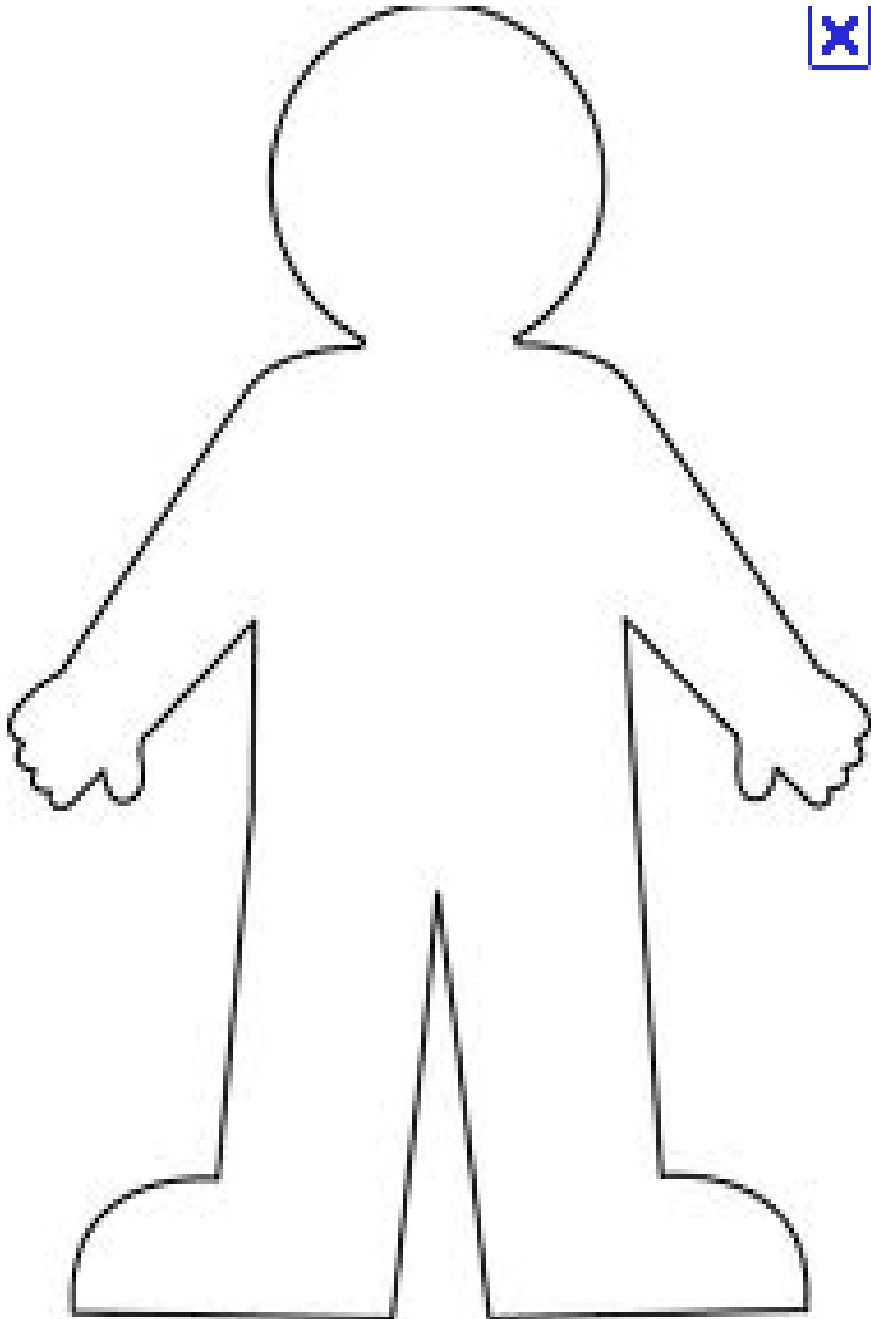


Name: \_\_\_\_\_

When I feel worried or stressed, my body might show signs of worry. Here are the signs that I might feel:



Headache

Tears/crying

Breathing fast

Sweaty hands

Stomach hurts

Dizzy

Heart beating fast

Cold

Tight neck and  
shoulder muscles