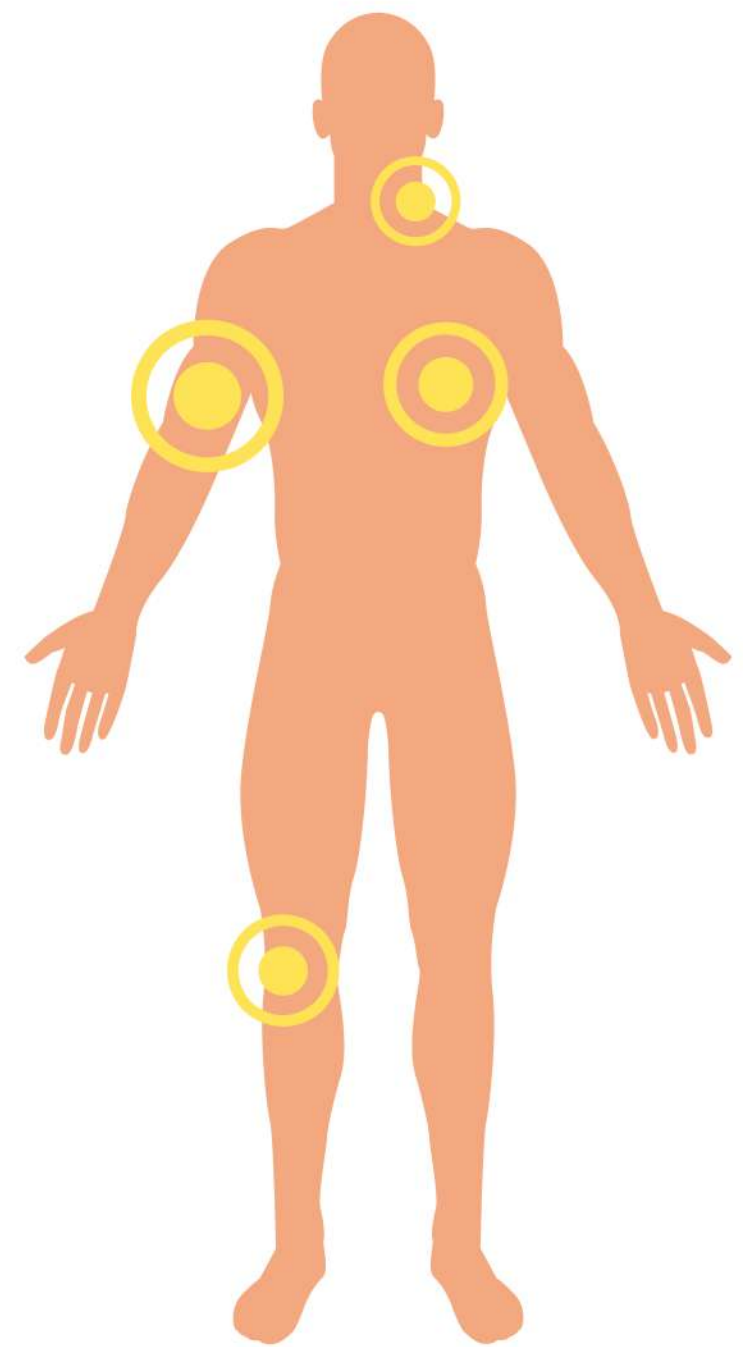


BODY BASED

Symptoms Related to Mental Health



Tight Chest

A common sign of anxiety or stress, often linked to difficulty breathing and feelings of overwhelm.



Sweaty Palms

Indicates heightened nervous system activity, often triggered by fear, anxiety, or anticipation.



Shaky Hands

A response to adrenaline surges during stress or fear, reflecting the body's "fight or flight" state.



Clenched Jaw

Tension in the jaw often arises from suppressed anger or stress, sometimes leading to headaches or teeth grinding.



Butterflies in the Stomach

A sensation tied to nervousness or excitement, caused by changes in blood flow and digestive activity during stress.



Fast Heartbeat

A physical sign of anxiety or panic, the heart races as the body prepares for perceived danger.



Tense Shoulders

Chronic stress can cause muscle tension, especially in the shoulders, leading to discomfort and fatigue.



Red Face

Flushing often accompanies embarrassment, anger, or anxiety, driven by increased blood flow to the face.



Cold Hands or Feet

Stress diverts blood to major organs, leaving extremities cold and signaling fear or worry.



Upset Stomach

Anxiety often disrupts digestion, causing nausea, cramping, or other stomach-related discomforts.



Heavy Breathing

Rapid or labored breathing is a physical sign of panic or fear, signaling a need for calm and grounding techniques.



Headache

Nervous energy manifests as fidgeting, often a subconscious way to release stress or unease.

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