

# Anxiety & Stress

# Physical Symptoms

While anxiety and stress may feel like they exist in our minds. They both actually present themselves strongly in our bodies. Not knowing this can actually be a source of stress itself. These are all normal responses.

Below is a list of the most common physical symptoms, next time you're feeling any of these remember they can be offset with breathing exercises.



Rapid heartbeat or heart palpitations



Chest tightness or discomfort



Shortness of breath or difficulty breathing



Sweating or chills



Trembling or shaking



Nausea or stomach upset



Dizziness or light-headedness



Headaches or migraines



Muscle tension or aches



Fatigue or weakness



Tingling or numbness in the hands or feet



Difficulty sleeping or staying asleep



Restlessness and fidgeting



Diarrhoea or constipation