

EXAMPLE

WHEN I AM UPSET, I CAN
FEEL IT...

feel dizzy

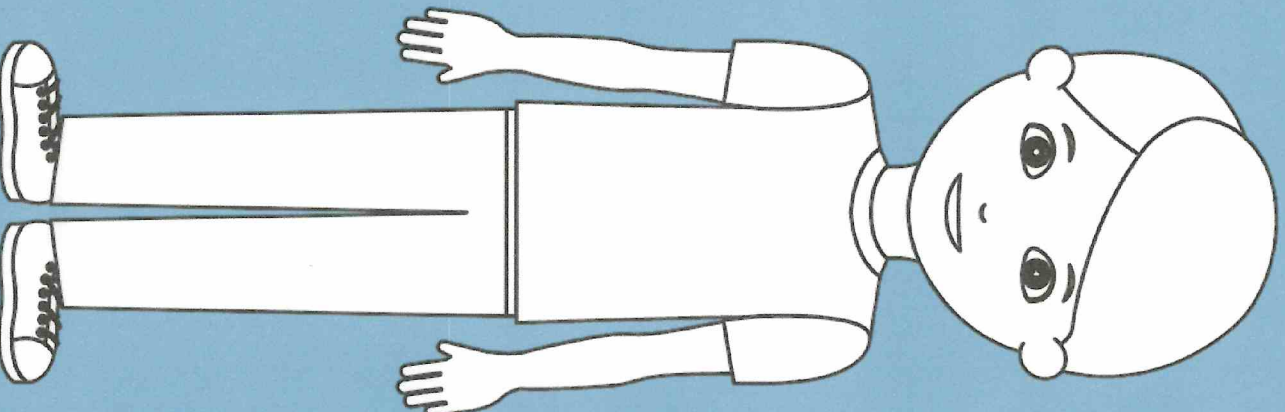
frown, grince

tense muscles

making fists

*want to run
away*

Hot, sweaty



headache

clenching jaws

*heart beating
fast*

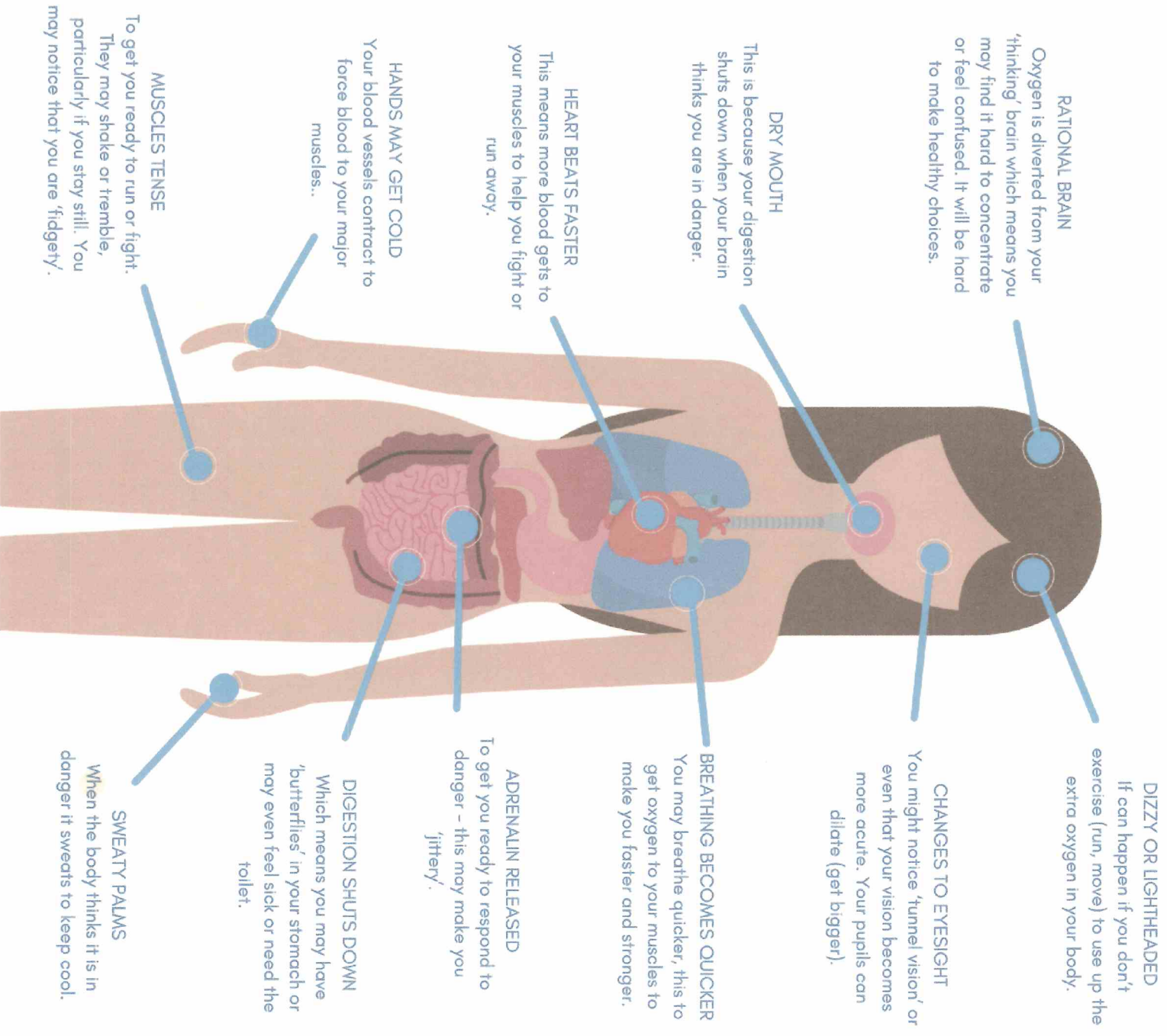
turningache

can't keep still

jelly legs

stamp feet

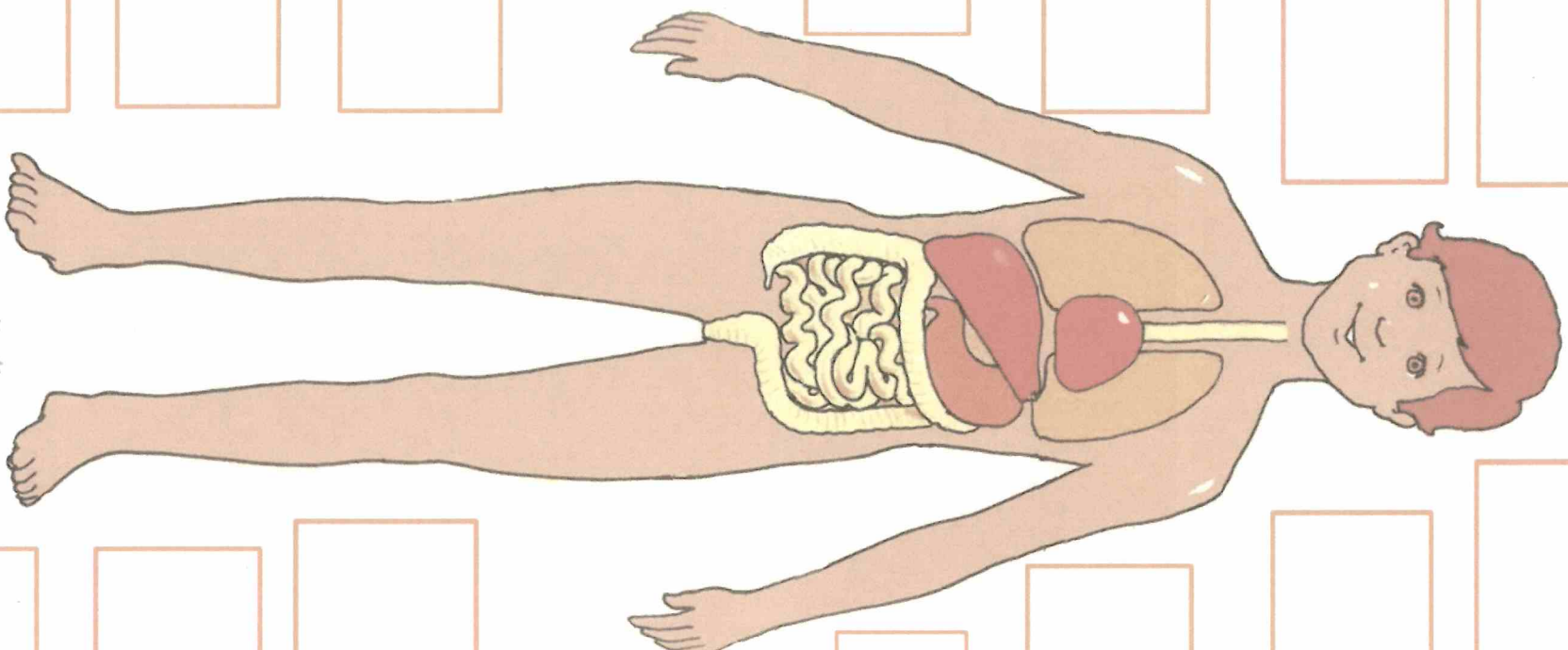
Stress Response



