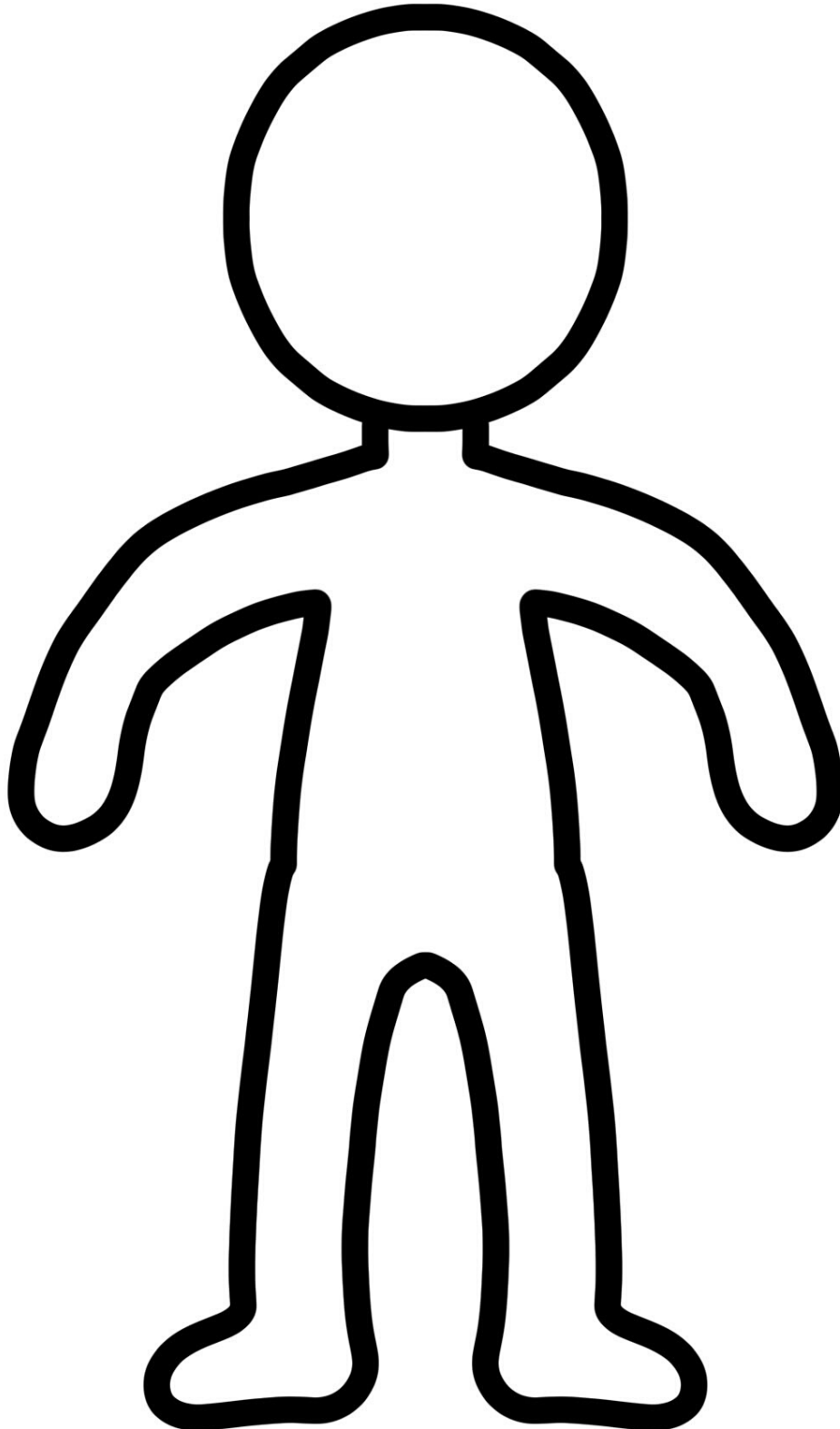


My Symptoms of Anxiety

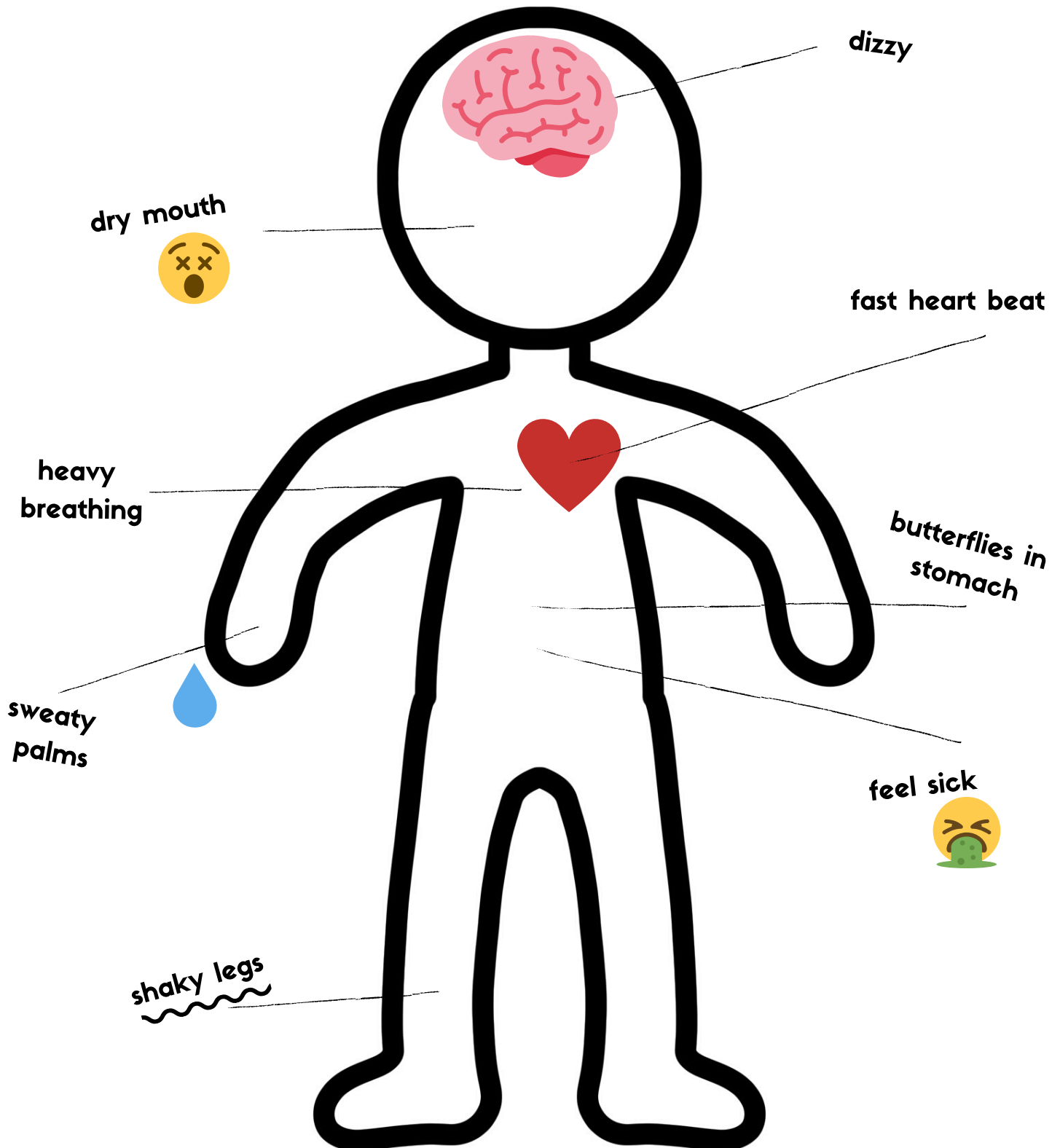
When feeling anxious, we all experience some physical symptoms which can be unpleasant and upsetting. It's important to remember that these are **NORMAL** body reactions to a feared situation that everyone experiences at some time or another. What symptoms do you notice in your body when you're feeling anxious?



Remember! Everyone's symptoms of anxiety might be different but they are **NORMAL** body reactions.

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