



# HOW DOES MY BODY REACT TO STRESS?

## MORE ALERT

Your brain is focused on the threat: it's easier to lose concentration, sleep poorly, worry/overthink, headache

## MUSCULAR TENSION

The body prepares to fight or flee. You could feel tension or even pain in your muscles or tremble

## SWEATING

To cool down your body

## BREATHING

To absorb more oxygen it goes faster: chest pain, no breath, feeling asphyxiated, blurred sight, dizziness

## HEART BEAT

To get more oxygen: palpitations

## BLADDER AND GUTS

Fear to lose control  
Feeling that you have to go more frequently to the toilet

## STOMACH

Digestion slows down: you might get nauseous, dry mouth, stomach ache

