

Where Worry Sits in Your Body

Helps you spot worry in your body early, before the thoughts take over.

WHEN TO USE THIS

Use this on any day, and again on a day worry is running high.

Draw a rough outline of a body. Mark the places worry shows up in yours.

What is the first sign, before you even know you are worried?

Jaw, shoulders, stomach, hands, breathing, needing the bathroom.

How strong does it get in your body on a rough day?

0	1	2	3	4	5	6	7	8	9	10
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Barely there

Hard to ignore

What helps your body settle, even a little?

Your body often notices first. That head start is worth having.