



# How Does Anxiety Make Your Body Feel?

When you are anxious or worried your body can react in strange ways. For example, your body may feel:

- **tired**
- **heavy and hard to get moving**
- **sick and not hungry**



Think about the last time you felt worried about something and try to remember how your body felt:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Now, think of one more time when you felt worried or anxious (it is really important to think of a different time from your first example).

List all the things you felt:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Now, read back through both lists and highlight all the feelings or bodily reactions that you had in **both** situations.

Can you think of anything you could do to stop or reduce these reactions?

1. My heart beats really fast. **So,** I will take ten deep breaths and slow my breathing and heart rate down until it returns to normal.
2. \_\_\_\_\_ **So,** \_\_\_\_\_
3. \_\_\_\_\_ **So,** \_\_\_\_\_
4. \_\_\_\_\_ **So,** \_\_\_\_\_
5. \_\_\_\_\_ **So,** \_\_\_\_\_

The body is very complex and can react in very different ways to anxiety. You may react differently to other people and that is ok. You are unique. The key is to learn how to deal with your anxiety, reduce the impact on your body and to return to a calm state quickly and easily.