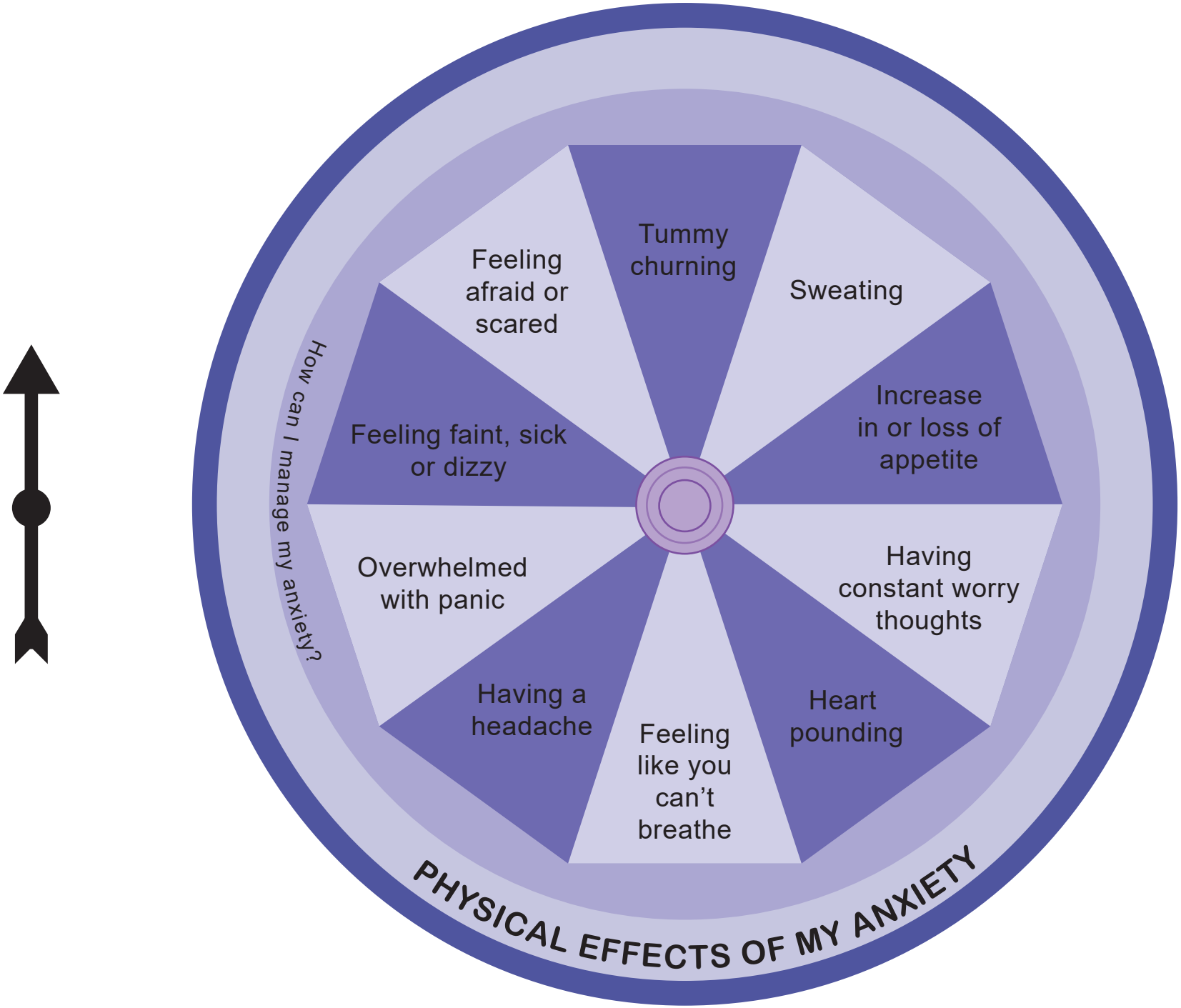
Tummy churning
Sweating
Increase in or loss of appetite
Having constant worry thoughts
Heart pounding
Feeling like you can't breathe
Having a headache
Overwhelmed with panic
Feeling faint, sick or dizzy
Feeling afraid or scared
How can I manage my anxiety?
PHYSICAL EFFECTS OF MY ANXIETY