When our amygdala believes we are in danger it alerts our body to go into survival mode. This prepares us for fight, flight or freeze. These body sensations can feel uncomfortable when you do not know what is happening.

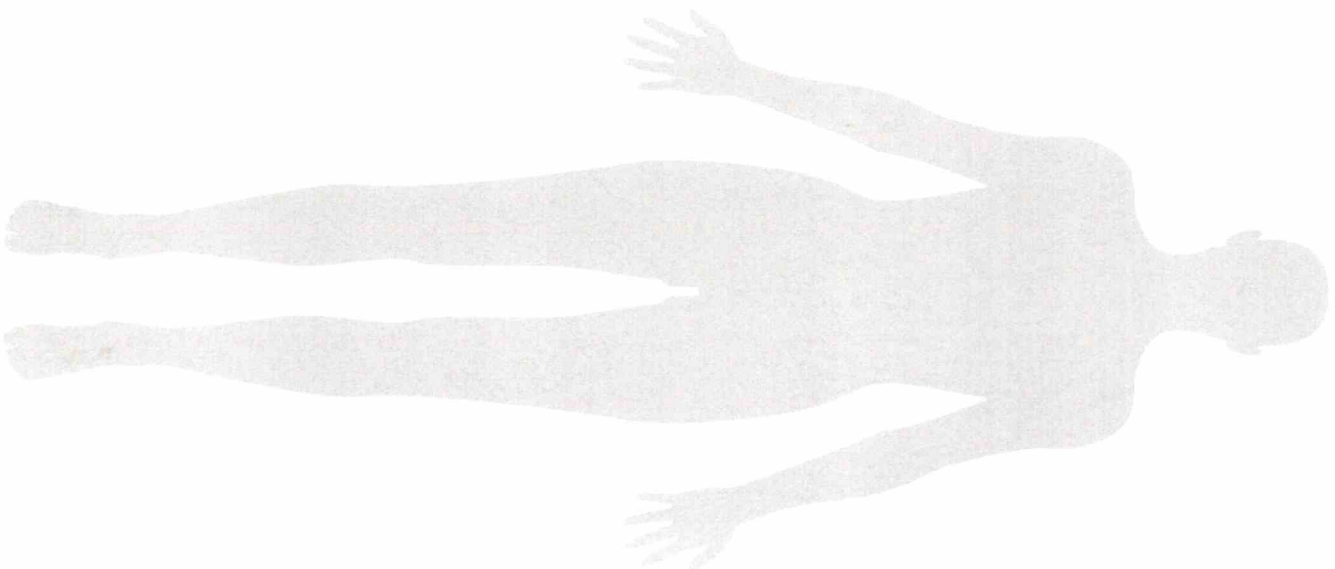
Once the triggers have been removed, it can take between 20 and 60 minutes for your body to return to normal.

When I am worried, I can feel it.....





My Physical Indicators



Which body sensations do you experience?

@TheContentedChild

Ringling in my ears

Wring my hands

Feel sick

Feel dizzy

Red face

Stiff neck

Tummy Ache

Butterflies in stomach

Heart Pounding

Jelly legs

Can't think straight

Need the toilet

Tense muscles

Headache

Breathing gets quicker

Sweaty hands

Feel sweaty

Feel hot