

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

Ringing in the ears

Feeling unusually tired

Problems sleeping

Not feeling hungry

Tightness in the chest

Feeling sick

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



