

NAME THE FEELING

When we feel anxious or worried, our body can react in different ways. For example, you may feel:

- o Tired
- o Your heart beating fast
- o Sleepy
- o Fearful
- o Heavy
- o Tense
- o Avoidant
- o Sweaty
- o Jittery
- o Restless



If you experience anxiety, how do you feel?

Think about the last time you felt worried. How did your body feel, physically?

How did you respond?
