

ANXIETY AND MY BODY

SHRINK MAMA
TAKING IT BACK TO THE BASICS

Feeling dizzy /
lightheaded

Racing thoughts

Blurred vision

Choking feeling

Dry mouth

Trouble breathing

Tight chest

Fast heart beat

Shaky hands

Sore tummy/nausea

Biting nails

Feeling hot

Heavy muscles

Sweating

Numbness or tingling
in hands or feet

