

# Listen to your EMOTIONS through your BODY

MOUTH

A sudden dry mouth can be a sign of Nervousness

ESOPHAGUS

'A lump in your throat' can be a sign that we want to cry and that we may feel sadness.

HEART

If our heart beats faster even when sitting still, it can be a sign that we are feeling a 'Fight' or 'Flight' response

STOMACH

Got butterflies in your tummy? that can be both of sign of excitement and anxiety!

SMALL INTESTINES

Cramps or tummy pain, or even a change in your bowel movements can be an sign that we are feeling apprehensive about something.

HANDS

Sweaty Palms , nail biting or skin picking can be sign of nerves and anxiety. Where as clenched, tight fists can be a sign that we are feeling angry!

Sometimes it's not always easy to know how we feel!

By listening and reading your body it might help you figure out what emotions you might be experiencing.

# Serenity

Psychological Support Services



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