

Where is my worry?

When your brain sends out its **energy chemical** to say **FIGHT, FLIGHT** or **FREEZE**, it can make you feel **worry** in lots of different places.

Draw where you feel your worry

Here are some places the **energy chemical** might make Worry

Feeling on edge and alert

Worry thoughts

Dizzy/ confused

Dry mouth

Fast heartbeat

"Hot" and tense muscles

Bubbly tummy

Need the toilet

Shaky hands

Lobbly legs

All of this would help a **CAVEMAN** to **FIGHT, FLIGHT** or **FREEZE**, so it's perfectly normal. But it might not feel very nice for **you!**

