

HOW OUR BODY FEELS BY EMOTION

Head

- **Emotion:** Overwhelm or stress
- **Symptoms:** Headaches, tension, heaviness, or dizziness.

Jaw

- **Emotion:** Anger or frustration
- **Symptoms:** Clenching, grinding teeth, or a tight feeling.

Chest

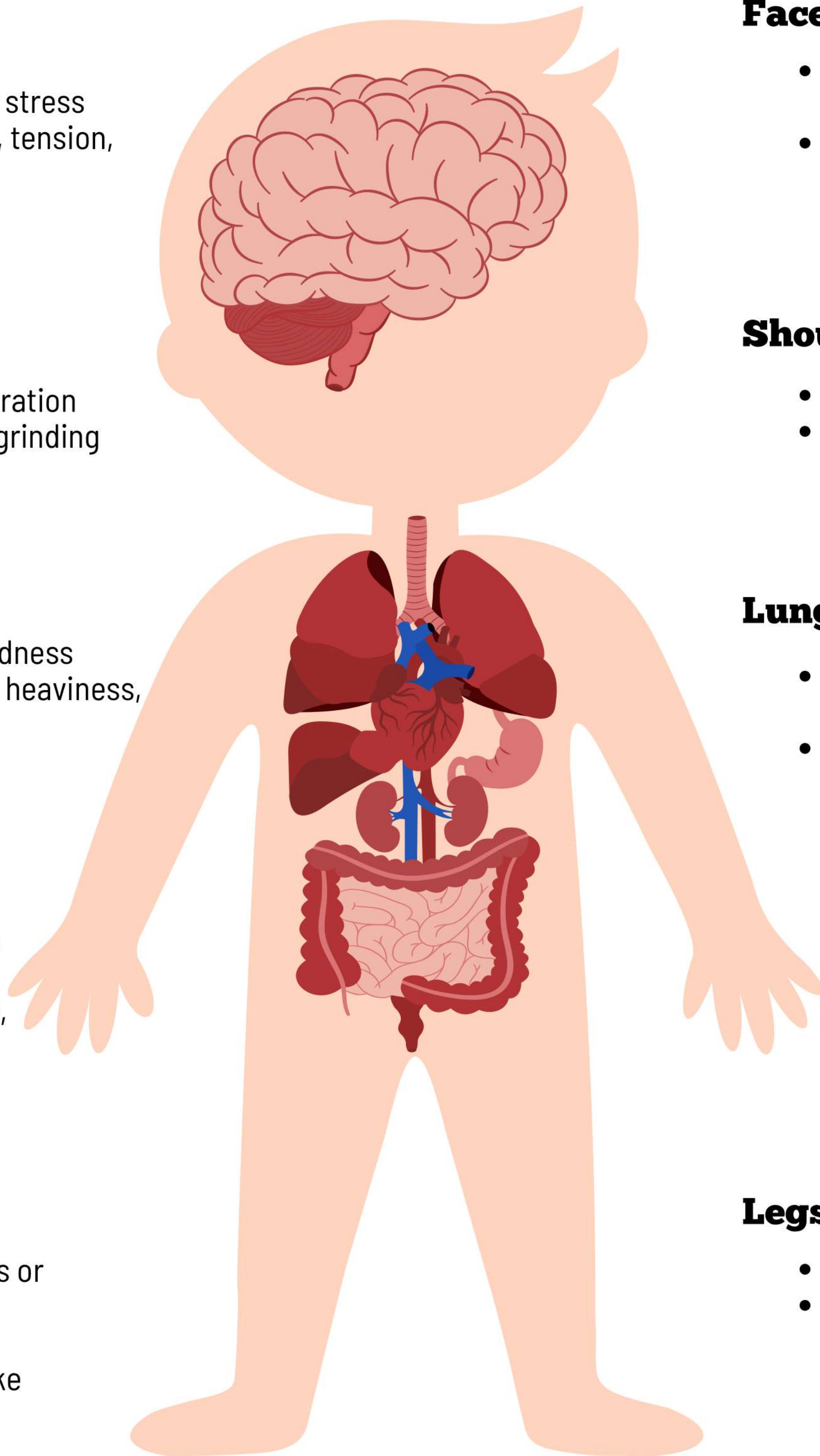
- **Emotion:** Anxiety or sadness
- **Symptoms:** Tightness, heaviness, or difficulty breathing.

Stomach

- **Emotion:** Nervousness or fear
- **Symptoms:** Butterflies, nausea, cramping, or upset stomach.

Feet

- **Emotion:** Nervousness or escape instinct
- **Symptoms:** Tapping, bouncing, or feeling like running away.



Face

- **Emotion:** Embarrassment or anger
- **Symptoms:** Flushed cheeks, furrowed brows, or tight facial muscles.

Shoulders

- **Emotion:** Stress or tension
- **Symptoms:** Stiffness, aching, or feeling weighed down.

Lungs

- **Emotion:** Panic or calmness (depending on state)
- **Symptoms:** Rapid, shallow breathing or the need to sigh frequently.

Hands

- **Emotion:** Anxiety or Anger
- **Symptoms:** Sweaty palms, trembling, fidgeting, balling up fists

Legs

- **Emotion:** Anxiety or fear
- **Symptoms:** Feeling jittery, bouncy, or the urge to move or run.

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