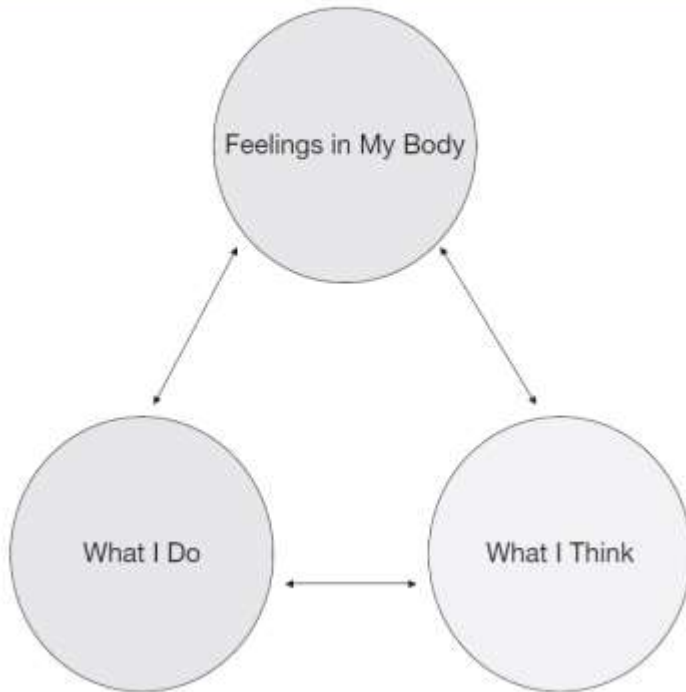


Body Awareness

Trigger:

Emotions Experienced:



Anxiety and My Body

Color in the reactions that happen to your body when you start feeling anxious.

What are some other physical symptoms that you experience?

How can other people tell Jim is anxious or stressed?



Jim talks about the same thing over and over.



Jim walks back and forth like he is scared of the dark.



Jim jumps up and down.



Jim gets distracted.