|  |  |
| --- | --- |
| ***Please tick all that apply right now*** | |
|
| Muscle Tension | |
| Hands, fingers, arms |  |
| Shoulders, upper back |  |
| Neck, head, forehead |  |
| Mouth, jaws, neck |  |
| Chest |  |
| Stomach |  |
| Lower back |  |
| Thighs, legs |  |
| Ankles, feet, toes |  |
|  | |
| Dry mouth and throat |  |
| Dry eyes |  |
| Heart pounding and racing |  |
| Cold hands |  |
| Sweating palms & underarms |  |
| Blushing |  |
| Shivering |  |
|  | |
| Lightheaded |  |
| Dizzy |  |
| Feeling sick |  |
| Acid stomach |  |
| Churning stomach |  |
| Urge to pee |  |
| Constipation |  |
| Diarrhoea |  |
|  | |
| Jelly legs |  |
|  | |
| Racing thoughts |  |
| Mind blank |  |
| Disorientated |  |
| Blurred vision |  |
| Tunnel vision |  |
| Unable to hear well |  |
| Ringing in ears |  |
| Hallucinations |  |
| Outside self, cut off from self |  |

**Attending to Anxiety**

Low

High

Tremor, seizures, freezing, muscle weakness, collapse, ‘losing time’, blackouts, memory gaps