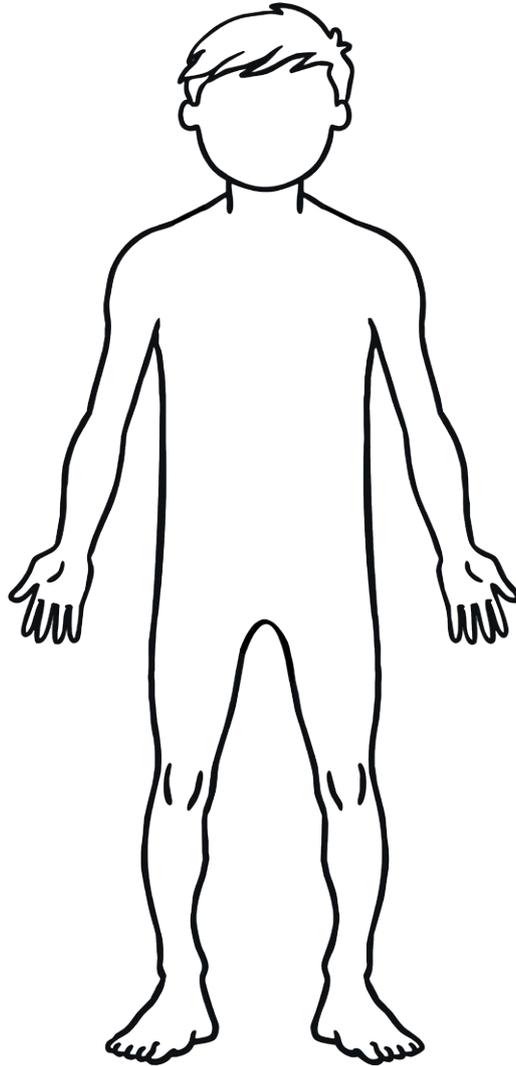


# What Anxiety Does to My Body

Anxiety can make you feel lots of different things.

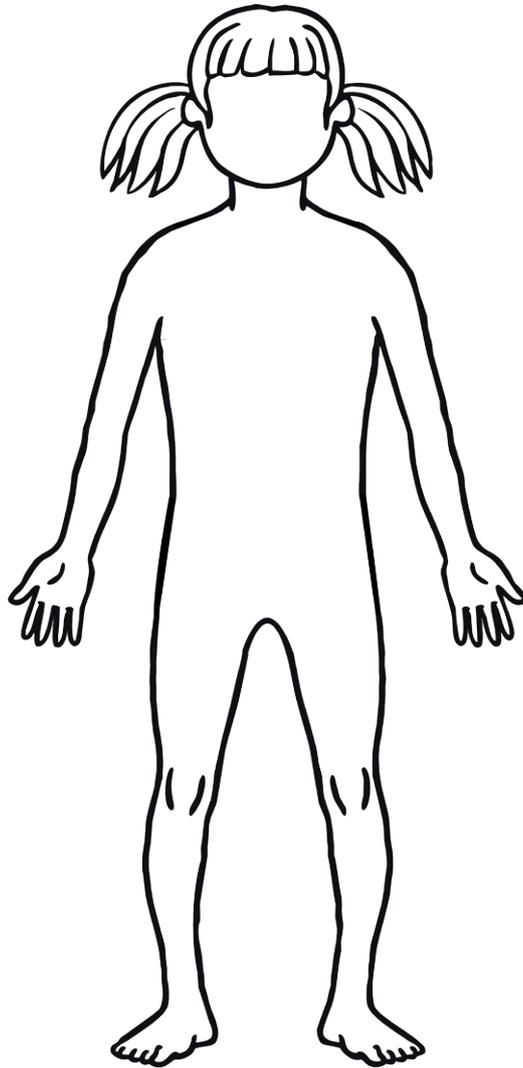


Use this list to help you label the body. Only label it with things **you** feel.

1. My palms feel sweaty and clammy.
2. My heart rate is fast.
3. My throat and chest are sometime sore.
4. I feel 'pins and needles' in my fingers and arms.
5. I need to go to the toilet a lot.
6. I have a stomach pain or headache.
7. My muscles are tight.

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