of anxiety. Then think about a time you felt scared or anxious about something. Did you notice anything about your body? Write down how you felt and connect it to the appropriate body part on Neil.

Feeling dizzy

Blushing

Tense muscles

Feeling too hot or too cold

Shaky

Fidgeting

Choking feeling

Sweating

Tight chest

Heart beating fast

Feels hard to breathe

Breathing fast

Stomachache
