

How does anxiety feel?

Mark up the diagram to locate symptoms of anxiety in your body.

heartburn

This happens because more stomach acid is produced

shortness of breath

Due to more oxygen being circulated

tummy troubles

In response to all the ormones being sent to the digestive system

trouble sleeping

Your body's muscles are tightened and ready to go

Are you:

fight

flight

freeze

faint

fool around

headache

in response to tension

pounding heart

This is the heart pumping more blood to organs

high blood pressure

From blood vessels tightening under stress

menstrual issues

Due to an overall hormone imbalance

acne, sweat, hair loss

This happens because your skin is secreting more oil