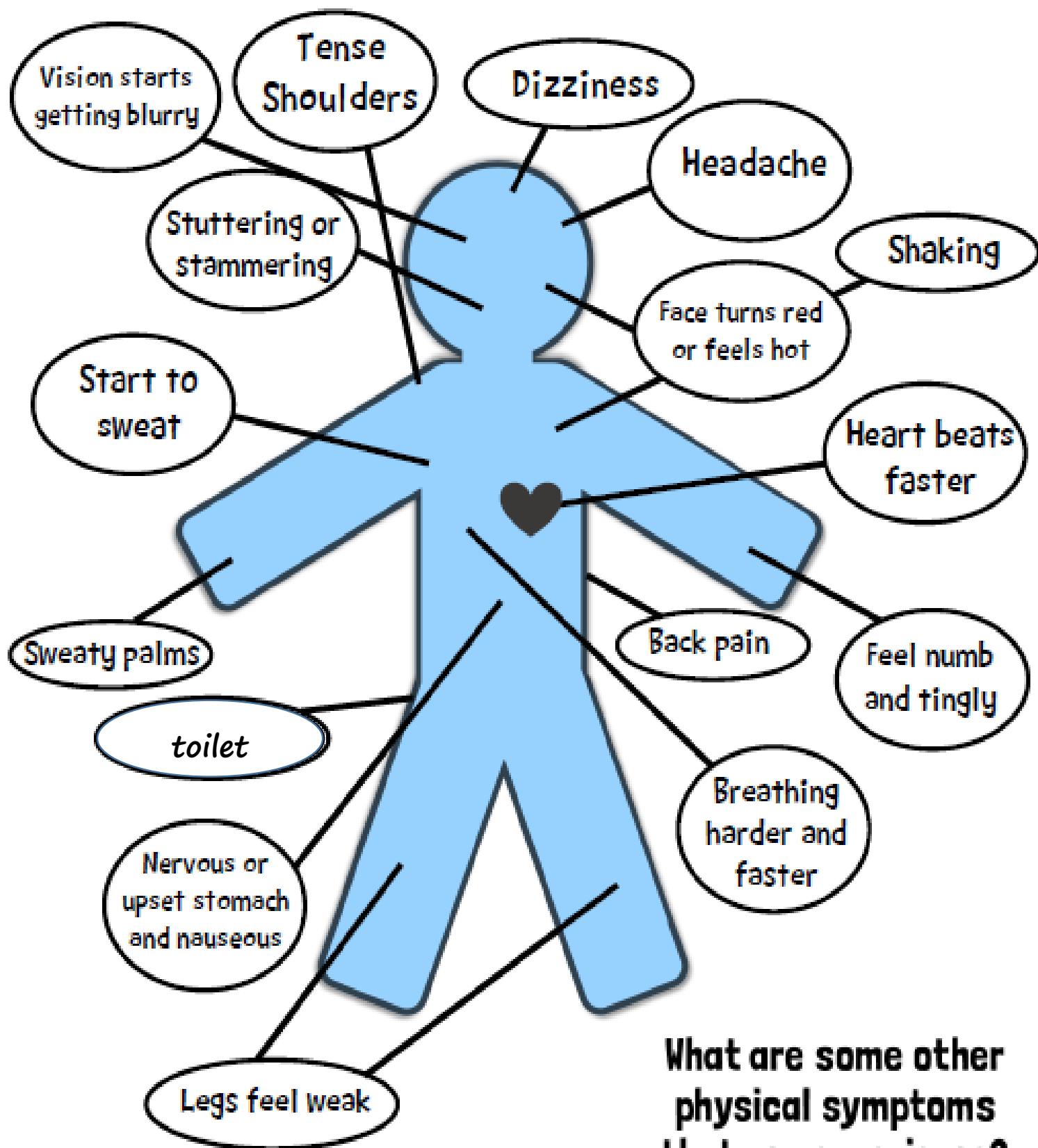


ANXIETY AND MY BODY

Colour in the reactions that happen to your body when you start getting anxious.



What are some other physical symptoms that you experience?

Think about how you can feel relaxed and calm. Draw your happy place and on the days you feel anxious you can look at it to help you relax.